

Letting go & Leaving Behind

With the practices of cleansing for the dark moon, we can set powerful intentions of leaving behind what no longer serves us. This may be a practice of writing and burning, burying or washing away, or simply writing down all those things you would like to leave in the previous cycle.

This practice is also deeply powerful on the first day of your menstruation cycle!

Consider:

As you exit this last cycle, what would you like to leave behind? (It could be many things!)

Why is this important for you to let go of? How does holding onto it affect you?

How can I show myself compassion if what I leave behind now crops up again? And what might I learn from that?
