

# Mourning Full Moon



A time to reflect, acknowledge our  
emotions, clean, release and let go

Caridad Saenz

*I love the Full Moon time, as I must look inside to fix all that is happening around me.*

Full Moon - NOVEMBER 12, 2019

## **Mourning Moon**

Full Moons are usually a time to re-evaluate what is happening in our lives, as well as decide what is no longer serving us or bringing us joy. This particular Full Moon is called the Mourning Moon. In ancient times, this Full Moon represented "the beginning of the end." Why was this? This was before the harshest winters would come as well as the darkest. Rivers would freeze over, harvests as well. It was a time to prepare, but also a time to let go.

We have spent all year accumulating items and possessions as well as relationships. We may also have accumulated new habits or schedules. This time is the perfect time to let go of the unnecessary things.

Take some time to look at your entire year, take stock of what you have been up to. Do you have any new desires? What are you currently spending all of your energy on? What people are you spending all of your energy on?

**It is the time to CLEAN.** Let's get ready for the next Full Moon by starting to clean out your lives. Focus time on physically cleaning your home as well as work spaces. Sort through all of your physical items and objects and if they are not currently contributing to your happiness and joy, it is now the time to let go of them. Release them and leave space in your life for all of the beauty that is ready to come to you.

We just focused our hearts and thoughts on manifesting and making the universe work for us... we must also clean and make space for all the abundance coming our way.

*"It takes strength and courage to know when to let go and then just do it." - Caridad Saenz*

## Mourning Full Moon - time to clean up and allow space

It is difficult to release things that we have brought into our lives for one reason or another. We may have needed at that moment or it may have been gifted to us. Sometimes, we become attached to the stuff and believe that they are part of us. That we are the stuff. We are not the sum of our accumulations. Everything we need we carry within us.

When releasing items and people we are emotionally attached to, we must prepare ourselves for a time of mourning. I like to remember why I have that item, attach a memory to it that brings me happiness and thank the universe for that experience. And then I release it.

With people, it's a bit more sensitive to release. We must thank the experiences and lessons we have learned from that relationship while also acknowledging that we can mourn the loss of that relationship. The same goes with emotions that we are releasing. It is okay to mourn that loss. This is why this Full Moon in November will be the perfect time for that. It is a time for Mourning and releasing.

As always, thank you for allowing me into your heart space and sharing your energy with me.

Lots of Love from me to you,

Caridad Saenz

# thank you from Caridad Saenz

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