

The Moon September



*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*

Traditionally a time for welcoming the harvest, not just of the Earth's fruits but also your own labour, September is the month when everything you've been working towards during the year finally comes together and you have the opportunity to look back over the changes you've implemented and recognise the ideas that have, or haven't, ripened. A contemplative Moon, rather than one of great activity, it's a period for allowing yourself to be proud of the things you've accomplished and

hard work you've put into achieving them.

Also the time of the autumn equinox, when Mabon – the second harvest – is celebrated, it's a period for focusing on the areas you've excelled in most over the past year, and considering different ways you can work even harder to expand on them in the future.

Particularly beautiful due to the time of year, harvest Moons help you connect with the changing seasons and prepare for the darkness of the coming months.

Waxing Moon preparation ritual

Focusing on the balance between light and dark, this ritual will help you make peace with the results – good or bad – of any work you've put into your magical life over the past 12 months, while learning to accept that not everything you attempt will always succeed.

Encouraging you to concentrate on the areas that have materialised as you wished, while also ploughing the work from your less fruitful projects back into the soil, it will help you learn from your mistakes and move forward with your life.

To create the ritual

- When you've prepared your altar, spend a few moments in the darkness, before lighting your candle. Accept and recognise it as part of the magical space and thank it for its presence in your life.
- When you light the flame, take the time to focus on it for a few moments.
- Close your eyes and hold its image, along with that of the darkness surrounding it, in your mind's eye.
- When this fades, open your eyes and say, 'Light and dark surround me, endings and new beginnings abound within me. I value both for what they give me.'

WAXING MOON – SEPTEMBER 4
A period for setting new ideas and feelings into motion

FULL MOON – SEPTEMBER 12
The best time for bringing things to fruition

WANING MOON – SEPTEMBER 20
Perfect for clearing out and letting go

NEW MOON – SEPTEMBER 27
Ideal for mental and spiritual preparation

- Blow out the flame and tidy away your altar. Look up at the Moon and thank 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 harnesses the power of the Moon phases and knowledge of a long-dead witch to create real magic in your daily life.

