

# The *May* Moon

Ursula James, author of *The Source – A Manual of Everyday Magic*, reveals how you can use the lunar phases to enhance the magic in your life

**T**he May Moon is a time for sowing the seeds you planted in April, allowing you to clear away the weeds and make space for your seedlings to grow. The latter represent the ideas of what you want to create in your life, and by working with the Moon this month you can make sure yours grow properly. It is a period for welcoming the light and embracing growth, and therefore a good time to let go of any ideas that

haven't taken root and concentrate on the ones that have instead. It's also the ideal period for getting your hands dirty.

Traditionally, the May Moon is known as the 'flower Moon', signifying the change in the seasons to one of fertility. It is a time of passion and excitement, and is sometimes known as the hare Moon – so feel free to run around and have some fun!

## Full Moon flowering ritual

The May full Moon is a perfect time to consider larger changes in your life: alterations to where you live, the job you do or perhaps deciding to study a new subject, for instance. A beautiful and simple flowering ritual to do during this period requires a candle, some paper, a pen and a metal or fireproof bowl or dish.

- Start by creating a Moon circle; you do this by lighting a candle and inviting the energy of the full Moon to share its light with the flame. Have a metal bowl or dish close by.
- Focus on the light of the candle and close your eyes for a moment, holding its image there. Open your eyes and write down your dreams on the paper. Be clear and specific.
- When you have finished, tear the paper into separate strips.
- Call on the full Moon to help you transform these beliefs by saying, 'By the light of this flower Moon, I call upon the strength of the hare to help me believe I deserve more'.

- Take the strips of paper, hold them in your hands, close your eyes and imagine yourself actually doing what is on them.
- Open your eyes and burn each piece individually.
- When you have done this to all of them, focus on the flame once more. Close your eyes and release the Moon from the flame by saying, 'Flower Moon return to the heavens and watch over me as I grow as a person'.
- You can then extinguish the candle and throw the ashes of paper into your garden or into a flower pot if you don't have your own.
- You will soon start to see the changes happening within and around you.

■ Ursula James is author of *The Source – A Manual of Everyday Magic* (Random House; £12.99), which she channelled from the teachings of a witch. Ursula is also a clinical hypnotherapist. For more information, visit [ursulajames.info](http://ursulajames.info)

**NEW MOON  
MAY 3RD**

a time of mental and spiritual preparation

**WAXING MOON**

ideal for setting new ideas in motion

**FULL MOON  
MAY 17TH**

a period of fruition

**WANING MOON**

perfect for clearing out and letting go