

July Moon Magick



Guide & Workbook



MODERN
MAGICAL FAMILY

MOON MAGICK MANIFESTATION WORKBOOK

Welcome to your Moon Ritual Workbook, a guide to connecting with the moon's energy and aligning your intentions with its natural cycles. This workbook is designed for individuals and families to create meaningful rituals and fostering connection with each other and the world around you.

This workbook is a tool for creating intentional, magical moments. There's no right or wrong way to use it—what matters most is the time you spend together, the connections you build, and the joy of aligning with the moon's natural rhythm.



WHAT'S INCLUDED

Understanding the July Moons

July Moon Overview



Activities & Rituals (Family & Personal)

Journal Prompts & Tarot Spread

2025 Moon Calendars

JULY MOON DATES

Below are the different moons for July combined with their times, astrological signs and energies.

First Quarter	Date & Time	Astrological Sign	Energies
	Wednesday, July 2 3:30 pm	Libra	<ul style="list-style-type: none">• Creating Harmony in Relationships• Focusing on Balance• Beauty and Aesthetics
Full Moon	Date & Time	Astrological Sign	Energies
	Thursday, July 10 4:37 pm	Capricorn	<ul style="list-style-type: none">• Focusing on Long-Term Goals• Building Foundations• Working Hard to Create Stability
Last Quarter	Date & Time	Astrological Sign	Energies
	Thursday, July 17 8:38 pm	Aries	<ul style="list-style-type: none">• Taking Initiative• Starting New Projects• Embracing Your Inner Warrior
New Moon	Date & Time	Astrological Sign	Energies
	Thursday, July 24 3:11 pm	Leo	<ul style="list-style-type: none">• Creative Expression• Confidence & Leadership• Celebration & Joy

Understanding the July Moons



JULY'S FULL MOON: BUCK MOON

July's Full Moon is most commonly known as the Buck Moon, a name rooted in Native American and Colonial American traditions. This name honors the time of year when male deer (bucks) begin to regrow their antlers, symbolizing regeneration, strength, and natural cycles of growth. Just as the buck sheds and renews, this moon invites you to embrace your own transformation and resilience. But the Buck Moon is not the only name given to this lunar phase:

🌱 Hay Moon - This name comes from the agricultural calendar in Europe, marking the season when farmers cut and gather hay to store for winter. Spiritually, the Hay Moon speaks to preparation, tending to what you've grown, and harvesting lessons from your journey.

🔥 Thunder Moon - In many regions, July is marked by dramatic summer storms. The Thunder Moon reflects this powerful energy—wild, electric, and cleansing. It reminds us that even chaos has purpose, and it can spark deep change and creative breakthroughs.



ENERGETIC THEMES OF THE BUCK MOON

The July Full Moon carries the vibrant, fiery energy of mid-summer. This is a time when the sun is high, nature is in full bloom, and life pulses with vitality. Under this moon's light, you are invited to align with courage, growth, and inner power. Here are the key energetic themes of the July Moon:

Growth & Strength

Just as the buck regrows his antlers, you may feel called to step into your own personal power. This moon is about recognizing how far you've come and claiming the space you've earned. It's a potent time to build confidence, refine your vision, and take brave steps toward what you desire.

Release & Renewal

The summer storms bring cleansing and awakening. Let this moon electrify your spirit. Shake loose stagnant energy. Release limiting beliefs, fear, and anything that no longer supports your truth. There's beauty in the storm—it clears the air and nourishes new life.

Abundance & Gratitude

Mid-summer is a natural time of abundance—in gardens, in warmth, and in connection. This moon reminds you to pause and appreciate. What are you harvesting right now? Reflect on the blessings in your life and offer gratitude for what is thriving.

Herbal Wisdom & Earth Connection

The July Moon is also rich with earth magick. Healing herbs are at their peak—ideal for working with plant allies, creating herbal bundles, and practicing green witchcraft. Let this moon deepen your relationship with nature and your own intuitive healing power.

THE FULL MOON IN CAPRICORN

Structure. Discipline. Grounded Growth.

When the Moon moves through Capricorn, we are invited to get serious, focused, and intentional. Capricorn is a cardinal earth sign ruled by Saturn—the planet of responsibility, long-term planning, and mastery. Under this moon, emotions may feel more reserved or strategic, but that doesn't mean they aren't deep. Capricorn just asks us to channel our emotions into action.



Energies of the Full Moon in Capricorn

- **Grounded Ambition** – This is an excellent time to work toward your goals with clarity and commitment. Make plans, revisit your vision board, and take one step forward.
- **Emotional Maturity** – Capricorn moons support emotional boundaries and wise discernment. You may find it easier to respond instead of react.
- **Long-Term Vision** – Think about where you're going, not just where you are. What are you building? What legacy do you want to leave?
- **Sacred Structure** – This energy is perfect for organizing your spiritual practice or daily routines. Capricorn loves rhythm, ritual, and results.

MOON SYMBOLISM FOR FAMILIES

The Buck Moon gets its name from the time of year when young male deer begin to grow their antlers. Just like the deer, this moon reminds us that we're always growing—stronger, braver, and wiser. It's a wonderful time for families to reflect on how everyone has grown this year, celebrate progress (big or small), and set goals for what you'd each like to keep building. Whether it's learning something new, being kind, or working on a family project, the Buck Moon supports steady steps and strong hearts.



When the Moon moves through Capricorn, it brings a grounded, practical energy that supports responsibility, structure, and long-term goals. For families, this is a beautiful time to come together and create routines or rituals that offer stability and support. It encourages everyone—adults and children alike—to think about what they're working toward, both individually and as a family unit. Whether you're organizing your home, setting shared goals, or simply showing up for each other with consistency and care, the Capricorn Moon reminds us that love is also built through effort, patience, and trust over time.

Family Rituals & Activities



FAMILY FULL MOON ACTIVITIES

Antler of Strength Craft

Have each family member trace their hands and cut them out to represent antlers. On each "antler," write a strength or personal growth moment from the year so far. Hang them up as a reminder of how much you're all growing—just like the buck.



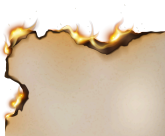
Herb Harvest & Blessing

Gather herbs from your garden or a local market—like rosemary, mint, or basil—and create small bundles to dry or use in a summer meal. As you prepare them, speak blessings over your home and thank the Earth for its abundance.



Fire Ceremony for Letting Go

Write down something you're ready to release (fear, self-doubt, old habits) on slips of paper. With care and supervision, safely burn them in a small fire pit, cauldron, or candle flame while visualizing it clearing away under the Thunder Moon's energy.



Summer Moon Picnic

Lay out a blanket, bring your favorite snacks or fresh fruits, and spend time outside under the full moon. Share stories, dreams, and what each of you is "harvesting" in life right now, whether it's a new skill, a feeling of confidence, or a deepened connection.



"ROOTS AND ANTLERS" FULL MOON RITUAL

A FAMILY RITUAL FOR GROUNDED GROWTH AND SHARED VISION

To honor each family member's growth so far this year, release what no longer serves the family unit, and set grounded, long-term intentions as a team.

What You'll Need:

- A white or gray candle (Capricorn colors)
- A small bowl of water (for emotional grounding)
- A bowl of salt or earth (for Capricorn energy)
- Paper, pens, and markers
- A flat stone or small branch for each person
- Optional: family altar or central table



FAMILY FULL MOON RITUAL

1. Set the Circle

Gather together and light the candle. Say:
"Under the Buck Moon in Capricorn, we
come together as a family to reflect, release,
and grow. May we be grounded like the
mountain and reach high like the antlers of
the buck."



2. Reflection & Release

Give everyone a moment to think about one habit,
challenge, or fear they want to release. Write it on
a slip of paper. One by one, fold your paper and
place it into the bowl of water, saying: "I release
this with love. I let it flow away."



3. Roots and Antlers Activity

Each person takes a stone (roots) or branch
(antlers) and writes one strength they've
developed this year and one intention for the
future. Place them on the family altar or in a
special jar/box labeled "Our Family
Strengths."



4. Seal with Salt & Blessing

Sprinkle a pinch of salt or earth around the
objects as a symbol of protection and stability.
Hold hands and say: "As we grow, we stay rooted.
As we rise, we reach together. So may it be."



5. Close the Ritual

Blow out the candle together and
share a drink or summer treat as a
grounding way to end.

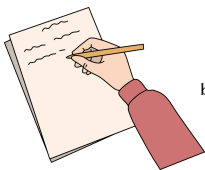
Solitary Rituals & Activities



FULL MOON ACTIVITIES

Build a Mini Altar of Strength

Create a small altar with symbols of your inner resilience—stones, antlers, bones, herbs like rosemary, or a candle in earthy tones. Meditate on how you've grown this year and dedicate your altar to the strengths you want to carry forward.



Write a Long-Term Vision Letter

Under the moonlight, write a letter to your future self six months from now. Describe the life you're building, the goals you're working toward, and how it feels to live in alignment. Seal it and place it on your altar or journal to revisit during the Capricorn New Moon.

Grounding Release Ritual

Write down habits, beliefs, or patterns that are keeping you from your long-term goals. Burn the paper safely under the full moon while standing barefoot on the earth, visualizing the release moving through your body and into the ground below.



Do an Earth-Based Tarot or Oracle Reading

Use your cards to ask: "What am I building? What's blocking me? What supports my growth?" Lay your cards on a natural surface (stone, dirt, wood) and let Capricorn's steady energy guide you to clear, practical insight.

“MOUNTAIN PATH” GOAL-SETTING RITUAL

RITUAL FOR CREATING ALIGNED, LONG-TERM GOALS

To clarify your long-term vision, set grounded goals that align with your values, and call in Capricorn's steady energy to help you climb toward your next level of personal or spiritual growth.

What You'll Need:

- A white, gray, or dark green candle (for clarity, structure, and Capricorn grounding)
- A small notebook or sheet of paper and a pen
- A flat stone or crystal (smoky quartz, obsidian, or onyx recommended)
- A bowl of salt or soil (representing earth and foundations)
- Optional: mountain imagery, sigils for ambition or strength, or Capricorn symbols



1. Create Your Sacred Space

Light your candle and take three deep breaths. Sit comfortably, placing your salt/soil and stone in front of you. Say aloud: "With the Capricorn moon above me and the earth below, I root myself in purpose, clarity, and strength."

"MOUNTAIN PATH" GOAL-SETTING RITUAL

2. Reflect on Your Mountain

Close your eyes and visualize a mountain path. This is your journey ahead. What are you climbing toward?

What summit is calling you? Journal for a few minutes:

- What goals are most aligned with my values right now?
- What do I want to build for the next 6-12 months?
- What structures or habits will help me get there?



3. Set 3 Intentional Goals

On a fresh sheet of paper, write three goals: one practical, one personal, and one spiritual. Phrase them clearly and positively (e.g., "I will create a sacred morning routine that supports my energy.").

Fold the paper and place it under your stone or crystal. Say: "With this stone, I anchor my goals. With Capricorn's guidance, I rise step by steady step."

4. Seal with Earth Energy

Sprinkle a pinch of salt or soil on top of the paper and crystal. This grounds your intentions into physical form and calls on the support of Earth to sustain your efforts. Hold your hands over the setup and visualize your goals growing strong roots and rising steadily toward the moon.



5. Close the Ritual

Blow out the candle and place the goal paper and stone somewhere visible or on your altar. Check in with your progress at the Capricorn New Moon (about 6 months from now) or at the next earth-sign moon. Say: "I walk the mountain path with clarity and devotion. So mote it be."



Journal Prompts & Tarot Spread



JOURNALING PROMPTS

BUCK MOON REFLECTIONS

What goals have I made progress on this year, and what helped me stay committed? Reflect on the small or big wins that show your resilience. Capricorn energy honors consistency and effort over perfection.

Where in my life do I need more structure or support to grow? Identify areas where discipline, routine, or boundaries could help you thrive—spiritually, emotionally, or practically.

What am I ready to release that's blocking my long-term vision? Let go of habits, beliefs, or distractions that no longer align with the future you're building.

What kind of legacy or impact do I want to create—and what is one step I can take toward it now? Capricorn energy is deeply connected to purpose. Use this moon to recommit to your why and take grounded action.

“CLIMBING THE MOUNTAIN” TAROT SPREAD

A Full Moon in Capricorn Layout for Goal Alignment and Grounded Wisdom



PERFORMING THE SPREAD

Find a quiet, sacred space where you can focus.

Shuffle your tarot or oracle deck while thinking about new beginnings and renewal.

Lay out the cards in the pattern above.

Reflect on the meaning of each card and how it applies to your journey.

“CLIMBING THE MOUNTAIN” TAROT SPREAD

Where am I on my path right now?

A check-in with your current energy and progress.



What foundation do I need to strengthen?

Reveals what needs more structure, support, or stability.



What should I release to move forward with clarity?

Shows what habits, fears, or beliefs are holding you back.



What strength or gift am I underestimating?

Illuminates an inner resource or talent ready to be used.



What next step will support my long-term growth?

Offers guidance on where to focus your energy next.



2025 Moon Calendars



Monthly Moons

Each month features a unique moon, often tied to seasonal themes and energies. These moons align with astrological signs as the moon moves through the zodiac, influencing how you connect with its power. The astrological sign the moon is in can enhance or shift its energy.

Month	Moon Name	Associated Energy	Astrological Sign Examples
January	Wolf Moon	Reflection, inner strength	Cancer, Leo
February	Snow Moon	Purity, renewal, endurance	Virgo, Libra
March	Worm Moon	Growth, transformation, new beginnings	Scorpio, Sagittarius
April	Pink Moon	Blooming, love, creativity	Capricorn, Aquarius
May	Flower Moon	Abundance, fertility, celebration	Pisces, Aries
June	Strawberry Moon	Gratitude, sweetness, fulfillment	Taurus, Gemini
July	Buck Moon	Strength, leadership, vitality	Cancer, Leo
August	Sturgeon Moon	Wisdom, intuition, perseverance	Virgo, Libra
September	Harvest Moon	Completion, gratitude, abundance	Scorpio, Sagittarius
October	Hunter's Moon	Preparation, focus, determination	Capricorn, Aquarius
November	Beaver Moon	Hard work, community, stability	Pisces, Aries
December	Cold Moon	Reflection, rest, spiritual depth	Taurus, Gemini

2025 Moon Phase Dates

January



First Quarter
6th
Aries



Full Moon
10th
Cancer



Last Quarter
18th
Libra



New Moon
29th
Aquarius

February



First Quarter
5th
Taurus



Full Moon
12th
Leo



Last Quarter
20th
Scorpio



New Moon
27th
Pisces

March



First Quarter
6th
Gemini



Full Moon
14th
Virgo



Last Quarter
22nd
Capricorn



New Moon
29th
Aries

April



First Quarter
5th
Cancer



Full Moon
13th
Libra



Last Quarter
20th
Aquarius



New Moon
27th
Taurus

May



First Quarter
4th
Leo



Full Moon
12th
Scorpio



Last Quarter
20th
Aquarius



New Moon
27th
Gemini

June



First Quarter
3rd
Virgo



Full Moon
8th
Sagittarius



Last Quarter
16th
Pisces



New Moon
25th
Cancer

July



First Quarter
2nd
Libra



Full Moon
10th
Capricorn



Last Quarter
18th
Taurus



New Moon
26th
Cancer

August



First Quarter
1st
Scorpio



Full Moon
9th
Aquarius



Last Quarter
16th
Taurus



New Moon
23rd
Virgo



First Quarter
31st
Sagittarius

September



Full Moon
7th
Pisces



First Quarter
14th
Gemini



New Moon
21st
Virgo



Last Quarter
29th
Capricorn

October



Full Moon
7th
Aries



First Quarter
15th
Cancer



New Moon
21st
Libra



Last Quarter
29th
Aquarius

November



Full Moon
5th
Taurus



First Quarter
12th
Leo



New Moon
20th
Scorpio



Last Quarter
28th
Pisces

December



Full Moon
4th
Gemini



First Quarter
11th
Virgo



New Moon
19th
Sagittarius



Last Quarter
27th
Pisces

2025 Astrological Dates

Planet Directs/Retrogrades

Mercury

Direction	Date	Sign
Direct	Jan 01	Sagittarius
Retrogrado	Mar 15	Aries
Direct	Apr 7	Pisces
Retrogrado	Jul 18	Leo
Direct	Aug 11	Leo
Retrogrado	Nov 09	Sagittarius
Direct	Nov 29	Scorpio

Jupiter

Direction	Date	Sign
Direct	Feb 4	Gemini
Retrogrado	Nov 11	Cancer

Uranus

Direction	Date	Sign
Direct	Jan 30	Taurus
Retrogrado	Sep 6	Gemini

Pluto

Direction	Date	Sign
Direct	Jan 01	Capricorn
Retrogrado	May 4	Aquarius
Direct	Oct 14	Capricorn

Venus

Direction	Date	Sign
Direct	Jan 01	Aquarius
Retrogrado	Mar 2	Aries
Direct	Apr 13	Pisces

Mars

Direction	Date	Sign
Direct	Feb 24	Cancer

Saturn

Direction	Date	Sign
Direct	Jan 01	Pisces
Retrogrado	Jul 13	Aries
Direct	Nov 28	Pisces

Neptune

Direction	Date	Sign
Direct	Jan 01	Pisces
Retrogrado	Jul 04	Aries
Direct	Dec 10	Pisces

Meteor Showers

Quadrantids	03-Jan-2025
Alpha Centauriids	08-Feb-2025
Eta Virginias	14-Mar-2025
Kappa Serpentis	05-Apr-2025
Lyrids	22-Apr-2025
Pi Puppis	23-Apr-2025
Eta Aquariids	06-May-2025
Eta Lyrids	09-May-2025
Botlids	28-Jun-2025
South. Delta Aquariids	30-Jul-2025
Alpha Capricornids	30-Jul-2025
South. Delta Aquariids	04-Aug-2025
Persids	12-Aug-2025
Kappa Cygnids	18-Aug-2025
Alpha Aurigids	31-Aug-2025
Capricornids	03-Oct-2025
Camelopardalis	06-Oct-2025
Draconids	08-Oct-2025
Orionids	21-Oct-2025
Northern Taurids	06-Nov-2025
Southern Taurids	06-Nov-2025
Leonidas	17-Nov-2025
Alpha Monocerotids	21-Nov-2025
Geminids	14-Dec-2025
Ursids	22-Dec-2025
Comae Bereniceids	25-Dec-2025

OTHER MOON PHASES WORKBOOK

Each month, we've been building our Moon Guides, offering insightful overviews and planning tools for each moon phase to support your manifestation journey. To keep these guides succinct moving forward, we will now only include the newly written moon phase guide in each monthly workbook. Previous moon phase planners, rituals, and overviews can be found in earlier month workbooks or in our comprehensive BRAND NEW All-Up Moon Phase Magick Workbook. You can access all of these resources on our website [here](#).

Below are some example pages from those moon phase planner pages

Working with the Full Moon

Charge Your Crystals.
Place your crystals under the moonlight to cleanse and recharge them with the Full Moon's potent energy. This helps amplify their natural properties for future use in your magical practices.



Make Moon Water

Fill a jar with water and leave it under the moonlight to absorb its energy. Use this moon-charged water for rituals, cleansing, drinking (if safe), or adding to baths to infuse your life with lunar power.



Manifesting New Moon Intentions
Reflect on the intentions you set during the New Moon and take steps to manifest them. The Full Moon's energy amplifies your efforts, helping you see tangible progress.



Celebrating with Friends and Family:
Gather with loved ones for a Full Moon ceremony or celebration. Share intentions, enjoy a feast, or simply dance and connect under the moonlight.



New Moon Ritual: Setting Intentions

5. Visualize Your Intention

- Hold the paper in your hands and close your eyes. Visualize your intentions coming to reality. See yourself achieving your goals. How do you feel?
- Allow this vision to fill you with positive energy.



6. Seal Your Intention

- Once you have the image in your mind, fold the paper towards you three times.
- You can either (1) Burn it (2) place it under your pillow (3) Place it on your altar

7. State Your Intention Out Loud

- Say an affirmation out loud to commit to your intention.
- I commit to this intention(s) and trust in the universe to manifest them



8. Close the Ritual

- Thank the Moon for Her guidance and support
- Extinguish the candle and envision your intentions becoming a reality
- Journal about the steps you will be taking to help manifest your intention.



FOR MORE MAGICK



We hope you find joy, inspiration, and connection as you work through this magical workbook. It's designed to help you align with nature's rhythms, set powerful intentions, and infuse your daily life with meaning and enchantment. If you're looking to dive deeper into magickal practices, explore seasonal celebrations, or connect with more tools and guidance for intentional living, we invite you to visit our website. There, you'll find resources, curated products, and teachings to support your journey and help you embrace a truly magical lifestyle.

✨ Learn more at www.modernmagickalfamily.com and let the magic unfold!

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