

The June 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

Synonymous with fruition and fun, the June Moon is the ideal period for treating yourself to some playtime and allowing any ideas you have to fully blossom. Make sure your Moon magic stays on track this month by using it as an opportunity to evaluate everything that is and isn't working for you at present. If something isn't measuring up, let it go; if it was going to materialise, it would have done so by now. Move on and concentrate on the areas that have manifested as you wished instead; it'll

leave you feeling much lighter and stronger as a result.

Known as the Strong Sun Moon, or sometimes the Lover's Moon, June's full Moon is a celebration of the connection between opposites – the Sun and Moon, male and female, cold and heat – and therefore a great time to honour all that's powerful and dynamic within you.

Remember, June 1st is also a partial solar eclipse, highlighting the close connection between the Sun and Moon and how they affect one another.

Full Moon Strong Sun ritual

Designed to bring opposites together and engage both sides of your nature for added strength, this is an ideal spell for times when you'd like to feel more in control.

You will need:

- A candle.
- Two objects that signify opposites – a yin/yang symbol, some salt and pepper or an image of the Moon and Sun, for instance; it doesn't matter what you use as long as they're completely different in an obvious way.
- On the evening of the full Moon, position yourself in a place where, if possible, you can see it in the sky; this will give you a stronger connection to its energy and heighten your ability to identify with your own power. If you can't see it, spend a moment visualising it in your mind before lighting the candle. Wearing something made of silver will also strengthen the link.
- Light the flame and place the objects on either side of the candle, positioning the darker of the two on the left and the lighter one on the right. When you have done this, concentrate on the fire, focusing all your attention on the opposite

**NEW MOON
JUNE 1ST**
perfect for mental and spiritual preparation

WAXING MOON
ideal for setting new ideas in motion

FULL MOON JUNE 15TH
a time for bringing things to fruition

WANING MOON
a period for clearing out and letting go

forces surrounding it.

- Keep your eyes closed and allow yourself to remember one thing of sadness, followed by another of joy.
- Close your eyes and say to yourself, 'I live my life in the light and the darkness. I celebrate the power of opposites to make me stronger.'
- Let yourself rest for a moment and then open your eyes. Take the light object into your right hand and the dark into your left. Bring them together high above the flame, before returning them to their original positions and blowing out the candle.
- Clear away everything you've used and thank the Moon for sharing its strength.

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