

The November Moon



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

Synonymous with new beginnings, November is a time to harness the power of the full Moon – known as the 'mourning' Moon during this period – and prepare yourself for the changes and differences of winter by releasing any attachments to your past preventing you from moving forward. Promising to help you let go of any people, possessions or events no longer serving you, and to finally mourn their passing, this month's full Moon will allow you to feel the sadness of releasing something you feel attached to, while

recognising you're doing so in preparation for an outcome better suited to you.

Letting something negative pass often results in a more positive outcome taking its place, even if you're not sure what you want it to be. By acknowledging the importance of sadness and accepting it's a phase all of us must go through, you'll be in a stronger position to celebrate your happiness. It's also a great period for reconnecting with those you've lost – individuals who have passed away, for instance, or those who are still living, but are no longer a part of your life.

Full Moon mourning ritual

This is a fantastic spell to do during November's full Moon, promising to help you remember sad events from your past and fully mourn their passing. Spend some time cleaning your space; think about the things you'd like to let go of and allow yourself to reflect on days gone by. When you feel you've done enough of this, do the completion ritual below to put an appropriate end to your mourning.

To create the ritual

- Prepare your altar as usual and place a feather duster, or something associated with clearing, beside you.
- Light your candle, meditate on the flame and, when you're ready, close your eyes. Invite the spirit of the fire to come to you – this will heal your sadness – and allow it to warm you and give you comfort. If you wish to cry, do so; it's completely appropriate and will pass eventually.
- Say, 'Spirit of the flame, burn away my sadness and let my mourning pass. Free me from the past and make space for new joy.'

- Rest silently for a moment, before blowing out the candle, and clear away your altar.
- Look at the Moon and thank it.

Ursula has created her own ritual candle called *Success*, which you can buy from ursulajames.com, and also written *The Source – A Manual of Everyday Magic*, which harnesses the power of the Moon phases and knowledge of a long-dead witch (available at all good bookshops). You can email her at Ursula@ursulajames.info.

This will be Ursula's last column. We'd like to thank her for all her help and wish her luck for the future.

WAXING MOON – NOVEMBER 2ND
A period for setting new ideas and feelings into motion

FULL MOON – NOVEMBER 10TH
The best time for bringing things to fruition

WANING MOON – NOVEMBER 18TH
Perfect for clearing out and letting go

NEW MOON – NOVEMBER 25TH
Ideal for mental and spiritual preparation