

FULL MOON HEALING PROCESS

Purnima Release Method

(1) On a Full Moon Day, go out and see the FULL MOON from your gallery, balcony, terrace, backyard or outside your house.

(2) As you look at it in the sky, take a few deep breaths and focus on it for atleast 3 minutes and admire its beautiful healing white light.

(3) After a few minutes, read this statement : "I release and dissolve every ounce of stuck energy patterns in my aura, disempowering beliefs which are holding me back, negative vibrations and projections of other people and my own addictions which are harming me and offer all this to the white light of the FULL MOON & the oceanic salt water for our healings and transformations."

(4) Offer your gratitude and appreciation by saying : "Thank you to the MOON Goddess and Archangel Haniel for this opportunity."

You can do this maximum 2 times.

Your simple healing process is now complete.