



Manifesting Magic
in your *everyday* life
with *Cathlene*™

Full Moon *Release* Guide



Cathlene Miner
EXCLUSIVES

Let's start a conversation with the *Universe*

The Full Moon is all about completion, releasing and removing what no longer serves us so we are able to move forward with new intentions without bringing old mentalities and blocks with us. This is about utilizing the energy of the moon to set ourselves up to align energetically and vibrationally with our desires.

While new moons are associated with new beginnings, full moons represent the energies of completion and celebration, as well as releasing and shedding of the old to makeway for a whole new cycle of desires.

The full moon increases emotional and psychic sensitivity, many of us feel its effects very strongly – often starting the days leading up to the full moon. This can feel overwhelming to deal with, the full moon can bring up intense energies, learning to embrace the gifts of this special time can help us to create powerful shifts and better manage our emotional and spiritual states of change.

*“MoonChild be free.
Free from the tides of being boxed.
Free from the norms of those who status quo.
Find your path and follow it to the moon.”
Malebo Sephodi*

The
30 DAY
self perception
Makeover™

Need guidance with addressing blocks and limiting beliefs? Be sure to pick up *Cathlene Miner's* new release, “The 30 Day Self Perception Makeover. Available on *Amazon* now!

As with anything, consistency is *Key*

One of the reasons we sometimes feel so emotional during a full moon is because it's a time of making the unknown, known. It's a time of revelation which can sometimes be very difficult. However, addressing the hidden and bringing the unconsciousness to consciousness is crucial to growth.

This includes bringing to the surface relationships and patterns that are not in alignment with our truth and highest good. If we don't allow ourselves to process these insights, we may begin to feel super sensitive, overwhelmed and confused.

With anything, consistency is key. The more energy you put into releasing, the faster you will see your world shift for your higher good. Setting aside time each month is Step One. During this time, get really clear. Resetting each month with inspired action also shows the Universe that you are meeting halfway.

Begin a few days before the Full Moon and start to bring any limiting beliefs and blocks to the surface. Make sure to really feel what it is that is holding you back.

If you have not uncovered limiting beliefs before you will want to start here a few days prior to the full moon. **A journal is very helpful with this process.** So, let's begin. Now is the time to express everything you are feeling in your journal or on a piece of paper. Do not hold back when you are writing.



Pick up your "*I Manifest My Own Magic*"
journal at:
www.cathleneminer.com/manifestingshop

Get it all out, right now

If you haven't picked up your journal from our Manifesting Shop yet, use this page as a substitute for now.

In this moment, I am feeling:

Let's take a moment and check in

Is there anything that surprised you about your own feelings through your writing process?

- Did you receive insights about issues that are important to you?
- Have you been ignoring your feelings in a certain area?
- Have you been unwilling or compromising in areas you shouldn't?
- Have you been ignoring the truth?
- Have you been living without boundaries either for yourself or in your relationships?

You don't need to know the answers right away, but it's important to ask the questions. In the next steps, you will learn how to awaken your intuition. Your intuition will guide you on any action to take and changes to make as you move forward.

For now, once you feel that you have released all that you need to, circle three to four beliefs that you are ready to release.

Write these on a separate sheet of paper.

We start with three or four beliefs to avoid feeling overwhelmed during this process. If you have more and feel you can successfully focus on letting them all go, feel free to do so. It is important to be gentle and nurture ourselves through this process.

"Sometimes the sky looks so beautiful and at the same time earth also looks so beautiful and finally we look so beautiful as well! By just looking at the nature you become the nature itself! Look at the beautiful full moon, you become a beautiful full moon!"

Mehmet Murat ildan

Limiting Blocks and Beliefs

We all have some limiting beliefs and blocks. Maybe it's a self sabotaging thought you have everyday. Maybe it's a habit that you allow to hold you back. It could be something your subconscious mind tells you and you believe it every time.

Many times it's generational lines of thought that were passed down to us from our families. These are also beliefs that we are able to release through this process.

You can also fall into the feeling "guilty" mode or the "I'm not enough or unworthy" mode. These are all limiting beliefs. A willingness and open heart will get you to where you need to be.

*"There might be a connection between the moon's energy when it's full and the electrical impulses in the brain."
- Colin Cotterill, Thirty-Three Teeth*

Moon Phases 2019

New Moon Schedule

January 6
February 4
March 6
April 5
May 4
June 3
July 2
August 1
September 14
October 13
November 12
December 12

Full Moon Schedule

January 21
February 19
March 21
April 19
May 18
June 17
July 16
August 15
September 28
October 28
November 26
December 26

Step One

Clear Your Space



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You can use sage for this process. If you do not have sage, you can visually clear your space. Light the sage and waft the smoke in each corner of the room (again, this can be done visually as well).

Say these Words:

“Only love and light may enter in this space. I release all that no longer serves me for my highest good.”

You can smudge yourself too (safely by keeping it away from your body” or anywhere you feel guided. Trust your intuition. You may feel the need to smudge some unexpected places or smudge certain areas longer.

Sage will clear all energies. So, fill the space with something joyful. You can help with this process by lighting a scented candle you love, crystals for releasing, and/or visualize things that are joyful to you and light your heart up. Everything in this Universe is energy.

What I used to clear and fill my space:

Step Two

Breath Work

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Take three long, smooth, and deep breaths. Imagine light around your body and relax every muscle starting with the top of your head and working slowly down to your toes. The space you enter should be one of peace, safety, and love.

Place your hand on your heart and give gratitude to your body. Write down any positive emotions or feelings you experience during this time. If what you are feeling is negative, repeat an affirmation that changes the statement over:

For example:

“I feel I am not capable of achieving what I desire.”

Change this to:

“I am fully capable and prepared to receive and achieve all that I set my mind to.”

How I felt during my breath work:

Step Three

Time to Write

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Manifesting Magic Tip:

Handwrite the limiting beliefs that you are releasing. By using more parts of your brain, you are retraining your subconscious mind which opens your flow for releasing. Then, write an intention at the end.

For Example:

“I now release all thoughts or beliefs that no longer serve me for total healing. I release that which does not serve my highest and best good.”

Write these out.

I Release:

Step Four

Meditation for the Full Moon

After you have written what you are releasing, sit in a quiet space. Be sure to be surrounded by peace and serenity. If music helps you achieve this, feel free to play whatever best assists you.

One by one, think, visualize, and feel (the weight of release) each one of the things you are releasing. Picture them leaving your person and dissolving into the Universe.

This practice is very powerful.

How I felt during my meditation:

Step Five

Ridding Yourself of Limiting Beliefs

This next exercise is very important. Now that we have gone through our limiting beliefs, we need to ceremonially get rid of them. You will now burn, bury, or shred your limiting beliefs.

Be careful during this process. Be sure to do it outside or in a well ventilated area. While you do this, pay close attention to what you are feeling or what you reflect on.

How I felt while ridding myself of my limiting beliefs:

Step Six

Ending Your Meditation

We will now open a dialogue between ourselves and the Universe. This can be done through mediation or prayer. Whichever method most resonates and aligns with who you are.

Begin by saying:

“I am so excited that I hav released my limiting beliefs. They no longer serve me and I have let them go. I am letting go and allowing You to guide me through my intuition and am open to receiving signs of what inspired action to take. I know the outcome will be better that I could have ever imagined.”

(Remember to always have a “this or better” mentality)

How I felt during this conversation:

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Once your meditation is over, place your journal in a safe place. Until the next full moon, celebrate by giving thanks and being grateful for all of the little things. Remember, you can carry on with these exercises all throughout the month to keep yourself in this positive space.

Tip for the next full moon:

When any limiting beliefs creep in, write them down and keep them handy for the next full moon.

Notes:

While You Wait

As with any ritual, tweak it and make your own. You will find that with every month you do this your process will evolve. There is no “right way.” The only “right” way is to do what feels right for you. That’s your intuitive self talking.

While you wait, remember to be patient. This is a powerful lesson and a powerful tool in itself. It’s also important to remember that the Universe has perfect timing. Sometimes impatience can actually serve to block that which we desire from coming in.

You are releasing limiting beliefs and block. You are make spiritual space. Be sure to declutter your physical space to make room for what is headed your way.

Keep in mind that when you declutter your mental and physical space to begin slowly. Long term change is best accomplished when done incrementally, not all at once. Have a plan and stick with it. Consistency is important here. Be sure not to tackle too much at once. This can lead to you becoming overwhelmed. Feeling overwhelmed will lower your energy vibrations, therefore, blocking energies and manifestation.

Exercise is also key to your personal process. Get those feel good chemicals pumping. Occupy your mind. This will raise your energy vibrations. If you would like more information or guidance regarding this, visit Cathlene Miner’s website.

www.cathleneminer.com

“She used to tell me that a full moon was when mysterious things happen and wishes come true.”

- Shannon A. Thompson, November Snow

Perfect Timing

Remember that everything is in God's timing and that you are the most powerful co-creator. Get out of your own way and let go of impatience. Keep yourself open to the possibilities so that all of the moving parts can fall into place. You think about the "what", but let your intuition and God guide you through the "how".

Release the energy of impatience and needing to know how everything must work. So much of our problems come from our ego making us believe we have to figure everything out. This is actually counterproductive.

Have that conversation with the Universe. Talk to the

"You are one thing only. You are a Divine Being. An all-powerful Creator. You are a Deity in jeans and a t-shirt, and within you dwells the infinite wisdom of the ages and the sacred creative force of All that is, will be and ever was."

- Anthon St. Maarten, Divine Living: The Essential Guide To Your True Destiny

Crystals

Let's talk for a moment about crystals. I love crystals. There are some crystals that will amplify your manifesting. All of these crystals will either directly help you to manifest a specific goal or they will help you to obtain a certain attitude or trait that is helpful in the manifesting process. We are only scratching the surface here.

Aquamarine Crystal:

This soothing crystal helps you to let go and move past anger, fear, old wounds, and emotional patterns. It helps you to detach and clear the clutter within your mind, bringing you clarity.



Smoky Quartz:

This powerful crystal helps you to let go of old patterns and belief systems that are holding you back from achieving your full potential. It helps to release all of the blocked, old and stagnant energy in your body. Once all of the old energy is removed, new energy is able to fill all the open space with light and hope.

Citrine Crystal:

This versatile, yellowish, sunny stone helps you to develop a positive attitude. It encourages you to go with the flow and let go of anything from the past that is making you unhappy. It promotes the enjoyment of new things and experiences.



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Rutilated Quartz:

This healing crystal is the perfect tool for letting go. It will cleanse and energize your aura and reach the root of your problems. This crystal will facilitate change. It is also especially powerful if you are healing from a loss. It will connect you with the angelic realm to help you move forward from your loss, while encouraging connection with your angels to watch over you.

Rutilated Quartz is also said to act as an antidepressant to help dissolve depression.

As I said, I love crystals. My favorites are pocket, or as I call them, “bra crystals. These are small crystals that you can carry wherever you go.

Tip: Crystals are beautiful, but remember that they radiate energies that can amplify what you focus on. With that being said, pay attention to where your thoughts are going. You can also amplify negative energies as well. That is not our goal here!

Worksheet

Date: ___/___/___

Items I will need:

Sage

Crystals

Candle

Pencil

Paper or Journal

My 3 - 4 things I am releasing this month:

Thoughts that are coming to mind 2 days before the Full Moon:

Any doubts that crossed my mind:

I am carrying these over from last month:

Notes:

Worksheet

Date: ___/___/___

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Happy

Manifesting



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