

The July 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

A wonderful period full of joy and sharing, the July Moon is a time when you can stay out as long as you like in the evening, allow yourself to blissfully embrace the transition between day and night, and share food and laughter with your neighbours and friends.

Particularly noteworthy due to the partial solar eclipse, highlighting the relationship

between the Sun and Moon, the July Moon reminds us of the importance of balancing opposites – male and female, light and dark, work and play – and encourages us to be thankful for the things we already have and share them with others, blessing those who enrich our lives and celebrating all we've accomplished.

Full Moon blessing ritual

Generally best shared, as it involves food, drink and company, this is a ritual you can do with others or by yourself, either by inviting those who mean something special to you into your magical circle, or by choosing to visualise them doing so in your mind. Designed to heighten awareness of connectivity and blessedness, it encourages you to recognise the value you give to love, and refresh and reinforce the bonds you have with others. Helping you create a sense of harmony, it also increases your ability to take personal responsibility for the way you share your life with those around you.

To create the ritual you will need:

Food, wine and a candle (it's funny how this technique seems to have naturally incorporated itself into many of the dinner parties we hold; in fact, most of us will have sat around a table sharing food, drink and conversation, usually with a lit candle in the middle, at some point, using it as an opportunity to reinforce our connections with others and recognise the importance of our friends, without realising we're actually doing so!)

- To do this formally, you will need to create a magical table. You can do this by forming your own ritual space – often called an altar – in full sight of the night sky and Moon.
- Light your candle and invite your guests, living or dead, to enter your magic circle.
- Place the food and a cup of wine by the candle.
- Close your eyes and meditate, inviting each of your guests to join you in the light of the flame one by one.

- Say, 'I invite you here with love to thank you for all you have brought into my life and for the connections here on Earth and beyond you have given me with your love. With this food and wine, I now honour you'.
- Open your eyes and consume the food and wine, allowing yourself to feel the love of those you've invited, either in person or mentally using your imagination.
- Finally, focus on the flame and thank it for keeping you safe, and guiding you with its light.

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

NEW MOON
JULY 1
Ideal for mental and spiritual preparation

WAXING MOON
A period for setting new ideas and feelings into motion

FULL MOON JULY 15
The best time for bringing things to fruition

WANING MOON
Perfect for clearing out and letting go

