

Harvest Moon

The Full Moon closer to the second Equinox is called the Harvest Moon due to its historical helpfulness in bringing in the crop. The Full Moon was a wonderful ally before farmers had the illumination of tractor lights.

- 1 outdoor candle
- View of the full moon
- Pen
- Paper



1. Before you begin, set an intention for this ritual. A good idea for tonight's spell is to ask for clarity in a given aspect of your life. Write it down on the piece of paper.

2. Go to a safe outdoor space with a view of the Full Moon.

3. Light the candle and open your ritual by saying:

*"Earth, Air, Fire, Water, Spirit,
Be with me as I cast my spell. Welcome to my ritual."*

4. Sit down and chant this mantra aloud or internally:

"Harvest Moon, bring light to my Path."

Continue chanting this as you let the Full Moon bathe you.

Allow the mantra to find its own speed and volume.

5. This exercise will naturally move you inward into a deep state of peace, if you allow it. You will then experience a deep awareness where the sounds no longer make sense.

6. The mantra can lead your attention into silence, deep meditation, or sleep. Focus on what you wrote down on the piece of paper. Take out your journal and write down any realizations you come across.

7. When you feel your ritual time has ended, take a deep breath in, stretching your arms towards the sky and say:

"So Mote it Be."