

## New Moon in Pisces theme:

Conscious Completion and Release to make space for  
whats new and a deeper experience of freedom

[Click here](#) to follow along with the guided meditation + video

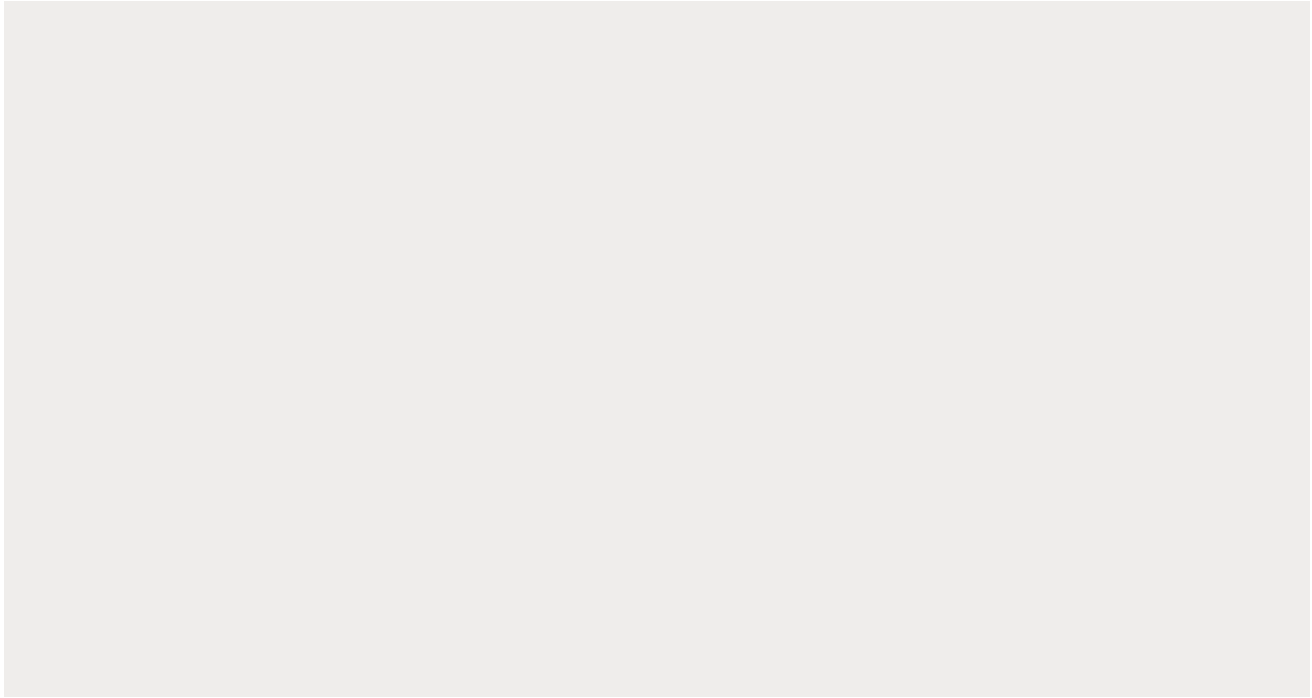


**Get really honest with yourself.**

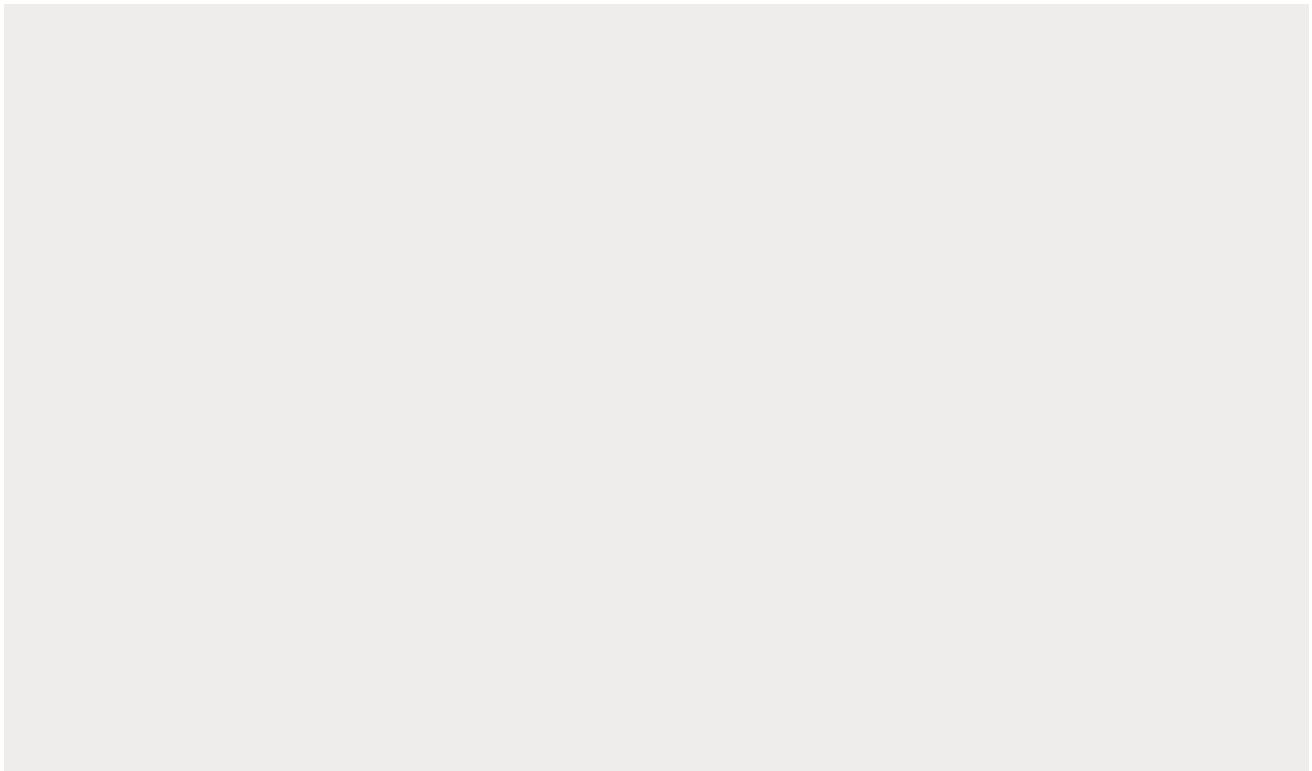
Are there any areas where I've been holding myself back or not being honest with myself that I am now ready to see?

Am I currently carrying anything that is weighing me down?  
Resentment? Hurt? Frustration? Anger?

Are there any people in my life that I need to have honest communication with? What do I need to say to honor myself?



What do I need to do to forgive myself or others so I can liberate myself from carrying this weight?



## Bonus journaling prompts:

- Where do I feel my inner yes and my inner no in my systems?
- What is the thing I'm still holding onto? Even though I know I should let go... even though I know it's over... even if I've tried releasing it before...
- How can I consciously begin to let go of that thing?
- What patterns need to be shifted or dissolved for me to be ready to step into my most sovereign self?
- What big, out of this world, dreams or visions are me calling in?

