



What Am I Ready to Release?

★ LAST QUARTER — RELEASE ★

One thing I am ready to release:

☾ This is: ☾

- | | | |
|--|---|---|
| ☐ A physical object | ☐ An expectation | ☐ A fear |
| ☐ A habit | ☐ A resentment | ☐ An old belief |
| ☐ An obligation | ☐ Guilt | ☐ An old version of myself |
| ☐ Something else: _____ | | |



Why have I been holding onto this?



What has it taught me?



What could become possible if I stopped carrying it?

★ My Act of Release ★

I will physically represent this release by:

- | | |
|---|--|
| ☐ Donating something | ☐ Deleting something |
| ☐ Throwing something away | ☐ Finishing something |
| ☐ Cleaning or clearing a space | ☐ Saying no |
| ☐ Tearing up a piece of paper | ☐ Changing a habit |
| ☐ Other: _____ | |



I honor what this has taught me.

I release what I no longer need.

I make room for what comes next.





Keep the Wisdom, Release the Weight

✧ WANING GIBBOUS — APPRECIATE & INTEGRATE ✧



WHAT I WILL KEEP

✧ A lesson I learned:

✧ Something I am grateful for:

✧ A strength I discovered:

✧ Something worth remembering:



WHAT I WILL RELEASE

✧ Something I don't need
to carry forward:

✧ An expectation I can loosen:

✧ A disappointment I can
begin putting down:

✧ Something that is complete:

*I do not have to carry the weight
in order to keep the wisdom.*



Waning Moon Magic

★ THE WISDOM OF LETTING GO ★



WANING GIBBOUS

— APPRECIATE —

BEST FOR:

- ★ Gratitude
- ★ Reflection
- ★ Integration
- ★ Completing work
- ★ Honoring lessons
- ★ Sharing wisdom



ASK:

*What have I
received and learned?*



LAST QUARTER

— RELEASE —

BEST FOR:

- ★ Release
- ★ Banishing
- ★ Cleansing
- ★ Breaking habits
- ★ Forgiveness
- ★ Boundaries
- ★ Simplifying



ASK:

*What no longer needs
to come with me?*



WANING CRESCENT

— REST —

BEST FOR:

- ★ Rest
- ★ Surrender
- ★ Meditation
- ★ Dreamwork
- ★ Closure
- ★ Acceptance
- ★ Spiritual listening



ASK:

*Where can I loosen
my grip and become still?*

★ GRATITUDE → RELEASE → REST ★



The waning Moon teaches us to thank,
to release, and to rest—so that something
new can be born.





Permission to Rest

★ WANING CRESCENT — SURRENDER & REST ★



What is making me tired right now?



What am I trying too hard to control?



What can wait until another day?



What can I stop doing—at least for now?



What Would Restore Me?

☐ More sleep

☐ Creative time

☐ Music

☐ Quiet

☐ Less screen time

☐ Gentle movement

☐ Time outside

☐ A bath or shower

☐ Doing absolutely nothing

☐ Solitude

☐ Reading

☐ Other: _____

★ My Waning Crescent Promise ★

Before the next New Moon, I give myself permission to...

*Rest is not the space between important things.
Rest is part of the cycle.*





Make Room

The Moon does not cling
to her fullness.

She releases her light
a little at a time.

She does not call this failure.

She does not fear
the returning dark.

She knows that some things
are meant to be completed.

Some things are meant
to be forgiven.

Some things are meant
to be laid down.

And some seasons ask
nothing more of you
than rest.

Release what is finished.

Keep what made you wiser.

Make room for what comes next.