

2019 RELEASING CEREMONY

BY LAURIE BARRACO



Releasing Ceremony 2019

Hello and welcome! I am looking forward to connecting with all of you here on the internet.

My name is Laurie Barraco and some of you may know me and some may not. I am the founder of The Mystical Moon, 2 storefronts, I offer private sessions, I mentor people, I am a seeker of knowledge, I try to improve and be the best Laurie I can be and I am a regular person :)

Hello and who is here? What drew you to this event?

Welcome to my end of the year ceremony. Why? An end of the year ceremony helps us to review the year, and set us up for success as we transition into the New Year.

In reality, life is one big ol continuation. It is helpful for us to break down goals into segments and the same goes for our linear time. We do this with a New Year, months, weeks, days. Etc. We can all agree that by breaking down our time, it helps us with starting fresh and anew so we can recharge our minds, bodies and spirits.

This is why I stress the importance of a year-end-ceremony. To honor the completion of making it through another year, honoring all of the wisdom that was gained from the experiences of the recent year and then to reset our minds, bodies, and spirits as we move into the next phase or cycle.

BTW the handouts can be tweaked at any time. I am going to provide you with a ceremony to do on your own within the next few days.

It's been proven with scientific study that only 8% of people write down their goals and even a smaller percentage follow through with their goals I read an article on inc.com

Goal Oriented People why they are successful

1. They begin with the end in mind
2. They build a support system around them
3. They set specific and challenging goals
4. They recognize when they are procrastinating
5. They listen to music to focus
6. They don't multitask

If you weren't already aware, the "universe" is always helping us along with our path. Let me explain ~ December 26th was a new moon in Capricorn AND we experienced a solar eclipse which magnified the astrological influences of the new moon.

It's as if we are being set up for 2020 which I will expand upon the influences of 2020 in just a moment.

A new moon is also known as the dark moon. It's a clean slate, we start over and it's a time of planting seeds. Right before the New Year? Heck yes! The new moon is in the sun sign of Capricorn. Capricorn is an earth sign. Grounded, solid, practical, a builder/ architect, stubborn, and has a strong work ethic. They also are good at financial planning. FYI ~ This new moon lines up with Jupiter, an alignment that "will create an abundance of fresh and new opportunities in the professional realm of our life,

Solar Eclipse ~ A solar eclipse shines the light on the shadow areas of our life. It helps us to clean house and look at the areas of our lives where things may not be for our highest and best good. Solar eclipses help us to look externally. Therefore, the solar eclipse provokes changes that are more external, when events outside of us might get in the way of what we want and the path we must take to get it. It forces us to find a different route to our goals. Generally, the changes that a solar eclipse ushers in are positive, as the sun is

categorized as a positive planet in astrology. We may be pushed forward into a new job before we think we're even ready, and the eclipse will show us just how ready we really are.

Ultimately, a solar eclipse is meant for us to demand more of ourselves, and the events around it will prove to be a test of our strength and resolve to achieve our dreams. Be sure to embrace the changes with open arms and an open mind.

2020 ~ 2020 is a 4 number. It's the Emperor in the tarot card. This last year was a 3, the Empress. We received information, healing, and allowed our ideas to gestate and cook. Now with the Emperor, we are being called to take physical action with these ideas, seeds that we've been sitting with, for at least 12 months. You may have noticed that some of the goals you've intended for yourself for a long time are becoming more and more important for you and your path.

From Numerology.com The 4 is without a doubt masculine, reflecting strength and stability. His chief characteristics are dependability, productivity, punctuality and obedience. He is trustworthy, patient, conventional and a traditionalist. He is a bit boring and not much of a social person, preferring to toil in quiet obscurity. He works steadily and can be very persistent. He finds great satisfaction in his accomplishments and favors results over financial reward or public recognition. He is humble, dresses conservatively and blends in with his surroundings.

2020 is a new decade and it's starting off as a goal-oriented, no nonsense, confident, let's make this happen decade.

Let's take a moment to reflect on 2019 ~ I'm going to guide you through a mini-visualization.

Keep your pen and paper nearby so that you can jot down any thoughts that you want to contemplate on later.

Take a moment to get comfy and close your eyes and let's take a couple of deep relaxing breaths.

As we continue to breathe in a relaxed manner, I want you to bring your attention to area above your head, the crown chakra. This area is the area where you connect with source, your guides, your higher self and all celestial beings.

As you connect with your crown chakra, your awareness expands and expands beyond the room you are sitting in beyond time and space.

We are going to take a moment to connect with our higher self, the non-physical part of us that exists outside of your human personality self.

Our intention is to take a moment to review 2019. Allow your higher self to take you on a journey of the previous 12 months. You will visit your challenges, your victories, your relationships, all of the significant events that took place this year. Let's allow ourselves to be taken on this journey now. Some of these memories may be painful, some may bring you love, joy and peace. It's important to remember that each and every event is purposeful for the evolution of our souls.

We are grateful for all of these events the good, the bad, and the ugly. You may be wondering if you have forgotten anything significant that took place this year, that's ok. We will address that later.

Now we are ready for the next step and that is to cut the toxic and unhealthy cords of energy that we do not need to bring into a new decade with.

Archangel Michael, warrior archangel stands before you now. He takes out his mighty sword and begins to cut away the cords or energy that do not serve you any longer. He works all around you above you, below, behind and in front of you cutting the cords that are holding you in a place where you no longer choose to be.

Archangel Raphael comes into the picture now with his healing energies and soothes and smooths over the areas where AA Michael cut. AA Raphael is sealing your auric field with high frequency healing vibrations.

As they continue to work on you, you begin to feel closure, to feel whole again, lighter, and your heart chakra expands and opens wider ready to continue along on your journey.

They are now complete with their work. You feel a huge shift in yourself as you've shifted out of the frequency and vibration of the recent year.

Take a couple of deep breaths, how do you feel now? They want to know if you're ready to move forward into the next year? They also want you to know that they will be with you every step of the way. Both AA M and AA R and the army of etheric beings that are here to support you on this earthwalk.

Let's take a moment to come back to this room, slowly opening our eyes, and becoming more aware of our surroundings.

If you'd like to take a moment to write down anything that emerged from the meditation do so and if you'd like to share with us, feel free to do so.

Cord Cutting ~ What is it? Why is it important?

- Tired, drained
- Stagnant
- Trouble sleeping
- Starting a new journey
- Toxic environment
- Illness
- Trouble sleeping

Different Ways To Cut Toxic Cords

- Athame
- Spray
- Salt bath
- Archangel Michael
- Energy session
- Grounding/spending time in nature
- Releasing ceremony/request

Let's talk 2020 and talk goals :) What we focus on, we give energy to manifest and come to life. Some of the suggestions I am going to go over will help you with anchoring your goals into your auric field because our thoughts are in our mind space which exists in our auric field.

- New Year's Resolutions how do you plan on following through?
- Writing down your goals ~ when we want to manifest, we are not in alignment with our goal, prep work

- Checks and balances
- Be kind with ourselves
- Have trust and faith
- Do not put anyone's name on your goal list
- Timing may be off, spirit may say nope not for your highest and best good maybe it may take longer to manifest
- Mastermind groups, accountability
- Vision board
- Raise your vibration/cord cutting/healing
- Are you vibrating at a similar frequency of your intention?
- Are you supporting yourself, books, workshops, mentors?
- Are you being realistic?
- Use your voice it has power

Let's take a moment to think about some of the goals we would like to experience in our lives.

Meditation to set anchors in our etheric bodies.

Let's take a few centering breaths to relax.

As we breathe, we are going to bring our awareness to our crown chakra, the area above our heads.

See a point of white light above our heads. This beautiful light has gold flecks that are swirling within this vortex of white light.

These gold flecks upon closer observation are the shapes of the 5 pointed star.

This white light cascade down your entire body from the crown in a soft fountain of white light with gold stars cascading down from the crown down the body.

We are now going to set the intention to create anchors within our etheric astral bodies as a setting point for our intentions to link with like-frequency within our etheric/astral bodies.

We ask spirit to assist us with creating anchors within our field of awareness to act as hosts that will anchor our intentions with vibrational matches to link our intentions.

And our request is granted.

Let's sit for a moment as the showering of light and gold stars anchor into our fields of awareness.

The anchors are set.

Let's now begin to come back to this space, our bodies and slowly open our eyes.

Releasing Ceremony in 6 Simple Steps

Supplies: All you need is a pen or pencil, a few pieces of paper, a quiet place where you will have some privacy and maybe some sage to clear you and your space beforehand.

1. In a private place, find a comfy seat and write down all of the major events of the year.

You will be creating two lists. The first list is for all of the challenges of the year. The second list will list all of your blessings and accomplishments.

2. I suggest taking your time reviewing all of the things you wrote down. Remember, all that has transpired over the past year has been purposeful for your personal growth and evolution.

3. After you have taken the time to review 2019, you are now ready to release 2019 with love, gratitude, and appreciation for the acquired wisdom you have gained through your experiences.

4. Repeat the following statement out loud, "I am grateful for all of my experiences. I use the knowledge I have gained to empower myself, heal myself and grow as individual and trust all that takes place is for my highest and best good. I am now ready to release what no longer serves me and welcome in all the blessings 2020 has in store for me."

5. For the next step, you are going to take both lists and send them back to spirit however you wish. You may burn, shred and/or bury them in whatever sacred manner you prefer.

Now it is time to write down your personal goals for 2020. Be sure to not include anyone else's name on your list. This Ceremony is about you creating your best year ever! Dream big, don't settle and don't rush yourself with this step.

6. Get ready for the most amazing, prosperous, happy, healthy and joy-filled year ever!!!

This Releasing Ceremony can also be done with a group of people, however, do keep in mind that when you participate in any type of ceremony, other people's energy and consciousness do influence your intentions as well. I personally prefer and recommend doing this activity alone. It gives me a chance to be alone with my own thoughts and it is much easier to focus on the things I am releasing as well as intent on bringing in.

Blessings and Light,

Laurie



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