



## The Witchcraft Course by Ginny Metheral Lesson 7 The Moon



### 🌙 The Moon in Witchcraft 🌙

The moon has long held fascination for us mere mortals. Since ancient times, lit the night sky, guiding farmers, sailors, healers, and mystics alike.

To witches, the moon phases are seen as energetic tides that we can align with—each one holding different potential and power. Just as the moon influences ocean tides, it also affects our energy, dreams, and intentions. Most hospital doctors and nurses will describe the full moon effect – it brings in those who are not so grounded – those suffering with Lunacy. The moons pull affects every single one of us, but we witches are the ones who know how to harness the moons power for ourselves.

The moon is seen as feminine and this has been proven to me, when I have encountered Moon-centric Spirits, as each one has been female. Our ancestors believed this to be so, and so you will find that lunar deities across cultures are feminine—Selene, Artemis, Hecate, and Cerridwen, to name a few. It is no wonder, as the moon actively influences the female cycle. This is not to say that if you are male you do not have the same physical influence – but it is less tangible and therefore more difficult to define. So, what we are going to do within this lesson is find your moon-centric time as well as explore how each phase of the moon corresponds with specific magical intentions, and how to flow with its rhythm rather than against it. Moon magic is one of those aspects of witchcraft that everyone can relate to. I have never met someone who says ‘I do not like the moon!’ (It feels weird even writing that sentence). This is a month long lesson, and by the end of it, you will be able to understand how the moon works best for you and how to work best with the moon, as well as see tangible results to your goals.



## Homework



At the start, please decide on a singular intention or goal to work on. This must be a singular (fuzzy ideas get fuzzy results) and something that is achievable in the timeframe (i.e. “I want to be a millionaire” will not work as you might need a greater run up) However, I would like to declutter my house/bring love to my life/find a new job/become adept at meditation/finish a project etc all work wonderfully. If you have several ideas – use your pendulum to decide which will be the best for you.

Please follow a ritual for each of the eight phases of the moon throughout a lunar month. For each ritual I want you to journal your experiences in your Book of Shadows. – including what you used, how it felt, and what mood you were in to start. Please let me know on Messages at the end of the month your goal, then how it developed and what rituals you did for each phase. I also need to understand how you felt for each ritual and how this intention panned out over time. And lastly and most importantly - which moon phase you resonated with the most. This will be the moon phase that you will work with best going forwards.

## The Nine Lunar Phases, Their Meanings and Rituals

There are nine phases of the Moon in witchcraft (not eight as astronomers will tell you, witches count them differently) and each has their own strengths and weaknesses. People often spend a lot of time on the full moon, but this is often not the best time for them. The full moon has the greatest energetic effect upon us (lunacy after all was named for the moon) and we can be a little over the top at this time, feel ‘over inspired’ or scatty in our ways, which can have a negative impact on

spells and rituals. However, for some people this is incredibly beneficial, they feel vitalised and powerful.

Each moon phase lends itself to a different perspective of magick and so I have listed the main areas for this in the table below.

Phase	Keywords	Uses
<b>New Moon</b> 	Beginnings, goal setting	Start new projects, plant seeds and ideas
<b>Waxing Crescent</b> 	Growth, hope	Build energy, confidence, plans
<b>First Quarter</b> 	Action, decision-making	Take action, overcome obstacles
<b>Waxing Gibbous</b> 	Refine, develop	Edit spells, prepare for results
<b>Full Moon</b> 	Power, completion	Manifestation, divination, celebration
<b>Waning Gibbous</b> 	Gratitude, sharing	Give thanks, release what's no longer needed, prune plans (and plants!)
<b>Last Quarter</b> 	Release, forgiveness	Cleanse, cut cords, banish negative energies
<b>Waning Crescent</b> 	Rest, reflection	Shadow work, dreamwork, reset
<b>Dark Moon</b> 	A Liminal time	Finishing, Pause and Preparation

The new moon is very much the time of beginnings and new starts. You need to set your goal or intention which will come to fruition by the next Full Moon..

If your project needs longer than a lunar cycle, try for it to come to fruition in the full moon of the astrological sign that you are in. For example: set an intention and work a spell when the **New Moon is in Cancer** and it will come to fruition, six months later when the **Full Moon is in Cancer**. Therefore, you can use the zodiac signs to offer guidance and help as you set your intentions and goals. Use the chart below look for the date of the New Moon and it will show the sign it is in. Plan an intention using the sign's main characteristic to get the best results. This is a wonderful way to use the moon's energy with long term witchcraft. (But in this lesson, we are simply going to use a month lunar cycle)

Sign	Keywords	Uses
<b>Capricorn</b> Dec 22 - Jan 19	Disciplined, Ambitious Practical	Prosperity & work
<b>Aquarius</b> Jan 20 - Feb 18	Innovative, independent, kind	Arts & Crafts, Humanitarian Issues
<b>Pisces</b> Feb 18 – Mar 20	Empathetic, dreamy, intuitive	Spiritual Matters

Sign	Keywords	Uses
<b>Aries</b> Mar 21 – Apr 19	Bold, Energetic, Confident	Start ambitious projects, Events
<b>Taurus</b> Apr 20 – May 20	Grounded, loyal, Patient	Deal with difficulties
<b>Gemini</b> May 21 – June 20	Curious, Witty, Adaptable	Learning & Scholarship
<b>Cancer</b> June 21 – Jul 22	Nurturing, Sensitive, Protective	Home and Family
<b>Leo</b> Jul 23 – Aug 22	Charismatic, Proud, Generous	Leadership, Mental health
<b>Virgo</b> Aug 23 – Sep 22	Analytical, Modest, Reliable	Legal, protection, safety
<b>Libra</b> Sep 23 – Oct 22	Diplomatic, charming, fair	Negotiation, sales,
<b>Scorpio</b> Oct 23 – Nov 21	Passionate, mysterious, determined	Relationships, love
<b>Sagittarius</b> Nov 22 – Dec 21	Adventurous, optimistic, honest	Travel, future endeavours

## 1. The New Moon

Witches like to start their lunar workings with the New Moon as they understand the power of its new start energy. This is the thin sliver crescent that we first see after the moon's dark days, and the beginning of the monthly moon cycle.



The new moon is very much the time of beginnings and new starts. You need to set your goal or intention which will be 'birthed' by the next Full Moon. This is the time to write down your ideas, goals, desires and aspirations and to decide which one you will work on for the next lunar month.

There is confusion about the term 'New Moon'. Some people think that the new moon starts with the period of the dark moon, as this is how it is detailed by astronomers in their moon tables. This is not how our forefathers understood it, traditional witches understand it, and how I was taught. I always think of the New Moon as the first silver crescent to show. Astronomical Moon tables will tell you that the Dark moon is a New Moon. Witches think otherwise. So, there can be some confusion in ascertaining the exact time of the New Moon with modern timetables – some go with the dark moon, and some with the New Moon. So it is important to check – you can do this by counting 14 days back from the full moon -as per the picture below:



This New Moon crescent is sometimes referred to as the 'Horns of Isis', as it looks like a crescent from Isis's headdress. Isis was the Egyptian Goddess of Magic, Fertility, the Dead and Healing. In recent times Isis has been taken into the Wiccan pantheon for these associations and is very much a Goddess of Witches and the moon

## Suggested New Moon Ritual for Intention and Goal Setting

- Find a quiet place where you can be undisturbed and pay attention to how you are feeling and how the earth's energy is feeling at this time. Note this in your Book of Shadows.
- Cast a circle to help you, as this is a Moon ritual, cast a circle to help you connect to the moon's power - or just circle for 'my greatest and highest good', cast whatever circle feels right for you but definitely cast!
- Light a candle to take your intention out.

- Focus on your intention, visualizing it vividly
- Write down your intention in your Book of Shadows, using clear and concise language. (remember: fuzzy ideas get fuzzy results so bullet points are good)
- Offer up your Book Of Shadows as a symbolic "seed" to the Moon and (out loud) tell the world your intent for this month.
- Imagine your goal as tiny, vibrant seeds being sown into fertile ground and see them grow to fruition.
- Finish the ritual with thanks and close your circle<sup>2</sup>.



## 2.Waxing Crescent

The waxing crescent moon brings the first signs of growth and hope from your intention setting. The vital energy of the moon is growing, and this is an 'upwards phase' in people's lives. This is a good time to get your hopes up, to lean out to the universe and push to control your life. I like to think of this state as a seedling which has to be nurtured and protected from the elements and animals that might destroy it.



Living with the moon's cycle might make you aware of the different feelings involved throughout its monthly journey. This is an important issue as these feelings reflect your own personal prana at this time. If there is hope and growth, then you may well feel energised and vital. This is a time of action and movement and so your Moon

Ritual will expand on this. This phase is all about **amplifying** your New Moon Intentions, drawing in the positive energy to help this and nurturing the seedling growth.

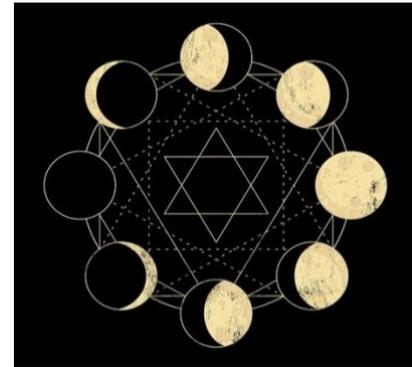


### Suggested Waxing Crescent Moon Ritual

Gather together:

- A coloured candle that matches your intentions (green for growth, gold for prosperity, NB a white one will work well for all intentions you just lose the colour magick element).

- Pen and Paper
  - A flame proof dish
  - Incense of choice
  - Three or four crystals that also match your intention – hold the crystals in your hands and ask them “are you best for this spell?”
  - Your Wand and Book of Shadows
2. Cast a circle around the working area – the circle you will cast is a simple ‘to help create this spell for my greatest and highest good’
  3. Use the incense of your choice to cleanse the working area and yourself.
  4. Call down the moon to ‘help and bless this spell’ (Say this aloud as the moon cannot necessarily hear what is in your mind).
  5. Write the original intention of your new moon spell on the piece of paper.
  6. Light the candle and place this in the centre of the circle and add the crystals around its base.
  7. Light the piece of paper and send the intention back to the moon
  8. You can blow out the candle sending a final flourish out, or let it burn down.



### 3. First Quarter Moon

This a time of dynamic tension—a waxing phase where the moon is halfway between new and full. It's ideal for taking action, making decisions, and overcoming resistance. Energy is rising, and so must your courage, clarity, and commitment. Your intention can be helped in this phase with **decisive action**. So, depending on your needs I have suggested a couple of rituals to try during this phase.



#### Flame of Focus Ritual

This ritual is a great one to help find your focus and move you forwards.

You Will Need:

- A red or orange candle (for action and confidence)
- A slip of paper and pen
- A fire-safe bowl
- Incense and Wand

- a) Cast your circle around your working area to aid your spell (circle cast might be something like 'to help achieve my intention' or 'for my greatest and highest good'. You can include yourself in the circle if you prefer.
- b) Use incense to cleanse yourself, and the working area.
- c) Take a few moments to call on the moon to help guide you in this endeavour
- d) Sit quietly and reflect on the action you know you need to take but may be resisting to achieve your intention then write this clearly on the paper.
- e) Light the candle and say something along the lines of  
*"As the moon grows, so does my power.  
 As the flame burns, my doubts dissolve."*
- f) Pass the paper through the flame ignite the edge, then drop it in the bowl to burn.
- g) As it burns, speak aloud the first step you will take and envision yourself already in motion.



Let the candle burn for a while as you sit in that decision.



## Two Paths Spell (For Decision-Making)

This ritual is best for when you need to make a choice in your actions (i.e. “which do I do first?”, “is this path better than that one?” Etc) The moon helps guide your intuition so it is a great spell to use the moon for.

You will Need:

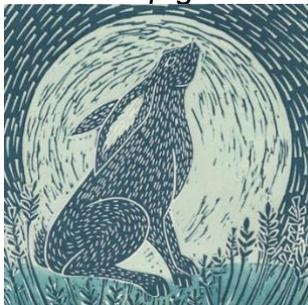
- Two stones, tokens, or cards (to represent two choices)
  - A pendulum,
  - Book of Shadows, Wand and Incense
- a) Cast your circle around your working area to aid your spell (circle cast might be something like ‘to help achieve my intention’ or ‘for my greatest and highest good’. You can include yourself in the circle if you prefer.
  - b) Use incense to cleanse yourself, and the working area.
  - c) Take a few moments to call on the moon to help guide you in this endeavour
  - d) Name each object with one of your choices (e.g., “Path A” and “Path B”).

Place them in front of you, sit calmly, and ask the moon something like:

*Great Moon of brightening light*

*Help me choose what’s best and right.*

*Help give clarity to me this night.*



I do understand that this verse is a little trite, so please feel free to adjust it to however you want to connect to the moon – it is the intention and the words out loud that set the spell.

e) Use your pendulum while focusing on each item to find the correct way forwards. Trust what comes up and write down the actions in your Book of Shadows. Commit to doing these immediately and then do so! (Remember the act of writing something in your Book of Shadows creates a spell in itself which helps you to move forwards)

## March through Inertia & Doubt Ritual

Should you be feeling resistance to your intention or, having a bout of fear or inertia, this is a great spell to break through this inner resistance and put you back on the path to success.

You will need

A stone chosen to symbol your obstacle

A staff or stick, or at a pinch a broom

Be outdoors under the quarter moon

- a) Cast your circle around your working area to aid your spell (circle cast might be something like ‘to help achieve my intention’ or ‘for my greatest and highest good’. You can include yourself in the circle if you prefer.
- b) Use incense to cleanse yourself, and the working area.
- c) Take a few moments to call on the moon to help guide you in this endeavour
- d) Hold the stone in your hands and name the obstacle blocking your action.
- e) Pour that energy into the stone.
- f) Place the stone on the floor and picking up your staff, walk sunwise around the stone three times saying:

***“I give my (obstacle name) to this stone  
May this stone keep it safe from me”***

On the third round, strike the ground or floor with staff and say out loud.

***“I ask this stone to hold my (name the obstacle)  
so I can move forwards to success”***

Say this as many times as feels right to you.

- g) Immediately go take **one real-world action** related to your goal—text, email, sign, move.

## 4. Waxing Gibbous Moon

The Waxing Gibbous Moon is a time to **refine, focus,** and **amplify** the energy you’ve been building since the New Moon. This is when your goal needs nurturing—final tweaks, confidence, and mental clarity. It is at this point that you should review your path to your goal. Use this moon’s phase to make final adjustments, boost your self-confidence or the strength of the spell and clarify your path for the future.



Rituals for this phase therefore should be focussed on driving forwards and increasing the energy to your intention.

## Suggested ritual for purpose and goal refinement:

You will need:

A white or yellow candle (for clarity and focus)

A piece of paper and pen

A symbol or item representing your goal (vision board, photo, crystal, etc.)

Rosemary or peppermint incense (tear open a bag of mint tea is often a good tip)

**Prepare Your Space**

Cleanse your space by smoke, salt, or intention and cast a circle to help guide you. Place in your circle the candle, your symbol, and tools. Breathe deeply a few times and become ‘present’

**Light the Candle**

As you light the candle, say:  
*“I call upon the energy of the Moon  
 To sharpen my focus, and guide me.  
 I call for success and draw it to me.”*



**Write Your Refinement**

On the paper, write down:

What your goal is

What needs to be adjusted,

clarified, or reinforced

3 things you can do in the next

few days to support it

**Hold & Visualize**

Holding your symbol/object and paper in hand, read this aloud with conviction. Visualize your goal glowing brightly and becoming clearer. Imagine yourself confidently taking action.

**Seal the Energy**

Say aloud something like “I ask the moon to bring her blessings upon this”

**Close the Ritual**

Extinguish the candle (or let it burn safely). Place the paper and symbol in a place where you’ll see it daily until the Full Moon. (by the bathroom mirror is always good). You do not need to clear the circle – let it dissipate naturally so that the spell settles.



## 5. Full Moon

The Full Moon is a time of fulfilment, a time for rejoicing and celebrating. But Witches also use the full moon to enhance their spiritual connection and connect to Deities through full moon energy. Coven members are often initiated at the full moon. Covens themselves strengthen bonds, renew vows and celebrate. The full moon brings a



great freedom with it, letting go of inhibitions and providing deep connection to our deepest feelings. Hence why it is associated with madness. Full moon energy frees you from the bonds holding you back, allowing you to experience the inner workings



of your own mind and energy. It therefore must be treated with respect, allowing this energy to fully permeate oneself can lead to your darker side presenting and asserting itself. This is why the full moon is used for celebration – to counter these effects and enhance the passion of happiness. Is an intense period, so witchcraft performed during this time can be a little ‘over the top’. But this allows us to celebrate without inhibitions and with great joy.

One thing of note that the full moon will always rise on a night sky – so as it gets dark the full moon appears. Unlike the other times when a moon can rise at midday.

“**Drawing down the Moon**” is a ritual that is performed by Wiccans to bring this great Full Moon energy/divinity into a person. It is part of a Wiccan Coven’s Full Moon ritual, where the High Priestess calls the Moon Goddess into her spirit so that she can distribute her words and power to the coven members. This is based on a traditional witch ritual, whereby you draw the moon energy into your intention or goal and ask for the moon’s great blessing,



then rejoice in the energy received, together with the moon.

**Moon Water** made at the full moon is most blessed with moons energy. This is a form of calling down the moon and distilling this great power into water for use in spells and rituals. There are many approaches in making moon water, essentially you leave water in the light of the moon and ask the moon to add its powers to the



water. This doesn't take long, anywhere from five to ten minutes will be enough, but leaving it throughout the moon's rising and setting is the general methodology. It can be done through glass but is best done outside. If this is something that you wish to try, make sure to cast a circle to 'help connect to the moon' around the water before leaving it to be blessed. Moon water is great in purification rituals, protection rituals and as a base when creating spell bottles and potions.

## Drawing down the Moon Ritual

**Cast a Circle:** Open a space for the ritual which will help you "connect with the moon". The circle can be demarcated with candles/crystals/water/smoke/preferred items This is a great circle so define it well and use your favourite elements around it. This space can be inside, but make sure you can see the moon clearly. However, it is best performed under the light of the moon.

### Ceremony of Purification

Cleanse and purify both yourself and the circle, to ensure nothing negative or harmful is affecting your working.

### Invocation of the Goddess

Stand facing the moon, often witches will do so with their arms raised in a crescent pose. Call out aloud and ask the Moon to join you in your circle. Wait a few moments until you feel a presence within the circle. It will not be long, about a minute at most. Sometimes the presence will just feel as if the circle is 'full', other times you might understand that there is someone standing near you. Reach out and try to find this presence. It is a





'knowing' that they are present that will come. Visualise in your mind how they are. See with your mind's eye how they are dressed, how they look, how they feel as a person. Are they kind? Are they powerful? What characteristics do they have? Once you have made this connection, you can ask the Moon to bless you and your intentions or simply bask in their presence and feel the divine. It is a very potent moment, reach out and connect, either with feelings, your mind or reach out with your arms to touch them. As long as you treat them with respect as you would any other Person, they will help and connect with you.

**Thank and Release:** Once you have communed with The Goddess, it is important to make sure that you thank and release them from the circle. It is important to close the circle to finish the ritual as this means that anything present will also leave.

Detail your experiences for this in your Book of Shadows and describe how you found the Moon Goddess to be.



## 6. Waning Gibbous Moon

There is still great strength within this moon, and a lot of joy and celebration to be had. The full moon releases its energy slowly, with lingering effects. So, you can use this energy for liberation. As the moon wanes, you can let go of old habits, dragging energies, or plans that are no longer aligned to your path. A mild prune of ideas and plans to keep them marshalled is perfect for this phase. Throughout our lives we come across things that no longer serve us as they once did and this moon phase is a great time to come to terms with this and review.



### Moon Ritual To Prune and Release

The purpose of this ritual is to enable you to connect with the moons energy and let that energy take away the parts of your intention that no longer serve. This is not just about releasing, but once you have 'used' a certain energy (for example: creating a goal energy) this creation energy is no longer useful. Hence it can be removed so that it does not muddy the water. You will need:



Candle and fireproof bowl

Incense

Wand

Book of Shadows

Pen and paper

- Cast a circle around your working area to connect with the moon. You can include yourself in the circle if you prefer.
- Use incense or sound (a singing bowl for example) to cleanse and prepare the working

area and yourself.

- Take a few deep breaths and become present.
- Call out to the moon to help you in your spell then visualise lunar light washing over you, clearing away all static energy.
- Write down all thought patterns, emotional holds and other energies or practices that no longer align with your New Moon intention.
- Fold the paper and light it so that it burns completely.
- As the paper burns say out loud  
     "I return what is no longer needed, I give it back to the Earth for others to use"
- Thank the moon for her guidance and close your circle.

## 7. Last Quarter Moon

This moon will help you with not just releasing but forgiveness. This can mean forgiving yourself, others or even the Earth, for not giving you exactly what you wanted but only what you needed. Forgiveness is often a forgotten area when practising moon rituals. The moon forgives everything, and we can use this last quarter to help us do so to.



### Ritual of Forgiveness



Candle and fireproof bowl  
Incense  
Wand  
Book of Shadows  
Pen and paper

- Cast a circle around your working area to connect with the moon. You can include yourself in the circle if you prefer.
- Use incense or sound (a singing bowl for example) to cleanse and prepare the working area and yourself.
- Take a few deep breaths and become present.
- Call out to the moon to help you in your spell and bask in this energy.
- Write down all issues, problems and hurt that this month has seen for you. These do not have to just those aligned with your goal, but everything. It is important to recognise these emotions and energies in order to be able to free yourself from them.
- Fold the paper and light it so that it burns completely.
- As the paper burns say out loud  
“I release you, and I forgive you. I set us all free’
- Thank the moon for her guidance and close your circle.
- Bury the paper ash in the earth and again say  
“I release you, and I forgive you. I set us all free”

## 8. Waning Crescent Moon

The Waning crescent moon is a time to turn inwards. To look to your soul and see both your good and your bad. Reflecting on your soul is an incredibly important part of life, - how can you improve if you cannot see where you are falling down? Likewise, it is also important to appreciate what you have managed well, and give praise where praise is due. This moon is a reflective and inwards focussed moon – it is the perfect moon phase for rituals of retrospection and understanding. I often like



to meditate (and I am rubbish at meditation but can do this best under a waning crescent)

There is no real set ritual that I can suggest for this moon as it is incredibly personal to yourself. How you best reflect is up to you, I can only tell how I do things at this time.

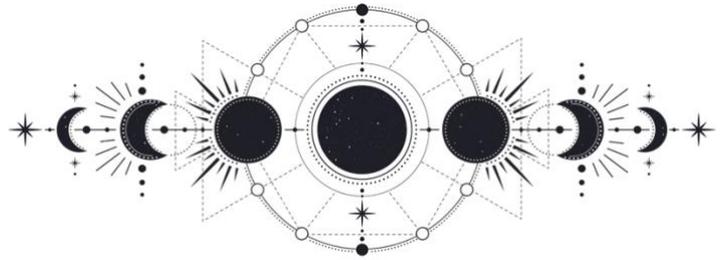
I start by writing a good news/bad news list. I start with the bad and write a list of all the areas in my life where I did not meet my own personal and moral expectations: from shouting at my husband to failing to meet a deadline. I will examine this list and see where I could have improved, but also forgiving myself if I did my best but this wasn't great. The point of life is to try your best. You might not get there, but if you try your hardest, then this is all that one can expect.

To cheer myself up I will then review all the areas that I have managed well in my life. This can often be quite difficult as I am very self-critical, so it really helps me to write these down. Don't forget - part of spell creation is the power of the pen. By writing something down, you will give it credence and power.



## 9. The Dark Moon

The moon is dark for between one and three days (depending on the moon/sun cycle) and it is when the moon is directly behind the earth so in conjunction with the sun. This is one of my personal favourite times of the moon. It is all about rest and



re-set, you don't really need to do anything. This dark moon is about emotionally preparing for the coming start of the lunar cycle. But to do this you must release yourself from the previous cycle's issues and re-set yourself in forwards looking mode. It is a time of refreshment and calm, a time to relax, a time to break. Hence probably why I like it so much as I find that I am an incredibly 'busy' person who has very little time to themselves.

This is a time to pay attention to your own health and body – The easiest way to re-set your emotional/mental ways is often by re-setting your physical self. They have a knock on effect on each other.

## Suggested Rituals

This is 'you' time So I am extremely happy to recommend the following physical activities:



Alternative health treatments such as  
 Acupuncture  
 Reflexology  
 Creative kinesiology  
 Reiki

## Massage

New Nails/Hair cut/Professional barber services.

Shopping for new clothes/make up/personal adornments

If you are on a tight budget – then try activities for health such as:

Home Spa Day.

Grounding and cleansing rituals.

Divination Practices (divining the future is great under a dark moon)

Whatever you decide to do – make it all about you. This is your time - so enjoy it.



## Recommended Reading & Resources

- *"Drawing down the Moon"* Margot Adler's 1979 seminal book – a little 'heavy' but this sets out the original ritual for Wiccans.
- *"Moon Spells"* by Diane Ahlquist
- *"Llewellyn's Moon Sign Book"* (annual)
- App suggestion: **The Moon Calendar** or **Moon Phase Widget**
- YouTube: Moon phase guided meditations