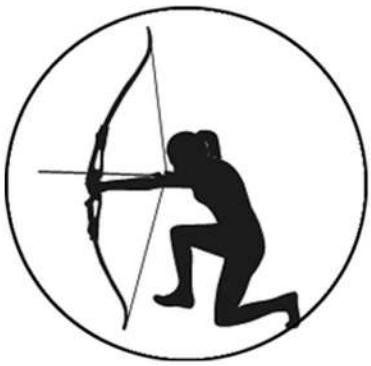
Full Hunter's Moon

The power of this Full Hunter's Moon can release negativity. Take advantage of it by getting rid of the negative thoughts in your mind that might be holding you back.

- **Sage stick**
- **Pen and paper**
- **Fireproof bowl or cauldron**
- **Glass of water**
- **Matches**



1. Place a glass of water near the fireproof bowl or cauldron in case of an emergency.
2. Light the sage stick. Walk around the room to purify your space. Draw an outline around your body cleansing your own personal energy and space, or cast a circle.
3. Take 3 deep breaths and center yourself.
4. Close your eye and listen to your internal voice. Write down each statement on a piece of paper.
5. Take any negative statement and reframe it into a positive statement about yourself.
6. Carefully light the negative statement on fire and repeat the positive statement as it burns. Repeat this with all of the negative statements.
7. Paste the positive statements on your journal or Book of Mirrors