



## Welcome to the Moon Magic Release Course!

Dearest divine being,

I am so excited to welcome you to this special ***Moon Magic Release*** course!

This course was created because of a random thought I had one night; 2016 has brought me many blessings but it was also a really tough year for me. And as I was lying in bed thinking about the new year and feeling hopeful for all the possibilities, I decided that I wanted to perform some releasing rituals for myself before the end of the year, so that I could clear away all residual negativity, and ensure that the next year will be a clean slate for me.

I started to plan some of the releasing rituals for myself and it occurred to me that I would like to share them with my husband and a few of my closest friends because I knew that 2016 had not been easy for them either. Then of course, I realized that 2016 had not been easy for many people, and that naturally made me want to share this with as many people as I could!

And thus, *Moon Magic Release* was born.

Since the launch of this course, I have received quite a number of messages, emails, and feedback telling me how much this course have made a difference for many of those who have taken it. It has been such an honor and a pleasure to see the impact this course has made, and I hope that it will make a positive difference for you as well.

My aim for this course is to guide you through 11 days of simple and easy exercises for releasing negativity in all aspects of your life, to figuratively wipe the slate clean, and from there, practice affirming and programming the things we do want in our lives now and beyond.

The timing of the first run of this course was designed to coincide with the end of 2016, auspiciously timed with the Winter Solstice and the moon phases to maximize the benefits of the work we are doing here. However, I have since decided to make this course available throughout all the phases of the moon, and at all times, because I believe that this course will be beneficial to you no matter when you choose to practice it, and will continue to be beneficial as many times as you choose to revisit it.

If you would like to do this course along with the moon phases and leverage on the moon's magical powers, I suggest starting this course around the time of the Balsamic Moon, which is about 7-8 days after the Full Moon. You can find the latest [moon phases listed on my website MynasMoon.com](https://mynasmoon.com), or you can just do a simple Google search.

I would like to emphasize that while it would be wonderful if you are able to do this course along with the moon phases, I realize that sometimes life's schedule gets in the way, so really, the best time to do this course is any time you have, and any time that's right for you. There is absolutely no wrong way to do this course; your way is the right way.

## Preparing for the Course

### **Materials you will need:**

Pen

Paper

A glass of water

A quiet and private space where you can journal and do these exercises – preferably a space near a window that allows the moonlight in.

### **Optional materials:**

Some earth or salt for grounding

A tarot or oracle deck

Candles

Incense

Matches/lighter

A safe container for burning paper and/or incense – perhaps a small flower pot or incense burner.

*Please be safe when handling fire!\**

\*A note about rituals involving fire, candles, incense, or anything that burns: please use your discretion and be safe with your surroundings.

You know your environment best, and if it is unsuitable or unsafe for any form of fire, please do not include it in your practice of this course. I will not be held liable for any accidents that may arise from the practice of the rituals in this course.

This course was created with the busy person's schedule in mind, and has been designed to be simple enough that all you need to complete it is the most basic of materials and a minimum of 15 minutes per day.

However, those who want to be more ceremonial and spend more time on the rituals and exercises can do so, and if you feel so inclined, you are welcome to modify any of the components to suit yourself.

Most of the materials are things that would be easy to obtain, or things that you would likely have on hand anyway, but don't worry if all you are able to do are the most basic tasks. As mentioned, there is no wrong way to do this course and you can always repeat this course anytime in the future. I believe it will always be beneficial any time you decide to come back to revisit it.

This course was initially presented as an email course, with each day's topic and task sent as individual emails over 11 days. I wanted to stay true to its original format, so it is presented here as closely to its original form as I could manage. You can finish the course over 11 days, or you can take your time with it and take weeks if you need to. If you prefer, you can even finish it within a few days. If it works for you, do that.

I am so happy to have you join me for this course, divine one. I hope it will serve you well.

*Much love,  
~Hazellie*

I would love to connect with you and follow your progress through the course! Here are some of the ways you can share your progress with me and with others who are doing or have done the course.

Instagram: tag me [@hazelliewong](#) or hashtag [#moonmagicrelease](#)

Facebook group: [Mynas' Moon Metaphysical and Spiritual Studies](#)

I'm looking forward to seeing your shares!