

Full Wolf Moon

January 6, 2023



After completing the meditation, **PRINT OUT** these pages and write down any insights, revelations and thoughts that came to you.

Statement of Intention

I am safe and supported
when I express truth
from my heart.



How did you feel after the Full Moon's Waterfall?

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What came up that you **RELEASED**?



What did you experience as a **WOLF**?

(All insights, symbolisms, emotions, wisdom, etc.)