

MOON SPELLS

DIANE AHLQUIST

Illustrations by Patty Volz

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Dedication

I dedicate this book to all those who hold it in their hands—to those who believe there is more than what we experience on the physical plane and to all who are adventuresome and are influenced by the Moon and her positive energy. You are the seekers, you are the pathfinders. No matter what your age, you are the voices of the new age . . . you are the true magick in life.



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Introduction

I was named after the Moon Goddess, Diana. Even so, while I was growing up, I paid no more attention to our closest celestial neighbor than any other child. Then, about ten years ago, a friend of mine who worked at the police department pointed out that her emergency calls were heavier on and around the full Moon. This prompted me to wonder about the Moon's influence on my life.

I had kept a journal for many years, and on one ambitious day I went back over my old entries. To my surprise, I discovered a profound connection between the Moon's phases and the important events in my past. The projects or romances that "worked" were started under a new Moon; most negative events in my life took place under a full Moon. Diets never worked when the Moon was waxing—but business thrived.

My divorce (which proceeded with no conflict or ill feelings) was initiated under a waning Moon. My intuition was more accurate at a full Moon, my energy lowest when the Moon was dark. Thoroughly fascinated, I began researching and experimenting with techniques to take advantage of this new discovery. Once I found techniques that worked for me, the obvious next step was to see if they would work for others.

I have now been doing "intuitive counseling" for over twenty years. Throughout that time I recognized I was frequently using the phases of the Moon to help my clients get their lives under control. I provided rituals for them to perform as a means of helping them to better themselves for the good of all and without interfering with anyone else. Although I technically never put a word to these rites, they were what some would consider spells . . . Moon Spells.

Skeptical?

Let me tell you about one of those clients—and her brother, who met my client and me for dinner one evening. This gentleman talked



about nothing but himself all night. He was clearly unhappy and exceptionally frustrated at his lack of employment.

I asked him in which phase of the Moon he planned his interviews.

He rolled his eyes. “Looking at the Moon isn’t going to get me a job,” he growled.

I smiled. “I see you have your date book with you,” I said. “Just for fun, why don’t we review the dates of your interviews for the last three months.” He reluctantly agreed.

It was no surprise to me when the calendar showed that all his previous appointments had taken place under a waning Moon—a time for releasing and letting go . . . not starting new endeavors. When I explained this to him, he remained skeptical and uninterested.

Later on, he mentioned that he had another interview that very week. I knew that, again, the Moon was waning. I asked him if he could postpone the interview a while longer until the Moon would be waxing (an ideal time for job hunting).

At his sister’s urging, he acquiesced. Then, the day before his rescheduled interview (again largely due to his sister’s prompting), the three of us performed a group spell for employment—the same one you’ll find later on in this book.

At the interview the next day, he was told he didn’t qualify for the job. He rushed right home and called me, sounding almost happy. “You’re full of beans,” he told me (or words to that effect). “The Moon and these spells have no special powers.”

The following morning, the gentleman with whom he had interviewed the day before contacted him. Another position had become available with a better salary. He took the job . . . but refused to acknowledge it might have had anything to do with the spell we performed.

Nevertheless, he suddenly decided to mention he had been without a girlfriend for over two years. Was he, in fact, hinting about a spell that could assist in finding him a mate? No, not Mr. Skeptic!



Smiling, I told him about the love spells. Again, he agreed to try them—but only “to prove once and for all that this is nonsense.”

He waited for a new Moon (the proper phase to undertake a new romance) and recited the spell when he was alone.

The next evening, I found another sarcastic message on my answering machine from him, saying that he’d failed to meet the love of his life and that all these spells had been a waste of time and effort. I called him back and explained that the spells usually took longer than a single day. And after waiting two years for the results of his own efforts, I didn’t think a couple of days was so much to ask. It actually took two weeks.

Mr. Skeptic met a lady at a yard sale, whom he eventually married. Last I heard, they were doing well—and wanted to know if I had any suggestions for a spell for a new house and family!

The book you hold in your hands outlines the same kind of simple spells and techniques that helped Mr. Skeptic achieve his life goals. Used in conjunction with the energy provided by the Moon’s five basic phases (New, Waxing, Full, Waning, and Dark), these “Moon Spells” can help you overcome the challenges you face in your own life.

Ancient civilizations were very respectful of the Moon’s power: They planted crops according to the Moon’s phases, paid homage to her in countless rituals, and celebrated her with their most festive holidays.

Even today, when we know her power on a more practical level (the cause of ocean tides, her influence on women’s menstrual cycles), we all remain fascinated and intrigued by the mystery and beauty of the full Moon in the night sky.

Today, it’s virtually impossible to pick up any publication pertaining to the use of the Moon’s phases without becoming an amateur astrologer. I have great respect for the Zodiac and the wealth of information one can derive from it, but not everyone has the time to study or practice it.

Rather than relying heavily on astrology, *Moon Spells* simply focuses on an understanding of the five basic phases of the Moon and how to



apply them to your life. The spells will allow you to relax and look at life's challenges with greater clarity, to reach an altered state of consciousness. By tapping into that level of consciousness, you'll find a wealth of information to guide you and give you the ability to perform what some would call *magick*.

Still skeptical?

For a chance at peace and happiness, I think it's well worth trying the techniques in this book. You may transform your life. At worst, you'll spend a few nights looking at our beautiful Moon.

How to Use This Book

Read the section entitled "Preparation" before beginning any spell. Familiarize yourself with the general concepts in the sections on when, where, and how to perform spells. Flip through the enhancements section as well—the extras described therein that will help you to relax and reach an altered state more easily.

Diagrams will show you different placements for either individuals or groups. If you're doing group spells, this section is extremely important: Read it thoroughly and take the time to understand the way these sessions are to be conducted. When guiding other individuals, you must make sure you have a firm grasp of what you are doing or the process will have a weak and chaotic energy, and you will lose the confidence of the others in your group.

Then turn to the Table of Contents and find the spells that most intrigue you. Each spell suggests the proper enhancements, formation to cast, and the optimum phase of the Moon under which it should be performed.

If you discover something in one of the spells that does not sit right with you—even if it is only a single word or phrase—change it to make yourself more comfortable.



The Lunar Calendar provides a daily picture of which phase the Moon is in, starting at a full Moon. To keep the Calendar from ever becoming outdated, we have used a general format of how the phases will make their passage. Start at the full Moon and follow it all the way through.

Don't pressure yourself to memorize details, such as what color candles to use or what gemstones best suit your situation. That's what this book is for. Refer back to it as often as you like. Memorization of your favorite spells isn't necessary either. If you don't want to carry the whole book around, make a copy of the spell you use most often and carry that. Above all, take your time and don't rush the process.

This book promotes no specific belief system and requires no extensive knowledge of magick. It is a nondenominational, spiritual approach. The only thing it requires is that you believe in God, a Higher Power, or the balance of Nature. The spells or rituals are a blend of different belief systems and different rites. There are those who do not believe in the mixing of such beliefs. However, I have found that a combination of the vibrations from different philosophies brings powerful results. In fact, the very book you hold in your hands this moment is the result of a Moon Spell I have performed!

Other books on the market today that deal with Moon rituals and Moon power fall into two categories: those dependent on astrology and those written by people practicing Wicca, the religion of nature.

To fully understand how astrological signs apply to the Moon's phases requires an extensive explanation of astrology itself and a belief in its guiding principles. The books that treat the Moon from this perspective are typically split in half: first focusing on astrology and then on the Moon.

Those books that present the Moon as a focus of pagan or Wiccan beliefs are also split personalities, again having to explain their two main subjects separately. By no means is there anything wrong with such beliefs—their spiritual roots, their focus on nature, and their intention are true. Although you will find similarities to some Wiccan beliefs, this



book is not Wiccan and is not a book of witchcraft. The fact that I refer to these rituals as spells should not alarm or offend. It is merely a catchy word to explain the appeal to the universe or the God of your understanding for some extra help. The word “spell” can be easily replaced by: Moon ceremonies, Moon observances, or sacred Moon rites.

Many religions have their version of rites using tools such as candles, incense, statues, and holy water. The use of color and representation is also significant to certain religious groups. So performing what I refer to as a spell is not much different than someone praying at a home altar to their favorite saint with candles lit and holy water nearby.

I have never judged anyone else’s beliefs. I feel that all those who believe in a higher power than ourselves, have respect for each other and the planet, and believe in not intentionally causing harm to someone else all answer to the same Divine. It is my hope and prayer that someday all religions will respect other belief systems and recognize the vanity of believing that one specific religion is the only true religion on the planet. Let us all unite and love one another. Is this not the basis of every religion on the earth? At least there is this commonality.

Performing these spells, in my opinion, is not in opposition to anyone’s religion or beliefs. They are experiments with vibration, energy, the elements, and an appeal to the subconscious mind. These acts are a strong call of assistance to whatever or whoever you believe our maker to be.

Anyone can pick up this book and immediately start utilizing it to access the Moon as a source of strength and transformation for a more positive lifestyle. The emphasis in *Moon Spells* on the five basic phases of the Moon, which most of us are somewhat familiar with, sets it apart from other books on the subject. Those phases are: full, waning, dark, new, and waxing. Detailed information about these phases can be found in the section, “When to Perform Your Spell.”



PART I

Preparing for Your Spell



Introduction

Spells require thought, preparation, and an understanding of the proper approach, which will allow you to spark the magick in which you will be invoking. An organized ritual is a successful ritual. Working with the elements of nature, timing, and certain configurations puts us in sync with the universal life force energy. The wise spell caster waits until everything is in order and does not rush the natural flow of energy that moves like a current in the unseen. Harmonize yourself with these preparatory details and you will experience the curious and mystic properties they conjure. Act proficiently in your efforts and you will be rewarded with the results of a task well done.

• 1 •

When to Perform Your Spell

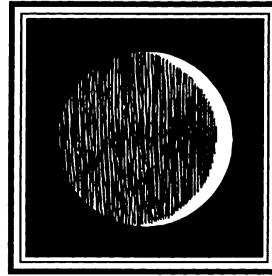


When conducting these spells, use the phases of the Moon to set the pace. Be patient and wait for the proper phase or you may not get the results you seek. I include the best phase or phases of the Moon in which to perform your spells along with the spell itself for easy reference. However, here is additional data that will give you a better understanding of how I determined the best phase of the Moon for each particular spell. This will also be of benefit to you when creating your own spells for any occasion.

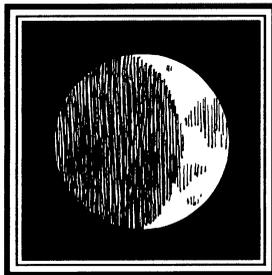
The Phases of the Moon

New

Sometimes called the crescent Moon, when you can see the very first sliver of light in the sky. This phase promotes new beginnings, new endeavors, and new relationships. It is a time for making positive changes, looking for fresh career opportunities, and planting seeds of ideas that will be harvested later.



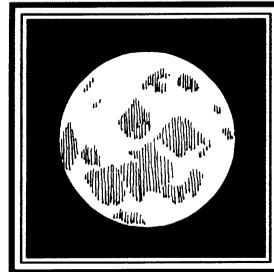
Waxing



In this phase, the Moon appears to be growing in size, shifting from new to full as though it's gaining strength. It makes sense, then, that this is a good time to focus on increasing things of your own—your knowledge, bank accounts, relationships. It's a time to think about pregnancy, to increase communications of all types, whether for business or pleasure. Deal with legal matters if you want financial gain. This phase promotes healing.

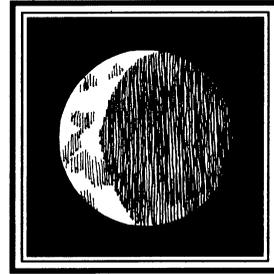
Full

The Moon's most powerful phase, when we see her entire illuminated face. This is a time of fulfillment, activity, increased psychic ability, for perfecting ideas, "getting your act together," celebrations, or renewing commitments to people or projects. The best time for spells of any kind.



Waning

The Moon is decreasing in size as it journeys from full to dark. The waning Moon is a time of decrease, release, letting go, and completion. An excellent time to begin dieting, breaking bad habits, breaking off relationships, or dealing with legal matters.



Dark



The two or three days when the Moon is not visible in the sky at all. The dark Moon and the new Moon are often considered the same phase, but for our purposes I have separated the two. On an average calendar, the dark Moon is usually indicated by a black spot on your calendar. However, the dark Moon occurs on the day it is marked as well as one day before and one day after. This is a good time for discarding things in your life you do not want, contemplating what you have already accomplished, and what you want to accomplish in the future. An excellent cycle to find time for yourself, or if you're so inclined, an ideal time for seclusion.

Moons of the Year

Every month has one full Moon. When there are two full Moons in one month, this is called a blue Moon. Every calendar year has one blue Moon. Ancient people assigned different names for the Moons of each month.

Different cultures gave the Moon different titles to express what

the Moon meant to them in a given month. Some of the Moon names make common sense, while others may make no sense at all unless you know the logic behind it.

January

Common Name: Wolf Moon

Uncommon Name: Chaste Moon—Calls for cleansing and renewal as the new year begins; it is the time for starting over, washing away the past, and fresh beginnings.

February

Common Name: Ice Moon

Uncommon Name: Hunger Moon—Winter's supplies depleted, the yearning for spring is a hunger of the soul as well as the belly.

March

Common Name: Storm Moon

Uncommon Name: Worm Moon—The thawing of the earth brings a renewal of life as the earthworms break the soil and emerge from the damp earth in the moonlight.

April

Common Name: Growing Moon

Uncommon Name: Pink Moon—The spring fills the meadows with the pink heads of wildflowers and new grasses.

May

Common Name: Hare Moon

Uncommon Name: Milk Moon—The birth of animals, domestic and wild, brings forth the mother's milk, the life-giver, and first food of man and beast.

June

Common Name: Mead Moon

Uncommon Name: Dyad Moon—The Moon of the month of Gemini, this period honors twins and the sacred marriage of the god and goddess, bringing two into one.

July

Common Name: Hay Moon

Uncommon Name: Wort Moon—*Wort* being an ancient word for herbs, it is the Moon for gathering of herbs, replenishing the stores of medicinal plants, and drying them in the heat of summer for the long winter to come.

August

Common Name: Corn Moon

Uncommon Name: Dispute Moon—The earth mother gives birth to bountiful harvest; with full bellies and hope for continuation, we settle our disputes and put away old anger as we look forward to the long, peaceful winter to come.

September

Common Name: Harvest Moon

Uncommon Name: Vine Moon—The Celtic Moon of exhilaration, driven by forces of work to obtain completion—of the harvest, the winemaking, and insight for the future.

October

Common Name: Blood Moon (a time of hunting)

Uncommon Name: Shedding Moon—the Moon where the deer shed their antlers and begin the rut—the compelling drive to create new life that supersedes the death of winter.

November

Common Name: Snow Moon

Uncommon Name: Tree Moon—The Celtic tree months of the Reed and the Elder tree overlap with the reed representing the Moon of silence, inner workings, and strength and the elder representing the Moon of completion; the days shorten as the end of the year draws near.

December

Common Name: Cold Moon

Uncommon Name: Oak Moon—Sacred tree of the ancients, strong enough to withstand the harshest winter, renewal of the new year, straddling the old, dark year and the new light year two worlds, as the oak tree's roots are in the dark earth and its branches are in the sky.

Days of the Week to Conduct Rituals

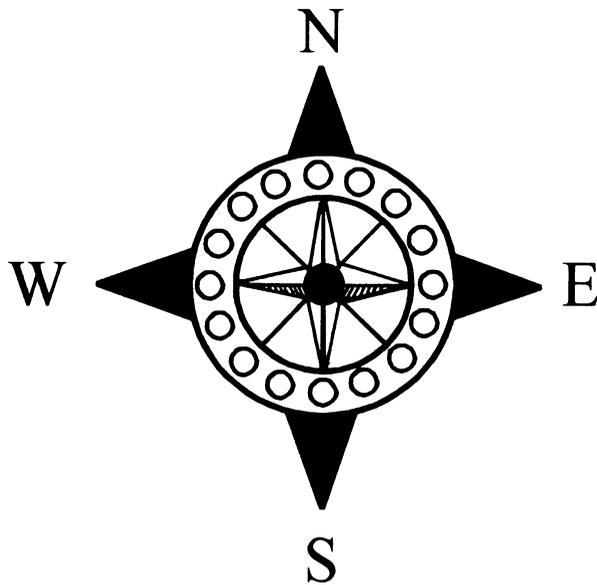
The day of the week on which you execute a spell can also have an impact on your ceremony. The day of the week is not as important as the phases of the Moon; however, if you are able to coordinate the right day with the right phase of the Moon, that makes it all the more powerful. For example, a spell for attracting a lover is best done on a Friday when the Moon is full, new, or waxing. But if the Moon is not in the right phase for relationships on Friday, do not be overly concerned. Proceed with the spell and do not worry about what day of the week it is. The weekdays equate to adding a pinch of salt in a stew. It may make it a bit tastier but will not make a significant difference. Do not wait for months till everything is in perfect order. If everything else in essence is perfect and the day of the week you were hoping for is not workable, there is a higher purpose at work. The day you perform your spell will be perfect for you.

Days of the Week for Spells and Rituals

DAY	RULING PLANET	BEST FOR
Monday	Moon	Psychic endeavors or impressions, invoking power, creative ideas, divine/inspirational messages, healing
Tuesday	Mars	Sexual encounters, protection, building strength of mind and body, confidence
Wednesday	Mercury	Career/job issues, intellectual pursuits, travel planning, research
Thursday	Jupiter	Finances, legal matters, spirituality, development
Friday	Venus	Romantic attraction, all relationships, reconciliation, physical makeovers, beautifying your environment
Saturday	Saturn	Home-related issues, brainstorming future project, committing to personal goals, weight loss, releasing bad habits, endings of any kind—relationships, etc.
Sunday	Sun	Healing of body, mind, soul, management/decision-making, Insights to problem solving, divine intervention/miracles, special friendships

• 2 •

Lunar Calendar



The lunation of the Moon is approximately twenty-nine-and-a-half days starting from a full Moon and continuing until the next full Moon. To give you an idea of how the lunation occurs, I have included an approximate idea of the Moon phase process. For simplification, day twenty-nine-and-a-half will be considered day thirty.

A Lunar Month						
						
						
						
						
						

• 3 •

Where to Conduct Your Spells



Location is important, but you must be practical and do what is best for you. There are pros and cons to everything, and where to cast a spell is no different. There are those who will say there is nothing like the outside to spin you magick. However, if you live in the middle of downtown Los Angeles, Detroit, Atlanta, or New York, that is not a very wise choice. As we live in modern times of condominium