

Full Moon Release & Renewal Ceremony

A Simple Ceremony for Releasing the Old and Welcoming the New

Tomorrow's Full Moon is a beautiful reminder that every ending creates space for a new beginning.

Whether you follow astrology or simply appreciate the rhythm of nature, this is an opportunity to pause, reflect, and consciously choose what you are ready to leave behind—and what you wish to invite into your life.

You will need:

- A candle
- A journal or two sheets of paper
- A pen
- A small bowl of water (optional)
- A quiet place where you won't be disturbed

Step 1 – Create Your Space

Light your candle and take several slow, deep breaths.

As you breathe, imagine the light of the Full Moon surrounding you with peace, clarity, and love.

Set your intention:

"Tonight I release all that no longer serves my highest good and open myself to receive the blessings, opportunities, and relationships that are aligned with my soul's highest path."

Step 2 – What Am I Ready to Release?

On your first sheet of paper, write down anything you are ready to let go of.

Perhaps it is:

- Fear
- Worry
- Anger

- Old relationships
- Grief
- Resentment
- Limiting beliefs
- Self-doubt
- Financial lack
- Physical clutter
- Emotional burdens
- Habits that no longer support you

Don't overthink it.

Simply allow whatever comes to mind to flow onto the page.

Step 3 – Ho'oponopono

Hold your list close to your heart.

Slowly repeat these four sacred phrases several times, allowing yourself to truly feel each one.

I'm sorry.

Please forgive me.

Thank you.

I love you.

Imagine every person, situation, memory, or emotion connected to your list gently dissolving into light.

There is no need to relive the past.

Simply allow it to be released with compassion.

Step 4 – Return It to the Universe

When you feel complete, safely tear the paper into small pieces or burn it in a fire-safe container.

As you do, say:

"I release these energies with gratitude. They have served their purpose. They no longer define my future. I set them free with love."

If using water, dip your fingertips into the bowl and gently touch your forehead and heart as a symbol of cleansing and renewal.

Step 5 – Call In What You Desire

Now take your second sheet of paper.

Instead of writing what you don't want...

Write what you are ready to receive.

Write as though these blessings are already finding their way to you.

Examples:

- Inner peace
- Vibrant health
- Loving relationships
- Prosperity
- Joy
- Purpose
- Courage
- A harmonious home
- Creative inspiration
- Spiritual guidance
- Meaningful work
- Abundance in every form

Feel gratitude as though these gifts are already unfolding.

Step 6 – Close the Ceremony

Place your hands over your heart.

Take three slow breaths.

Imagine your home, your family, your land, and your future gently filling with beautiful golden light.

Close with these words:

*"Thank you for all that has brought me to this moment.

I release the past with love.

I welcome new possibilities with an open heart.

May my home be filled with peace.

May my life be filled with harmony.

May I have the wisdom to recognize the blessings that are already on their way.

And so it is."*

Leave your list of intentions somewhere you'll see it during the coming month.

Each morning, read it with gratitude—not as a wish list, but as a reminder of the life you are consciously creating.

The greatest transformations begin with a single intention.

May this Full Moon bring clarity, healing, and beautiful new beginnings to you and those you love.

— Sharon & Larry

House Cleansings

Helping Homes—and the people who live in them—live in harmony.