

Step 4 of 4 Gratitude:

1. Add the total number of items from the Release trifold (Forgiveness, Cutting Cords and Release). The total of these will equal the number of items you'll claim on your gratitude list.
2. Reflect on the truly unique occurrences or experiences for your gratitude list, you should already have gratitude for your health, shelter and basic needs. The idea is to focus on expanding your receptivity.
3. Once completed display your Gratitude List somewhere that you'll see it each day, making a point to recite it aloud until the next Full Moon.
4. This list will be your first offering to brother fire along with my Sacred Fire Offering (or a offering of your choice) upon the next Full Moon Ceremony.



This release form
can be downloaded
from my website



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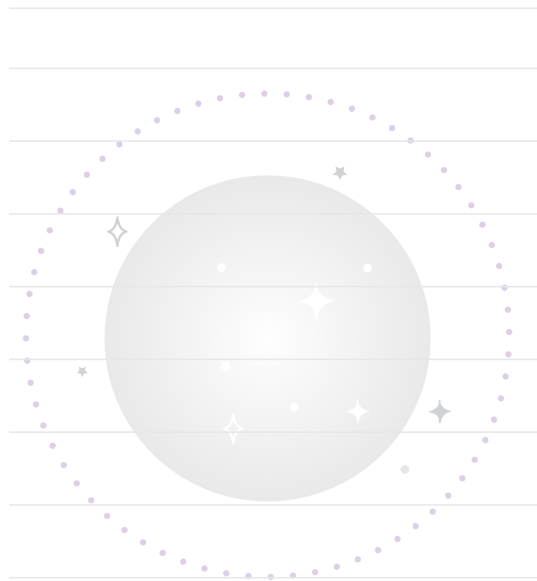


Full Moon Release

FORGIVENESS

STEP 1: Who and what do you forgive?

Aligning yourself with the full moon provides a opportunity for inner spiritual growth. Goals to focus on with the full moon are Forgiveness; Cutting Cords and Release with the divine within.



Step 1 of *4 Forgiveness:

Write as many as you feel, if you need more space use the back of the paper.

Note: Once completed, you will be offering your Forgiveness list to the full moon's sacred fire.

*The **Step 4** Gratitude List is compiled by adding up your lists from steps 1, 2 & 3, the total number is your step 4 Gratitude List.



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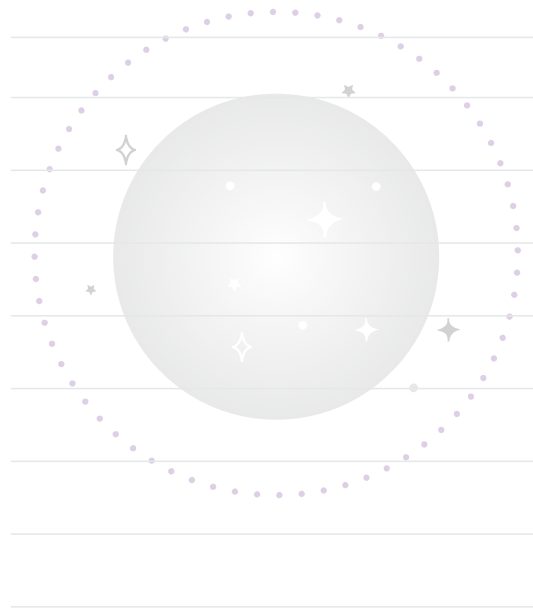


Full Moon Release

CUTTING CORDS

STEP 2: Who and what do you need to cut cords?

Aligning yourself with the full moon provides a opportunity for inner spiritual growth. Goals to focus on with the full moon are Forgiveness; Cutting Cords and Release with the divine within.



Step 2 of *4 Cutting Cords:

Write as many as you feel, if you need more space use the back of the paper.

Note: Once completed, you will be offering your Cutting Cords list to the full moon's sacred fire.

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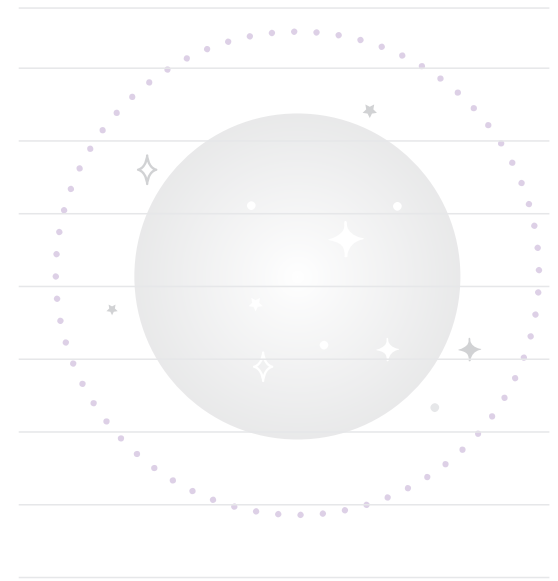


Full Moon Release

RELEASE

STEP 3: Who and what do you release?

Aligning yourself with the full moon provides a opportunity for inner spiritual growth. Goals to focus on with the full moon are Forgiveness; Cutting Cords and Release with the divine within.



Step 3 of *4 Release:

Write as many as you feel, if you need more space use the back of the paper.

Note: Once completed, you will be offering your Release list to the full moon's sacred fire.

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