



Debra Gillespie

Esoteric Hypnotist | Soul Healing | Spiritual Alchemist

Dark of the Moon Releasing Ceremony

The dark of the moon is a powerful time of magic and the perfect opportunity to release anything we do not want to carry through to the next lunar cycle.

You will need:

- Something to burn your paper in - make sure it is fireproof and check proximity to fire alarm. You may like to find a spot outside.
- Lighter or matches
- Details of what you want to release. Journal around issues that have come to light or are going around and around in your head, or you can make a list of specific things - behaviours, beliefs, experiences, relationships, relationship patterns, thoughts, reactions, situations, that you would like to release
- Releasing support remedy. These bespoke sacred plant remedies will help release, integrate and seed in the new behaviour, pattern, energetic matrix. You can order your tailored specific remedy from me - \$58 (\$50 + P&P). Remember to include your intentions and a bottle of magic will come your way!
- Anything else that helps create a focused sacred space - eg:
 - a candle
 - crystals
 - incense or essential oils
 - symbols
 - items or gifts from nature
 - oracle cards
 - pictures
- A glass of water for completion
- Space and uninterrupted time for 15mins (you may need longer to journal or make your list)

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www.debragillespie.com E: deb@debragillespie.com P: +64 210 607 864 Auckland NZ



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Suggested format

- **Centre yourself**
- **Light your candle.** (I usually hold the intention that I am calling in and honouring spirit when I do this)
- **Drink remedy** with intention and sacredness
- **State your intention:**
 - "I now release all this that no longer serves me."
You could be more specific here if you wanted eg "I now release any attachments or energy connections, pains, disappointments, regrets."
If you have a list of people or situations, it can be useful to look at each one and thank or honour them/the situation for helping you be the person you are today or learnings, skills, abilities gained.
- **Set light to the paper/list** and watch as the fire transmutes the paper. Be present as the smoke rises. Know in your being that the energy is being released and transformed.

Once completed, allow yourself a few minutes to integrate, meditate or you may like to journal.

Then with your new matrix, as your new free self, take a sip or two of water and return back to your daily life.

The ashes can be put on a garden. Just make sure that the fire or heat has gone completely before disposing of.

Go well!

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