

The October Moon



Hypnotherapist and white witch *Ursula James* reveals how you can use the lunar phases to enhance the magic in your life

Synonymous with change and the transition from the fruitfulness of autumn to the darkness of winter, October is an excellent time to celebrate and embrace the hearth and home, and is therefore an ideal period to swap the current colour scheme in your abode to one with warmer colours and richer fabrics instead.

Known as the Blood Moon, and thereby the phase of the cycle when the connection between the physical and spiritual world is at its strongest, this month's full Moon is a perfect

time to strengthen your connection with your spiritual self and demonstrate the respect you have for your ancestors – members of your family and friends you believe you're intrinsically linked to on a soul level.

Giving you the opportunity to reflect and consolidate, before the start of winter, it's a time to repair any discrepancies in your home and relationships, and prepare for the darkness of the colder season.

Full Moon connection ritual

A wonderful exercise guaranteed to help you fully ground yourself and recognise your achievements, this is a fantastic way to connect with those to whom you feel spiritually linked – both living, and in spirit.

To create the ritual

- Prepare your altar as usual; however, this time, place a photograph or memento of someone who's passed over beside you; this will represent everyone who's ever cared about you but is no longer alive.
- Spend a few moments remembering your deceased loved ones, before focusing your attention on the candle.
- Light the flame carefully and concentrate on it for a few moments; close your eyes and hold its image and the darkness surrounding it in your mind's eye.
- Invoke the spirits of those who've loved you, asking them to enter the light of the candle, while saying, 'The love we shared is reawakened in this flame. Spend some time with me, so I can share with you.'
- Take a few moments to tell them about what's been happening in your life, and invite them to

support you and be there for you in all your future endeavours.

- Sit silently for a while and listen; if you get a response, take heed of it.
- Blow out the flame and tidy away your altar, before looking at the Moon and 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 harnesses the power of the Moon phases and knowledge of Mother Shipton, a long-dead witch, to create real magic in your daily life.

WAXING MOON –
OCTOBER 4

A period for setting new ideas
and feelings into motion

FULL MOON – OCTOBER 12

The best time for bringing things
to fruition

WANING MOON – OCTOBER 20

Perfect for clearing out and
letting go

NEW MOON – OCTOBER 26

Ideal for mental and spiritual
preparation