

Buck Moon

At this time the velvety antlers of male deer complete their growth. Their glorious silhouettes against the summer sky led July's full moon to be called the Full Buck Moon.

- 1 gold candle
(or replace with a white / yellow candle)
- 1 blank journal page
- Gold pen, pencil or painting utensils



1. Light the gold candle on your altar.
2. Set an intention for this ritual. Write down in your journaling page how strong, capable and full of fiery power the fullness of Summer makes you feel. Think about what brings sunshine to your heart and make a list or draw these on the page.
3. Hold the page and say:
*"By the power of the Buck Moon,
by the fullness of the antlers of the King of the Forest,
by the Strength and Sustenance granted by the Harvest
I cast my spell!"*
4. Sit comfortably and read over these joys to yourself. Feel the power of the summer light up your Spirit.
5. Take a gold paint brush or gold pen, and write or color the following: *"Golden is the Summer; Golden is the Sun; Golden I am; the Gold and I are One."*
6. Recite the statement. Imagine yourself as a magnificent stag with a beautiful rack of antlers, standing in a clearing in your forest as the Summer sun goes down and a Full Buck Moon arises. Feel yourself in the fullness of your power. Take that power into your heart.
7. Look back upon these moments of power whenever you need to know of the golden essence that you are.