

The Moon August



*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*

The beginning of the Corn Moon phase – also often referred to as the Barley Moon – August is a time for rebirth and fruition, and therefore an ideal period for connecting with the fruitful energy of the Moon and concentrating on your physical and spiritual needs. Intense and magical, its powerful nature ensures any work you do on yourself during this interval gives you the energy to persevere through the darker, colder seasons, making it a

great month for writing spells and incantations, and creating your own affirmations and statements of intent.

An ideal time for formulating plans about the changes you'll be making in your life and how you're going to create them, it's an important period for considering how your world will alter once you've achieved your desires and harvested the work you've done so far while utilising its energy to manifest your future plans.

Full Moon blessing ritual

A lovely ritual that will allow the natural energy of the Moon phase to focus your attention, and that of the universe's, on making your future plans come to life.

■ Firstly, create your ritual space, either outside or close to a window where you can see the night sky and Moon. Remember to do this from scratch every four weeks; do not leave it exposed to daylight from one month to the next, and clear it away each time you work on a different spell.

■ Place a pure white candle, stone or crystal representing magnification and grounding, and something signifying fruition – a piece of fruit, for instance – on your magic altar. Apples are particularly useful for this. Synonymous with both positive and negative forces – the Garden of Eden, but also temptation and sin – their presence serves as a reminder that your actions have the potential to be either, and will therefore encourage you to focus on the good elements of manifesting.

To do the ritual:

- When you have prepared your altar, light the candle and spend a few moments focusing on its flame. Close your eyes and visualise it in your mind's eye.
- Concentrating on one event you'd like to materialise, ensuring you keep it short and clear, tell the flame your wish; your other requests will follow so long as your intentions are, and remain, true.

- When the image you've been picturing begins to fade, open your eyes and focus on the candle. Eat the fruit and bury any remains you have left in the garden, or a plant pot.
- Blow out the flame, clear away your altar and look up at the Moon, thanking it for lighting your way.

Ursula is always happy to hear about your results and own rituals. You can email her on Ursula@ursulajames.info, and read more about her book *The Source – A Manual of Everyday Magic*, which combines the power of the Moon phases with ancient witch knowledge, to help you create magic in your daily life.

NEW MOON
JULY 30
Ideal for mental and spiritual preparation

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

FULL MOON AUGUST 13
The best time for bringing things to fruition

WANING MOON
Perfect for clearing out and letting go

