

Lunar Almanac—Twelve Months of Full Moons

Many of our full moon names come from medieval books of hours or from Native American spiritways. Here is a list of rare names from these two branches of traditions that you may want to use in your lunar rituals.

- **January:** Old Moon, Chaste Moon; this fierce Wolf Moon is the time to recognize your strength of spirit.
- **February:** Hunger Moon, the cool Snow Moon is for personal vision and intention-setting.
- **March:** Crust Moon, Worm Moon Sugar Moon; the gentle Sap Moon heralds the end of winter and nature's rebirth.
- **April:** Sprouting Grass Moon, Egg Moon, Fish Moon; spring's sweet Pink Moon celebrates health and full life force.
- **May:** Milk Moon, Corn Planting Moon, and Dyad Moon, as well as the Flower Moon provides inspiration with the bloom of beauty.
- **June:** Hot Moon, Rose Moon, the Strawberry Moon heralds summer solstice and sustaining power of the sun.
- **July:** Buck Moon, Hay Moon; this Thunder Moon showers us with rain and cleansing storms.
- **August:** Barley Moon, Wyrth Moon, Sturgeon Moon; summer gifts us with the Red Moon, the time for passion and lust for life.
- **September:** Green Corn Moon, Wine Moon; fall's Harvest Moon is the time to be grateful and reap what we have sown.
- **October:** Dying Grass Moon, Travel Moon, Blood Moon, Moon of Changing Seasons; the Hunter's Moon is when we plan and store for winter ahead.
- **November:** Frost Moon, Snow Moon; Beaver Moon is the time to call upon our true wild nature.
- **December:** Cold Moon, Oak Moon; this is the lightest night of the shortest day and is the time to gather the tribe around the fire and share stories of the good life together.

♥ ATTRACTION ACTION RITUAL ♥

I know this has happened to you, too. You met someone at a party, or you had a brief but meaningful moment in line for coffee, or perhaps you exchanged looks of longing on the train crossing town on your way to work. Now, your only hope is that chance will bring you together, right? Wrong!

Try this surefire attraction spell:

Take a man-shaped mandrake root (commonly available at herbalists and metaphysical shops), or any statue, photograph, or figure of a man. Place it on your altar and surround the figure's base with red and pink rose petals, then add red and pink candles. Place two goblets of red wine beside this arrangement and burn candles every night for a week starting on Friday, Venus' Day. Sip from one of the goblets and recite:

*Merry Stranger, friend of my heart,
 merry may we meet again.
 Hail, fair fellow, friend well met,
 I share this wine and toast you,
 as we merry meet and merry part
 and merry meet again.*

Make sure you look your best, as you will soon lock eyes again.

Color Magic: A Guide to Choosing Candles for Your Spells

This list can be useful when choosing candles for magical rituals or spells, tinting bath salts, or designing entire rituals around herbal products. Some differences of opinion do exist, and color itself is a magical system. Use your instinct. Here is what each of the colors represents so that you can select the right ones for your magical ritual.

Light the candle and say four times:

*
I love me. I love (your name).
 *

Light the candle every night and repeat this love charge before bed and every morning when you arise. Your heart will lift and soar, which then will emanate outward toward the relations in your life.

♥ NEW MOON, NEW FRIENDS ♥

When I moved to San Francisco, I didn't know a soul, but I used this tried-and-true trick to fill my life with friends.

On the first Friday after a new moon (Freya's Day, which is ruled by Venus, is ideal for fun, love, flirtation, gossip, and good times), light amber incense. Anoint yourself with amber oil and dance around, arms flung out and upward. Say aloud:

*
*I call upon you, friend Freya,
 to fill my life with love and joy. I call upon you, Goddess,
 to bring unto me that which I enjoy
 in the form of people, wise and kind.
 This I ask and give thanks for; blessed be.*
 *

♥ ASK A GOD TO SEND YOUR LOVE NOTE ♥

The god Mercury prevails over communication, speed, mental clarity, and fun. Traditionally, he also escorts the dead to the afterlife. All things yellow and citrus can bring forth Mercury's bright presence, which will help you in all your interactions with friends or potential friends. Try these surefire ways to make contact.

On a Wednesday, burn three yellow candles. Anoint yourself and the candles with lemon and neroli oil. Meditate on the flame and breathe deeply, filling your lungs with the fiery citrus scent. Holding both hands out, palms up, say:

*
*Messenger of the gods,
 bring me your news.
 Tonight, in this fire and flame,
 tell me the place and the name.
 Mercury, messenger and god,
 I will listen for your word on the wing.
 Blessed be, to thee and me.*
 *

Now, you can either go to sleep with your dream journal nearby, or you can close your eyes and take up your pen for "automatic writing," allowing your hand and wrist to relax until you see what words take shape on the paper. Often, the names of people you will soon meet appear here first.

♥ GET METAPHYSICAL: COME TO ME RITE ♥

Have you ever attended an art opening or book reading and hit it off with the person seated beside you? You meant to exchange business cards, but one thing led to another and now you have no way of getting in touch. It's time for some magical intervention. Try this spell and you will soon be bumping into each other at your neighborhood coffee shop.

At your local metaphysical shop, buy two body-shaped candles. (One should be shaped like your own body; the other should be a woman's figure if you want to reach out to a woman, or a man's figure to communicate with a man.) When you have the appropriate candles, set them on your altar. If you can't find any with the desired shapes, use two pink candles instead.

Scatter fresh rosemary around the candles. Rub amber resin on the candles and burn amber incense. Light the candles, then break off

♥ NONALCOHOLIC MEAD ♥

- 1 quart honey
- 3 quarts distilled water
- ½ cup lemon juice
- 1 sliced lemon
- 1 half-teaspoon nutmeg
- Pinch of salt

Boil five minutes and then cool and bottle immediately. Keep in the fridge to avoid fermentation, and enjoy.

Chapter Six

Sensuality Spells and Lustful Enchantments



These are two very happy couples, so it seems that this particular variation of this ritual is effective.

Handfasting Ritual

Weddings are usually planned at least a year ahead. If at all possible, choose a day during the new moon phase, as a marriage is a very important new beginning. Create a bower of beautiful, scented flowers and burn lightly scented candles. Traditional flowers recommended for the bower include roses, cherry and apple blossoms, and gardenias. As a gift at one handfasting, I gave the happy couple long-burning Votivo candles, which last for days, in mint-pomegranate scent. On their anniversary, I always give them the same candles so that they can rekindle the moment of their wedding, since smell and memory have powerful ties.

In Western culture, it is customary for the bride to wear a veil and some red and blue in her wedding finery. Giving gifts is also an important part of the conventions of weddings. The bride and groom should wrap small, symbolic presents for each other and set them on the altar, which is placed in the eastern part of the room or space. Altar decorations are simple and symbolic: just two white candles and a willow wand. The wedding rings are affixed to the willow wand. At this handfasting, I also gave the bride and groom symbolic gifts of small rings and ribbons of blue to represent the energies of the air, red incense to be lit from the candles to represent the energies of fire, and a gardenia to represent the earth. Wine, which represents water, should be in a chalice on the altar. Wine for all, along with sweet cakes, should also be ready for the celebration and sharing with the guests and witnesses. Wiccan tradition calls for both a priest and a priestess to perform the handfasting, but in this case, and according to the wishes of the bride and groom, I officiated alone.

Since most of this couple's family members were Methodist and Catholic, we wanted to make everyone as comfortable as possible with the concept of a highly ritualistic pagan marriage. We created little cards explaining the origin of the handfasting and providing the text and instructions for

audience participation. The cards were tied to little bells to be rung at the end of the ritual to signal through sound that the marriage ceremony had been completed. Not only were the wedding guests comfortable with the ritual, they loved it. The bride wore a scarlet wedding dress, a lovely red veil, and a willow wand headdress. The groom wore an elegant tuxedo which set off her fiery gown perfectly.

The text of the handfasting is as follows.

The priest or priestess speaks:

*
*May the place of this marriage be consecrated,
 for we gather here in the ritual of love and bliss
 with two who would be wedded
 (Bride's name) and (Groom's name),
 please step forward and stand here
 before your friends and family
 and before the gods and goddesses of the world.
 Be with us here, O spirits of the air,
 and with your swift fingers, tie the bonds between these two who would
 be married,
 and tie them closely and securely.
 Be with us here.*

*

At this point, tie the two symbolic gift rings together with blue ribbon, then loop them over the willow wand and replace it on the altar.

*
*Be with us here, O spirits of fire,
 and light their love and passion
 with your fiery ardor.*

*

- 10 ounces mixed nuts
- 8 ounces of day-old bread
- 1 medium-sized white onion, chopped
- 1 ½ cups veggie stock
- Soy or tamari sauce
- 2 ounces unsalted butter
- 1 teaspoon dried sage

Preheat your oven to 350°F and sauté the onion in the butter until softened. Mix the nuts together with the bread in a food processor or stir vigorously until blended well, then transfer to a large bowl. Heat the stock to boiling and pour into the mixture in the bowl. Stir in the onions. Season as you see fit with salt, pepper, and sage. Pour in a tablespoon of the soy or tamari sauces to add zing to your roast and give one last stir. Spoon the roastie mix into a greased baking dish and bake for a half hour. Take note as your kitchen fills with a fantastic aroma. Heating the nuts brings out more of their natural oils and intensifies the flavor. Like herbs and flowers, nuts have magical properties which are mainly to increase love as well as feelings of conviviality and peace, thus the name of this dish. When you serve this roastie, you are quite literally “sharing the love.”

♥ GRACEFUL CONNECTION ♥

Before you enjoy this friendly repast together, hold hands and recite this grace:

*
*Sister, brother, tribe of the soul, ones who care.
 Merry may we meet again to share.
 Breaking bread and quaffing mead,
 we draw closer in word and deed.
 Blessing of love to all!*
 *

♥ BE MY VALENTINE: FOOD MAGIC ♥

Food can set the mood all its own as a prelude to a night of love. Surprise the object of your affection with one of these treats:

- **Chocolate** is rightly called the “food of the gods.”
- **Nutmeg** is held in high regard as an aphrodisiac by Chinese women.
- **Honey**—ever wonder why the time after a wedding is the honeymoon? Bee-sweetened drinks are a must!
- **Oysters** have been celebrated since Roman times for their special properties.
- **Strawberries** lend a very sweet erotic taste, eat alongside chocolate for maximum effect.
- **Vanilla** is little known as an aphrodisiac, but the taste and the scent are powerful.

Chilled Cucumber Mint Soup Is for Lovers

Cucumber has aphrodisiac qualities according to recent studies, thanks not just to the veggie's shape but also its scent. This easy-to-grow delight provides several nutrients essential to maintaining sexual health, including manganese and vitamin C, and it is a tonic for vibrant skin. Here is a short and sweet recipe for a refreshingly cold soup to share with a love on a hot day.

- 3 large peeled cucumbers
- ½ cup fresh mint leaves
- 1 teaspoon kosher salt
- 3 tablespoons olive oil

Put the ingredients in the blender and puree. This gorgeous green potage makes four cups, enough for two servings for a hungry couple. The only accompaniment you need is crispy herb crackers, an icy beverage, and each other.

♥ ROMANCE ROMA STYLE: HEART HERBS ♥

The folklore of the Romani people is replete with love magic, charms, and enchantments. The way to a person's heart can truly be a dish of delight spiced up with magical herbs. Gather up:

- Rye
- Pimento

Many a Romani woman has enjoyed the fruits of long-lasting love by reciting this charm while mixing a pinch of rye and pimento into almost every savory dish. While stirring in these amorous herbs, recite:

Rye of earth, pimento of fire,
 eaten surely fuels desire.
 Served to be whose love I crave
 and his heart I will enslave!

♥ LIGHTING THE LAMP OF LOVE (AND LUST!): ENCHANTED ESSENTIAL OILS ♥

These essential oils are excellent choices for anointing lamps as well as yourself. If you are anointing yourself, you need to use a carrier oil; dilute one part essential oil with three parts carrier oil. I recommend almond oil as it adds to the sensuality without overwhelming the other scents. Before a tryst, take a hot bath and then anoint yourself after you step out of the water. Slather the enchanted essential oil over your entire body and rub it into your skin. You are now ready for a lust-filled evening.

♥ PARTNERS IN PASSION: LOVER'S OIL RUB ♥

This ritual permeates your handmade massage oil with passion. Your intention and intuition add a lovely and loving magic to your time together. Gather the following supplies:

- 1 cup of almond or sesame oil
- Musk, sandalwood, or orange blossom essential oil

To the cup of almond or sesame oil, add twenty drops of your chosen essential oil and stir. Heat in a double boiler on the stove very carefully.

While you are warming the blended oils, look into the gas flame or a candle flame and whisper:

My lover's eyes are like the sun.
 Her body like the land.
 Her skin is soft as rain.
 Tonight, we are one.

When the oil is the perfect temperature to your touch, pour it into a bowl beside the bed. Tenderly undress your lover and gently lay him or her down on towels. Each caress will deepen his or her desire and raise his or her temperature. Tonight, two lovers will slide into ecstasy.

♥ SESAME SENSATION: ENCHANTED BODY OIL ♥

I use this potion as a combination body care oil, massage oil, and lubricant. This is a tip I picked up from a professional who shared her confidential formula with me; she added, "All my clients marvel at how soft and yummy my skin is." I have acquired several trade secrets from her that I have used to great effect. A total goddess, she also has her clients and lovers worship at her sex altar before they make love. I have to note that she has many repeat customers. Gather up:

- 1 cup of sesame oil (you can cheat and get the sesame-scented oil from the pharmacy or grocery store, which works just as well in a pinch)
- Clove, cinnamon, and ginger (powdered)
- Bergamot, amber, and jasmine essential oils

Gemini



FIRST HALF • MAY 20 TO JUNE 4 MERCURIAL MOSS AGATE

Moss agate, which is a form of quartz with a plant-like pattern caused by metallic crystalline grains, perfectly represents the dualism of the twin-signed Gemini. The ancients actually believed it was fossilized moss inside the stone with the dark green markings inside and often used it for water divination. Moss agate is associated with the metal-rich planet Mercury, ruler of the sign of the Twins. This stone makes a great grounding stone for this airy air sign; Geminis need to keep their feet on the ground, making this member of the quartz family the perfect talisman stone for this sign.

SECOND HALF • JUNE 5 TO JUNE 20 TWIN GEODES

Geodes, which usually come in two split halves, are the ideal soul stone for late Gemini. Gemini must be *both* halves! This will help integrate the two parts of their nature and make for a complete and whole person. Geodes are formed from old volcanic bubbles and are usually solid agate outside with a center of gorgeous amethyst, opal, or rock crystal. I recommend keeping one of the geode halves at home on your altar or in a special spot where you can see it every day. Keep the other half at your place of work, reflecting and connecting the two parts of the Gemini nature.

Cancer



FIRST HALF • JUNE 21 TO JULY 4 PEARLS: LUNAR-RULED GEMS

Pearl is the talisman of early Cancer natives. Pearls have a long and rich history, first written about in China four thousand years ago and celebrated in all the ancient cultures of the world since humankind first opened a shell and found the prize inside. As Cancerians are the great historians of the zodiac with their incredible memories, pearls are connected to Cancers through the ocean and the tides, since their ruler, the moon, influences the flow of the waters of the earth. Cancers should wear pearls on occasion, not constantly, and are well advised to decorate their homes and workspaces with shells to honor their native element of water and to stay secure, refreshed, and relaxed. This will enable Cancerians to avoid their great nemesis: worry.

SECOND HALF • JULY 5 TO JULY 21 RED CORAL FOR VITALITY

Red coral is the talisman for the second half of Cancer. Coral is composed of the stone formed by lime secreted by sea creatures. One memorable old story associated with oceanic coral is the ancient Greek belief that sea sprites stole Medusa's severed head and took it to the ocean bottom and that each drop of her blood formed a red coral. It was (and still is) believed to have healing and protective qualities. For Cancers, red coral is good for vitality, a symbol of life, love, and health.



Appendix I: Dates, Times, and Colors

This section contains lists and tables of information you can use to cast spells and work magic using dates, planets, goals, and astrological signs. (If a date is listed as being both lucky and unlucky, the ritualist is free to make his or her own decision regarding personal practice.)

♥ SABBATS ♥

Four Major Sabbats:

- Candlemas—February 2
- Beltane—May 1
- Lammas—August 1
- Samhain—October 31

Four Lesser Sabbats:

- Vernal Equinox—March 20
- Summer Solstice—June 24
- Autumn Equinox—September 23
- Winter Solstice/Yule—December 21

♥ LUCKY AND UNLUCKY DATES ♥

Month: January

Lucky Dates: 3, 10, 27, 31

Unlucky Dates: 12, 23

Month: February

Lucky Dates: 7, 8, 18

Unlucky Dates: 2, 10, 17, 22

Month: March

Lucky Dates: 3, 9, 12, 14, 16

Unlucky Dates: 13, 19, 23, 28

Month: April

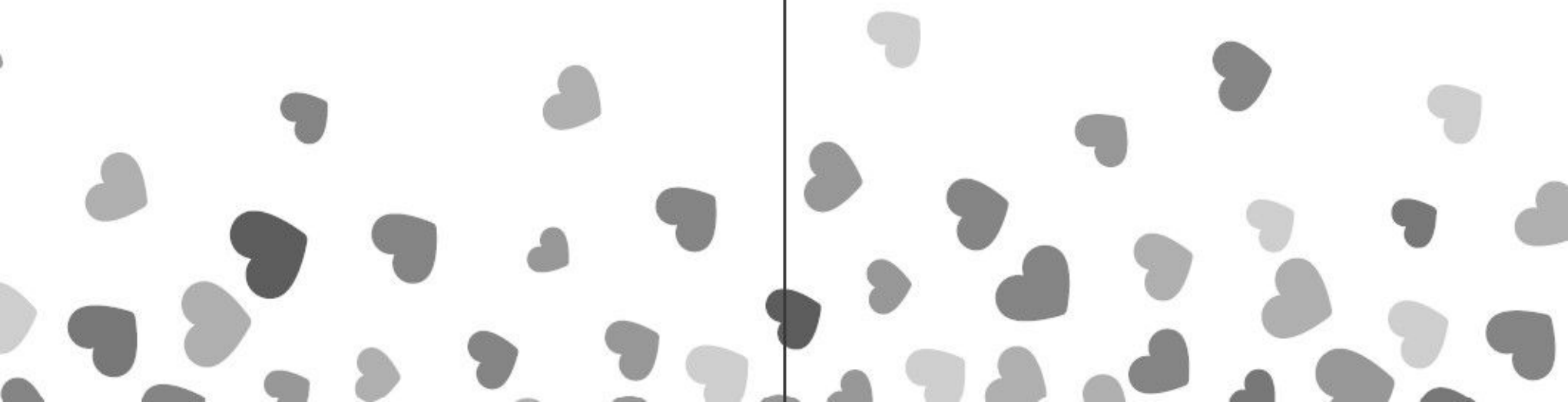
Lucky Dates: 5, 17

Unlucky Dates: 18, 20, 29, 30

Ritual Resources

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♥ PRACTICAL MAGIC: PHASES OF THE MOON ♥

Any good witch knows that the best ingredients can be found in your kitchen or your own backyard. Many plants now thought of as weeds have great healing powers and magical properties. Most of the herbs and essential oils in this book have become quite commonplace. With the plethora of aromatherapy products now available, most oil essences and scented candles can be bought commercially. For the more unusual ingredients, try your local health food market, herbalist, or metaphysical store.

Performing a spell at the optimal time in the lunar cycle will maximize your power. As you read the spells in this book, keep this elemental magic in mind:

Each Lunar cycle begins with a “new” phase when the moon lies between the sun and the earth, so the illuminated side cannot be seen from earth. The moon gradually “waxes” until it has moved to the opposite side of the earth. When the moon has reached the far side of the earth, its lit side faces us in the “full” moon phase. It then begins to “wane” until it reaches the new moon phase again. The entire cycle takes a month, during which the moon orbits the earth. To determine the sun sign governing the moon, you will need a celestial guide or almanac. My favorite is Llewellyn’s Daily Planetary Guide. The moon moves from sign to sign every two or three days.

Chapter One

All We Need Are Love Spells