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FULL MOON

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MAGAZINE

**Featured Artist:
The Unstoppable
Creators Among Us**

**What If: We Can
Communicate
with Other
Dimensions?**

**Bloodlust at Dawn:
A Viking Saga**

**Crafting a
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Amulet**

**THE POWER OF LETTING GO
A Burn Ritual for
Transformation**

Metaphysical Times
FULL MOON
MAGAZINE

Want to write for Metaphysical Times Full Moon Magazine?

Metaphysical Times is always willing to consider metaphysical and pagan themed content for the magazine. We serve a spiritually based audience and support artists in their endeavors to do what they love and thrive by providing this space so they can be seen, connect with the right people, and succeed the best way we can.

What We Want for the Full Moon

Text based interviews with pagan business owners, musicians, artists, and authors are always considered. Visual works of art created by humans, poetry, photography, song lyrics, short fictional pieces, personal narratives, spiritual experiences, book, game, music, and movie reviews. At least loosely based on or connected to the Full Moon is preferred.

What We Don't Want

Political rants or screes, satire, stories blaming your problems on other people, articles involving cruelty as entertainment, anything comparing your life to the holocaust, articles about how everything was fine until X, articles promoting violence against any group.

Please read and follow the submission guidelines

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The Metaphysical Times **Full Moon Magazine** is a pagan print and online magazine made in Northern, Utah bringing news, interests, and services to the pagan community in the US and abroad.

The magazine is printed monthly. This publication is a conduit for connecting people from all walks with practices, information, and entertainment that is relevant to them.

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FROM THE TEAM:

Greetings, Beloved Readers,

As the July full moon rises, casting its luminous glow upon us, we are reminded of the powerful cycles of nature and the ever-turning wheel of the seasons. This month, we are thrilled to bring you an issue brimming with inspiration, wisdom, and exploration, all dedicated to harnessing the energy of the full moon.

The full moon has always been a symbol of culmination, reflection, and powerful energy. It marks a time to release what no longer serves us and embrace new beginnings with open hearts and minds. In this spirit, our July issue is designed to help you connect more deeply with the transformative power of the full moon, offering a wealth of knowledge and practices to enrich your spiritual journey.

Lunar Rituals and Practices: Discover new and ancient rituals to connect with the energy of the full moon. This section includes detailed guides on meditations that harness lunar energy, spells for manifesting your desires, and ceremonies that align with July's unique lunar characteristics. Whether you seek to draw in love, prosperity, or healing, these practices will help you tap

into the moon's potent influence.

Metaphysical Insights: This month, our team dives deep into the metaphysical implications of the July full moon. Our expert contributors explore how the full moon affects our spiritual and energetic fields, providing insights into how you can use this knowledge for personal growth and transformation. Learn about the connections between lunar phases and your chakras, and discover how to balance your energy in harmony with the moon's cycles.

Healing and Wellness: Explore articles on holistic health practices that can be amplified by the full moon's energy. From crystal healing techniques to herbal remedies, this section offers practical advice for integrating the moon's healing properties into your daily wellness routines. We delve into the science and spirit of how the full moon can enhance your physical, emotional, and spiritual well-being.

Community Spotlights: We are proud to showcase the incredible individuals and groups within our metaphysical community who are making a difference and sharing their light. This month, we feature interviews with inspiring practitioners who are using the full moon's energy to create positive change

in their lives and the lives of others. Their stories are a testament to the power of community and collective intention.

Creative Expressions: Immerse yourself in the artistic expressions inspired by the moon. Enjoy poetry, art, and stories contributed by our talented readers and team members. This section celebrates the creative spirit that the full moon ignites within us all, offering a space for you to reflect, dream, and be inspired by the beauty of lunar influence.

As always, we are deeply grateful for your continued support and engagement. Your passion for the metaphysical arts fuels our dedication to bringing you the best content each month. We encourage you to share your thoughts, stories, and feedback with us – your voices are what make Full Moon Magazine a vibrant and evolving community.

May the light of the full moon guide you and illuminate your path. Embrace this time of reflection and renewal, and let the moon's magic inspire you to new heights.

With Lunar Blessings,

The Full Moon Magazine Team

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THE POWER OF LETTING GO: A BURN RITUAL FOR TRANSFORMATION

BY THE TWISTED WITCH

Rituals have long been a part of human culture, serving as powerful tools for transformation, healing, and manifestation. One such ritual is the burn ritual, a sacred practice that combines the elements of fire and intention to release what no longer serves us and transmute that energy into blessings for others. On July 19th, the day of the full moon, I will be performing a burn ritual, and I invite you to join me in this deeply personal and transformative experience.

Preparation: Setting the Stage for Transformation

The burn ritual begins long before the fire is lit. Preparation is key to harnessing the full power of this practice. Here's how to prepare:

Gather Materials: You'll need a sheet of paper, scissors, a pen, a safe container for burning (like a fireproof bowl or cauldron), and something to ignite the fire. Optional: a few drops of your blood for added personal energy.

Write It Down: Start by writing down the names of people you wish to bless. Fill the sheet of paper with these names, then cut them out into individual strips. On the remaining pieces of paper, write down what you want to let go of—responsibilities that aren't yours, stress, anger, negativity, and so on. Include broader concepts like "The Departed," "The Forgotten," "The Lost," "The Hurting," "Those who would do me harm," and "Hatred."

Step One: Letting Go Ceremony

As the moves higher in the sky, it's time to begin the ritual. Find a quiet,



sacred space where you won't be disturbed.

Ignite the Fire: Light the flame with the pieces of paper listing what you wish to let go of. As the fire catches, chant: "These cleansing flames carry the weight off my shoulders and into the universe with blessings for others."

Offer Your Blood: Carefully add a few drops of your blood to the flames, chanting: "With my life force, I transmute this energy into helpful, healing energy for others." This act of offering amplifies your intention and connects you more deeply with the ritual.

Step Two: Transmuting Energy into Blessings

With the fire burning steadily, it's time to transmute the released energy into blessings.

Read and Release: Take each strip of paper with the names of those you wish to bless. Read each name aloud as you drop the paper into the fire. As you do, visualize the energy you're letting go of being transformed into light and positive energy.

Exhale into the Smoke: As the fire

consumes the paper, exhale hard into the smoke. Visualize all the negativity, stress, and unwanted energy leaving your body with your breath. See the darkness ignited by the embers and transformed into light, blessings, and goodness. Watch as these blessings rise with the smoke, carried to those you intend to help.

Completion: A Moment of Gratitude

Sit quietly in meditation, watching the flames until they burn out on their own. Use this time to reflect, visualize the transformation taking place, and feel the weight lifting from your shoulders.

Express Gratitude: Once the flames have died down, conclude the ritual with an expression of gratitude. Thank the universe, the elements, and any spiritual beings you work with for their support and assistance. Acknowledge the transformation that has occurred and the blessings that have been sent out.

Conclusion: Embracing the New

The burn ritual is a powerful way to release what no longer serves you and to transform that energy into something positive for yourself and others. By preparing thoughtfully, engaging deeply in the ritual, and expressing gratitude, you create a space for new, positive energies to enter your life.

As you sit in the quiet aftermath of the ritual, embrace the sense of lightness and renewal. Know that the energy you have released has been transmuted into blessings, carried by the smoke to those in need. May this ritual bring you peace, clarity, and a renewed sense of purpose.



CRAFTING A DRUIDIC SOLAR AMULET

BY HENRY DALTON



In the heart of Druidic tradition, the sun is a powerful symbol of life, energy, and renewal. As the summer sun reaches its zenith, it offers an abundant energy that can be harnessed and stored for the colder, darker days of winter. Creating a Druidic solar amulet allows us to capture the vibrant essence of summer, preserving its warmth and light to sustain us through the year. Using natural materials like ash wood and emerald-colored crystals, and calling upon the spirits of nature, we can craft a talisman that not only honors the sun but also empowers us with its enduring energy.

The Magic of Summer Elements

Summer brings a unique combination of elements: the intense heat of the sun, the warmth of fire, the freshness of water, the fertility of the earth, and the lightness of air. These elements are infused with life and energy, making them perfect for creating a powerful

amulet. By incorporating these elements, we can create a talisman that embodies the full spectrum of summer's magic.

Selecting Materials

Choosing the right materials is crucial for creating a solar amulet that resonates with you. Here are some options:

Wood

Ash wood is known for its strength and connection to the sun. If you prefer, you can use any other wood that resonates with you.

Crystals

Emerald-colored crystals like green aventurine or peridot symbolize growth and renewal. Feel free to use any crystals that you are drawn to.

Natural Elements

Sunflowers, rosemary, seashells, and feathers are great choices. However, you can incorporate other summer herbs and symbols that resonate with you.

Crafting Your Druidic Solar Amulet

Setting Your Intention

Begin by clearly defining your intention. For example: "May this amulet capture the warmth and light of the summer sun to sustain me through the winter months."

Choosing the Base

Create a base from ash wood, either as a carved pendant, a small disk, or a staff. Alternatively, use any wood that feels right to you.

Adding Elements

Embed or attach emerald-colored crystals to the ash wood base.

Incorporate sunflowers, rosemary, and other summer herbs and symbols.

Bind the elements with natural fibers like cotton or leather.

Empowering the Amulet

Ritual to Call Upon Nature Spirits

Find a quiet, natural place, preferably at midday when the sun is strongest.

Light a small fire or candle to represent the sun.

Place your amulet near the flame and surround it with the chosen natural elements.

Invoke the spirits of nature and the sun with a prayer or incantation, such as: "Spirits of the earth, air, fire, and water, I call upon you to bless and empower this amulet. May it capture the strength and light of the summer sun, to warm and guide me through the darkest days of winter. So mote it be."

Visualize the amulet absorbing the sun's energy and the blessings of the nature spirits.

Using and Caring for Your Amulet

Daily Use

Wear or carry the amulet with you to maintain a connection to summer's energy.

Place it on your altar or in a sacred space during rituals.

Cleansing and Recharging

Regularly cleanse the amulet using smoke from herbs like sage or rosemary.

Recharge it under the full moon or in direct sunlight periodically.

Storage

When not in use, store the amulet in

a natural fabric pouch, surrounded by dried herbs like lavender or chamomile.

Incorporating the Amulet into Rituals

Summer Solstice Ritual

Use the amulet in your summer solstice celebrations to enhance its power.

Meditate with it, focusing on the sun's warmth and energy.

Winter Solstice Ritual

During the winter solstice, place the amulet on your altar to release the stored summer energy.

Use it in rituals to invoke the sun's return and the renewal of light.

Respecting Cultural Traditions

It's important to approach this practice with cultural sensitivity and respect. While drawing inspiration from Druidic traditions, honor the roots of these practices and personalize your amulet in a way that feels genuine to you.

Creating a Druidic solar amulet is a beautiful way to capture the essence of summer and carry its warmth and light with you throughout the year. By connecting with the sun's energy and calling upon the spirits of nature, you can craft a talisman that not only honors the sun but also empowers and sustains you through the darkest days of winter.



FEATURED ARTIST: THE UNSTOPPABLE CREATORS AMONG US

BY CHRISTY MANN

In our world, creativity is often celebrated in grand galleries and on impressive stages. However, true artistic spirit often resides in the everyday acts of creation by individuals whose work might never be widely recognized but whose impact is deeply felt. This month, we honor these unsung heroes of creativity—people like my grandmother, whose craft was an inseparable part of her being. My grandmother was a master of yarn manipulation. She could create anything with her knitting needles and crochet hooks, and her home was filled with the fruits of her labor. When she passed away a few years ago, I helped my mother sort through her belongings. To my surprise, we found yarn in every room of the house—kitchen, bathrooms, and even tucked into corners you wouldn't expect. At first, it seemed overwhelming, almost chaotic. But as we looked closer, it became clear that each piece of yarn was meticulously saved and stored, no matter how small.

Years have passed since then, and now I understand the significance of her collection. I, too, have unconsciously started saving bits and pieces of yarn from my own projects. Each fragment holds memories—not just of the work done, but of the life lived during those times. These small pieces of yarn are not just scraps; they are tangible memories, each carrying a piece of our history.

My grandmother's devotion to her craft reminds me that we all know someone like her. People who are driven to create, who find solace and joy in their craft, and whose creativity is a testament to their life and love. These individuals may never seek the spotlight, but their work is a profound expression of their spirit and a gift to those around them.

In my grandmother's case, her yarn projects were more than just hobbies; they were a way to connect with her past, her loved ones,

A wooden picture frame with a dark interior, set against a background of colorful paint splatters in shades of pink, yellow, green, and blue. The frame is centered and contains several paragraphs of text.

and herself. Each piece of yarn she saved was a reminder of a project, a moment, or a feeling. As I've come to realize, these fragments are time capsules, preserving memories and emotions in a way that nothing else can.

This month, as we celebrate creativity in its many forms, let's take a moment to honor the quiet creators. These are the individuals who knit, crochet, sew, paint, carve, and build—not for fame or recognition, but for the pure joy of creating. Their work may be humble, but it carries the weight of their love, dedication, and history.

So, if you have a grandmother, grandfather, parent, or friend who is always crafting, take a moment to appreciate their work. Understand that each piece they create is a part of them, a piece of their soul made tangible. These everyday artists are the heartbeat of creativity, turning the ordinary into the extraordinary with their hands and hearts.

To all the unstoppable creators out there, thank you. Your work enriches our lives in ways that words cannot fully capture. You remind us that creativity is not just about the finished product, but about the process, the love, and the memories woven into every stitch, brushstroke, or chisel mark.

In this issue of Full Moon Magazine, we celebrate you. May your creative spirit continue to inspire and remind us all of the beauty in the everyday act of making.

With Creative Blessings,

Christy Mann

THE
IDES OF
MARTIUS

A HISTORICAL FICTION

BY HANK DAVIS

The heat of a Roman summer enveloped the city, casting long shadows on the marble streets. Quintilis, now newly named Julius, had never been so alive with activity. In the heart of Rome, the Senate buzzed with the news of the day's assembly.

Marcus, a young senator of twenty-five, made his way through the crowded Forum. He had received a summons from Julius Caesar himself, an honor that filled him with both pride and anxiety. The reforms Caesar had enacted were monumental, and Marcus, as his protégé, felt the weight of his mentor's expectations.

As he approached the Curia Julia, Marcus's thoughts turned to his sister, Livia. Unlike most Roman women, Livia was fiercely intelligent and deeply involved in the political currents of the day. Her insights had often proven invaluable to Marcus. He hoped to speak with her before meeting Caesar, but time was against him.

The grand doors of the Senate house loomed before him. He took a deep breath and entered. Inside, Julius Caesar stood surrounded by senators, his presence commanding the room. Marcus approached and bowed.

"Ah, Marcus," Caesar greeted him warmly. "I have a task for you, one that requires discretion and loyalty."

Marcus nodded, eager to serve. "Anything, Caesar."

"There are whispers of discontent," Caesar began, his voice lowering. "Certain factions within the Senate plot against me. I need you to uncover their plans and report back."

The gravity of the mission was not lost on Marcus. He knew that failure could mean the end of Caesar's reign, and perhaps his life. "I will not fail you," he vowed.

Leaving the Curia, Marcus's mind raced. He needed to find Livia. She had a network of informants and a keen sense for deceit. He found her in their family's villa, poring over scrolls.

"Livia, I need your help," he said urgently. "There are plots against Caesar. We must uncover them."

Livia looked up, her eyes sharp with curiosity. "Tell me everything."

As Marcus recounted his conversation with Caesar, Livia listened intently. "We must tread carefully," she advised. "There are many who would benefit from Caesar's downfall."

Days turned into nights as the siblings delved into the murky waters of Roman politics. They attended lavish banquets and clandestine meetings, gathering fragments of information. It was at one such gathering that Livia overheard a conversation between two senators, Cassius and Decimus, speaking in hushed tones about the 'Ides of Martius.'

Returning home, Livia shared her discovery with Marcus. "The Ides of Martius," Marcus mused.

“That’s the fifteenth day of the month. We don’t have much time.”

Their investigation led them to a shocking revelation: Brutus, Caesar’s trusted friend, was involved in the conspiracy. Marcus could hardly believe it. Brutus was known for his honor and integrity. Confronting him would be dangerous, but necessary.

The night before the Ides, Marcus sought out Brutus at his villa. “We need to talk,” Marcus said, his voice steady despite his racing heart.

Brutus met his gaze with a mixture of surprise and wariness. “What is it, Marcus?”

“I know about the conspiracy,” Marcus stated bluntly. “I know you’re part of it.”

For a moment, silence hung heavy between them. Then Brutus sighed, a pained expression crossing his face. “You must understand, Marcus. Caesar’s power grows unchecked. Rome is becoming a dictatorship.”

“Caesar is a just leader,” Marcus argued. “He seeks to strengthen Rome, not destroy it.”

Brutus shook his head. “I love Caesar, but I love Rome more. This is not a decision made lightly.”

Desperation gripped Marcus. “Then let me speak to him. Let me warn him.”

Brutus placed a hand on Marcus’s shoulder. “I’m sorry, Marcus. It’s too late.”

Marcus had to wait to speak with Julius on the morrow. Even still he did not have enough evidence to directly accuse Brutus.

As Marcus approached the Curia, the imposing Senate house, he spotted his mentor. Caesar stood tall, his presence commanding respect and loyalty from those around him. Marcus bowed deeply as he approached.

“Marcus,” Caesar greeted him with a warm smile. “Join me. We have much to discuss.”

They entered the Senate together, Caesar speaking of his plans for the future of Rome. Marcus listened intently, but his thoughts were plagued by the rumors Livia had shared. He needed to speak to her again, to find evidence.

Inside the Curia, the Senate session began. Caesar took his place, unaware of the impending betrayal. Marcus scanned the room, his eyes settling on Brutus, Caesar’s trusted friend. The uneasy feeling in his stomach grew stronger.

Livia paced their villa, her mind racing. Her network of informants had provided her with disturbing information. Several senators, including Brutus, were plotting against Caesar. She knew she had to act quickly. When Marcus returned, his face pale and tense, Livia knew time was running out.

“Marcus, we must warn Caesar,” she urged. “The conspiracy is real. Brutus is involved.”

Marcus nodded, his expression grim. “I tried to speak with him, but the session had already begun.

We must act now.”

They hurried back to the Senate house, but as they approached, chaos erupted. The doors burst open, and senators fled in panic. Marcus and Livia pushed through the crowd, desperate to reach Caesar.

Inside, they found him surrounded by his assassins, blood staining his toga. Brutus stood among them, his dagger dripping with Caesar’s lifeblood. The scene was a nightmare, a brutal end to a great leader.

“Et tu, Brute?” Caesar’s voice echoed through the hall as he collapsed, lifeless, at Brutus’s feet.

In the days following the assassination, Rome was a city in turmoil. Marcus and Livia were devastated by their failure to save Caesar, but they knew they had to act quickly. The power vacuum left by Caesar’s death threatened to plunge Rome into chaos.

Livia, with her sharp mind and political acumen, urged Marcus to seek out Octavian, Caesar’s adopted heir. “He must know the truth,” she insisted. “Octavian is the key to avenging Caesar and restoring order.”

Marcus agreed, and they set out to find Octavian, who was in Apollonia. The journey was fraught with danger, but they were determined. As they traveled, Livia used her connections to gather evidence of the conspiracy, compiling a dossier that implicated Brutus and the other conspirators.

Upon reaching Apollonia, Marcus and Livia were granted an audience with Octavian. The young man, just eighteen, was already showing signs of the formidable leader he would become. He listened intently as Marcus and Livia recounted the events leading up to Caesar’s assassination and presented their evidence.

“Brutus and the others must be brought to justice,” Marcus urged. “Caesar’s vision for Rome cannot die with him.”

Octavian’s eyes hardened with resolve. “I will return to Rome,” he declared. “And I will avenge Caesar.”

With Octavian’s support, Marcus and Livia returned to Rome. Octavian’s arrival galvanized Caesar’s loyalists and rallied the people. The city, once shrouded in fear and uncertainty, began to see hope in the young heir.

The conspirators, realizing the danger, attempted to flee, but Octavian’s forces were swift and relentless. Brutus and Cassius, the leaders of the conspiracy, were eventually cornered. Knowing their fate was sealed, they took their own lives, choosing death over capture.

In the aftermath, Marcus and Livia stood by Octavian as he addressed the Senate. “Rome will not fall to treachery,” he declared. “We will honor Caesar’s legacy and build a future worthy of his vision.”

Marcus felt a surge of pride and relief. They had succeeded in their mission. Though they could not save Caesar, they had ensured his dream for Rome would live on through Octavian, who would later be known as Augustus, the first Emperor of Rome.

WHAT IF: WE CAN COMMUNICATE WITH OTHER DIMENSIONS?

BY CHRISTY MANN

What if we are not alone in the universe, but rather, coexisting with beings from other dimensions and realms of existence? This idea, central to many metaphysical and esoteric traditions, suggests that we can develop the ability to communicate with these beings through practices such as meditation, astral travel, and channeling. Imagine the wisdom and knowledge we could gain from connecting with higher-dimensional guides, ancestors, and extraterrestrial civilizations.

The Multidimensional Universe

The concept of a multidimensional universe is both ancient and cutting-edge. Various spiritual traditions, from shamanism to Eastern philosophies, have long held that our reality is but one layer of a vast, interconnected cosmos. Modern science, particularly in the realms of quantum physics and string theory, also posits the existence of multiple dimensions beyond our perceptual limits. These dimensions, while invisible to our everyday senses, are thought to influence and interact with our reality in profound ways.

Beings from Other Dimensions

Who are these beings that inhabit other dimensions? Spiritual texts and metaphysical teachings speak of a wide variety of entities, each with unique characteristics and purposes. These may include:

Spirit Guides: Often believed to be benevolent entities that assist and guide us on our life paths. They can be ancestors, ascended masters, or other enlightened beings dedicated to helping us navigate our spiritual journeys.

Angels and Archangels: Seen in many religious and spiritual traditions as messengers and protectors. These celestial beings are thought to exist in higher dimensions, offering guidance, protection, and healing.

Extraterrestrial Beings: Some theories suggest that advanced civilizations from other planets or star systems exist in different dimensions. These beings may possess knowledge and technology far beyond our current understanding and may be reaching out to help humanity evolve.

Elemental Spirits: Entities connected



to nature and the elements, such as fairies, gnomes, and sylphs. These beings are often seen as guardians of the natural world, existing in dimensions that overlap with our own.

Methods of Communication

Communicating with beings from other dimensions requires us to expand our consciousness and develop specific skills. Here are some practices that can help:

Meditation: Quieting the mind and entering a state of deep relaxation allows us to tune into higher frequencies. Meditation can help us become more receptive to subtle messages and energies from other dimensions.

Astral Travel: Also known as out-of-body experiences, astral travel involves projecting our consciousness beyond the physical body. This practice can enable us to explore other realms and interact with beings that reside there.

Channeling: This involves allowing a higher-dimensional being to communicate through us. Channeling can be done through writing, speaking, or other forms of creative expression. It requires a high level of trust, openness, and protection to ensure that the

communication is beneficial.

Dream Work: Our dream state can be a powerful gateway to other dimensions. By setting intentions before sleep and keeping a dream journal, we can enhance our ability to receive and remember messages from higher-dimensional beings.

Benefits and Insights

The potential benefits of communicating with other dimensions are vast. These beings can offer guidance, wisdom, and healing that can profoundly impact our lives. Here are some ways this communication can be beneficial:

Personal Growth: Higher-dimensional beings often provide insights that help us understand our life purpose, overcome challenges, and grow spiritually.

Healing: Many beings from other dimensions are known for their healing abilities. They can assist in clearing energetic blockages, balancing chakras, and providing physical, emotional, and spiritual healing.

Expanded Consciousness: Interacting with higher-dimensional beings can broaden our perspective, helping us to see beyond the limitations of our

physical reality and recognize the interconnectedness of all things.

Collective Evolution: By sharing the wisdom and knowledge gained from these interactions, we can contribute to the collective evolution of humanity. This can lead to a more enlightened and harmonious world.

Embracing Multidimensional Communication

The idea that we can communicate with beings from other dimensions invites us to explore the boundaries of our reality and expand our consciousness. It challenges us to open our minds and hearts to the possibility that we are part of a vast, interconnected universe filled with wisdom and support. As we develop the skills and practices to communicate with these higher-dimensional beings, we unlock new potentials for personal and collective growth.

In this month of the full moon, let us embrace the mystery and magic of multidimensional communication. May we be inspired to deepen our spiritual practices, connect with higher wisdom, and share the gifts we receive with the world.



METAPHYSICAL TIMES FULL MOON INTUITIVE READING

JULY 2024

BY HENRY DALTON

In our quest to understand the world around us, we often look to natural events and astrological occurrences for guidance. As we move through the height of summer, there are numerous signs and omens in the natural world and the cosmos that can offer insights into our lives. Let's explore some of the significant events happening now and how you can interpret these messages.

Birds

If you've noticed an increase in hawk sightings, it may be a sign to rise above your current challenges and gain a broader perspective. Hawks are messengers of vision and strength, urging you to stay focused on your goals.

Butterflies

This time of year, butterflies are abundant. Their presence is a reminder of transformation and growth. Seeing a butterfly can indicate that you are in a period of personal change, encouraging you to embrace new beginnings.

Rainbows

Summer storms often bring rainbows. If you've been lucky enough to witness a rainbow recently, take it as a sign of hope and a promise of better times ahead. Rainbows symbolize joy and the alignment of your path with your higher purpose.



Thunderstorms

With the heat of summer, thunderstorms are common. While they may seem daunting, they are actually cleansing forces. A recent thunderstorm in your area can be a sign to release negative energy and prepare for renewal and clarity.

Blooming Flowers

If you've noticed flowers blooming in abundance, especially in unexpected places, it's a sign of new opportunities and blessings coming your way. The vibrancy of these blooms encourages you to open up to the possibilities around you.

Wilting Plants

Conversely, if plants in your garden are wilting despite your care, it might be time to reflect on what in your life needs to be released or transformed. This can be a sign that certain aspects of your life are no longer serving you.



Currently, we are approaching a full moon in Aquarius, which will occur on August 1st. This full moon brings a unique energy of innovation, community, and breaking free from old patterns.

Innovation and Change

Aquarius is the sign of the visionary and the rebel. This full moon encourages you to think outside the box and embrace new ideas. It's an omen to break free from outdated ways of thinking and to seek out new, progressive solutions.

Community and Connection

This full moon also highlights the importance of community and collective efforts. It's a time to connect with like-minded individuals and to work together towards common goals. Pay attention to the synchronicities that bring people into your life during this time.

Venus Retrograde

We are currently in the midst of a Venus retrograde, which

began on July 22nd and will continue until September 3rd. Venus retrograde is a significant astrological event that focuses on love, relationships, and values.

Reevaluation of Relationships

During this period, you may find yourself rethinking your relationships and what you truly value in love and partnerships. It's an ideal time to address any unresolved issues and to bring harmony back into your relationships.

Self-Love and Worth

Venus retrograde also encourages a deeper understanding of self-love and self-worth. Reflect on how you treat yourself and whether you are honoring your own needs and desires. This period is an omen to cultivate

a more loving and supportive relationship with yourself.

As you navigate the current natural and astrological events, take time to reflect on how these signs and omens resonate with your life. Keep a journal of your observations and insights to better understand the patterns and messages that are unique to you. By paying attention to these signs, you can gain a deeper understanding of your path and the guidance that the universe is offering. Trust in the messages you receive and allow them to guide you towards greater awareness and alignment with your true purpose. In doing so, you will find that the natural world and the cosmos are always ready to provide the wisdom you seek.

FULL BUCK MOON RITUAL

JULY 2024 RITUAL

BY HANK DAVIS

HISTORY OF THE FULL BUCK MOON

The Full Buck Moon, named by the Algonquin tribes of North America, marks the period in July when male deer, or bucks, grow their new antlers. This name reflects the deep connection indigenous peoples had with the rhythms of nature, observing the changes in wildlife and using these observations to guide their activities. Early European settlers adopted these names, integrating them into their own cultural practices. The Full Buck Moon is also known as the Thunder Moon, due to the frequent thunderstorms during this time of year.

WHY PERFORM THE RITUAL

Performing a Full Buck Moon ritual allows us to honor the natural cycles of growth and transformation, mirroring the process in our own lives. It's a time to celebrate personal achievements, release past burdens, and set new intentions. By connecting with the energies of the moon and the elements, we can harness their power to aid our personal and spiritual development.

WHAT YOU'LL NEED

- Outdoor Space: A quiet, natural setting where you can see the full moon.
- Candles: Preferably white or silver to represent the moon's light.
- Crystals: Such as moonstone, clear quartz, or selenite to enhance the moon's energy.
- Journal and Pen: For writing intentions and reflections.
- Herbs or Incense: Sage, lavender, or sandalwood for cleansing.
- A Bowl of Water: Symbolizing the element of water and the moon's connection to tides.
- Personal Tokens: Items that symbolize personal growth or aspirations (e.g., a small object representing a goal).
- Representation of the Elements: Stones for earth, a feather for air, a candle for fire, and a bowl of water for water.

THE RITUAL

PREPARATION:

Find a quiet outdoor space where you can see the full moon. If this is not possible, a quiet indoor space near a window will suffice. Arrange your candles, crystals, and bowl of water in a circle. Place the representations of the elements at the four cardinal directions: north (earth), east (air), south (fire), and west (water). Light the candles.

Light the herbs or incense and let the smoke cleanse the space around you.

CALLING THE ELEMENTS:

Stand in the center of your circle. Facing east, raise your arms and say: "I call upon the element of Air, breath of life, wind of change. Be with me in this ritual."

Turn to the south and say: "I call upon the element of Fire, spark of inspiration, flame of transformation. Be with me in this ritual."

Turn to the west and say: "I call upon the element of Water, flow of emotions, waves of intuition. Be with me in this ritual."



Turn to the north and say: "I call upon the element of Earth, foundation of strength, soil of growth. Be with me in this ritual."

GROUNDING:

Sit comfortably within your circle. Close your eyes and take deep breaths.

Visualize roots growing from your body into the earth, grounding and connecting you to the planet.

REFLECTION:

Open your journal and reflect on the past lunar cycle. Consider what you have achieved, what you have learned, and what you are ready to release.

Write down any burdens or negative patterns you wish to let go of. Speak them aloud, offering them to the elements for transformation.

CLEANSING:

Take the bowl of water and, as you reflect on what you wrote, imagine the water cleansing away the negative energies. You can also wash your hands or face with the water as a physical act of purification.

Setting Intentions:

Write down your intentions for the upcoming lunar cycle. What do you want to achieve? How do you want to grow?

Speak these intentions aloud, focusing on the energy of the Full Buck Moon to help manifest your goals.

VOCAL MAGIC:

Create a chant or affirmation that encapsulates your intentions. For example: "As the buck grows strong and free, so too my intentions be. Under the Full Buck Moon's light, I grow in strength and reach new heights."

Repeat this chant several times, feeling the power of your words and intentions.

MEDITATION:

Hold the crystals in your hands or place them around you. Spend a few minutes in silent meditation, visualizing your intentions coming to fruition.

THANKING THE ELEMENTS:

Stand and face each direction, thanking the elements: "I thank the element of Air for your presence and insight." "I thank the element of Fire for your passion and transformation." "I thank the element of Water for your intuition and cleansing." "I thank the element of Earth for your strength and grounding."

CLOSING:

Thank the moon and the natural elements for their guidance and support.

Extinguish the candles and incense, feeling the closure of the ritual while keeping the energy and intentions alive within you.

AFTERWARD: PONDERING ON THE RITUAL AND MOVING FORWARD

After completing the ritual, take some time to sit quietly and ponder your experience. Reflect on how the ritual made you feel and any insights or messages you received. Write down any additional thoughts or feelings in your journal.

Moving forward, keep your written intentions somewhere visible as a reminder of your goals and the energies you harnessed during the Full Buck Moon. Regularly revisit them to stay aligned with your aspirations. Engage in practices that support your growth, such as meditation, journaling, or spending time in nature. Remember that like the bucks growing their antlers, personal growth is a gradual and natural process. Embrace each step with patience and gratitude.

KITCHEN WITCH'S CAULDRON CANDIED GINGER

Ingredients

1 lb ginger root
3 Cups white sugar, divided
2 Cups water
1/2 Cup white corn syrup



Instructions

Peel the skin from the ginger root completely, and chop into small pieces.

Combine 2 cups of sugar, the water and the corn syrup in a crock pot and bring to high heat, stirring occasionally.

Once the sugar has melted, add the ginger to the liquid.

Cover, reduce heat, and allow to simmer overnight, or for about 12 hours.

Once the ginger has simmered overnight, drain off liquid.

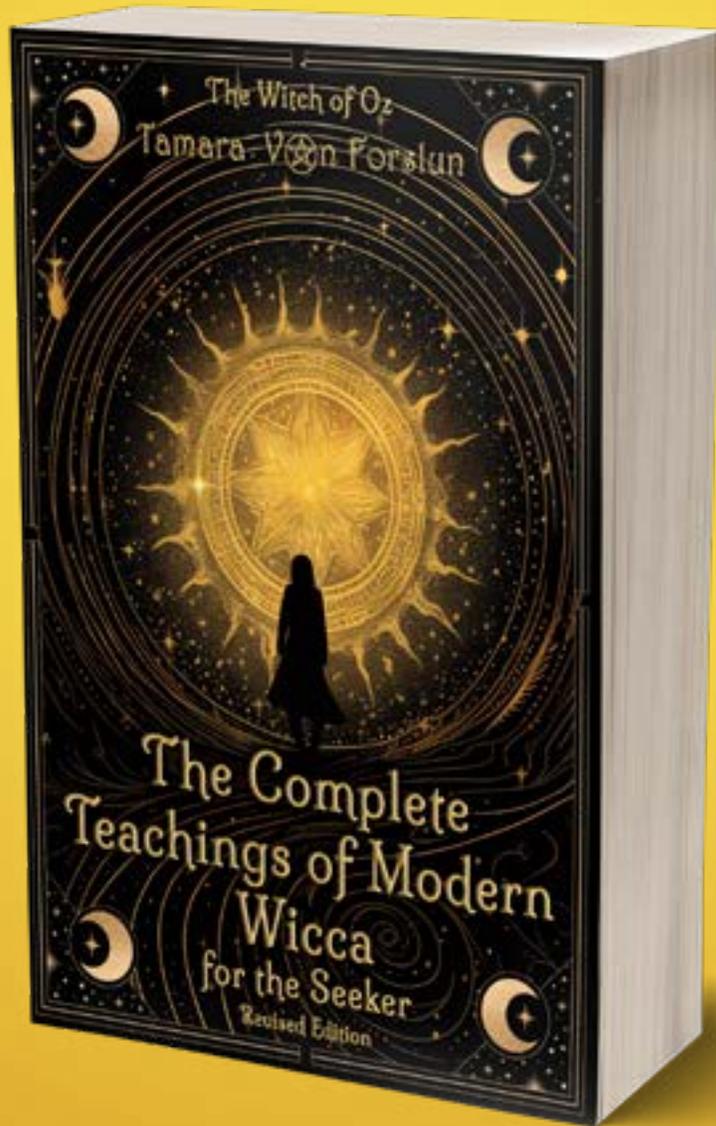
Place ginger in a bowl with the remaining 1 cup of sugar, and toss so that it's completely coated.

Pour out on a sheet of wax paper to cool (it helps to put them on a baking tray in the fridge).

Store in an airtight container, and snack on whenever you need a fiery pick-me-up!

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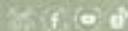
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