**A picture containing nature

Description automatically generated**

*Wishing you a wonderful Full Moon, our last one of 2020. You can do this Ritual and Guided Meditation anytime over the 3 days from 29th December to 31st December. I hope you enjoy.*

*On this last Full Moon in December 2020 I am now ready to fully release and let go of………*

*This year I have learned that I am…….*

*I welcome in 2021 and will bring the following knowledge into my new year….*

*I am aware that I will encounter times of stress in my life again but I can calmly respond to this by……*

*2021 will be…..*

“I let go because I know that I am strong, resilient and ready for happiness, abundance and comfort in life”.