

## SPHERES OF LIGHT Full Moon Circle 01/06/2018



### **Sagittarius Full Moon (30/05/2018 12:19am)**

This Full Moon the last in May is sometimes known as the Dyad Moon or Lover's Moon, celebrating the union of physical and spiritual. This Moon favours expanding your consciousness and for embracing the wild. Let your mood expand and become more adventurous and optimistic.

Sagittarius is the consummate traveller, seeker and vision quester. Sagittarius seeks wisdom through combining physical and spiritual experience, in order to understand the true nature of existence. So this is a night to celebrate the adventurer within you. What is your deepest longing? Do you have the courage to go in search of it? Be open to the idea that some of our best lessons are in the seeking, and not the finding.

Expect intuitive insight and inspiration in your dreams, if you can sleep! This Full Moon may bring a potent combination of intellectual and physical restlessness.

The idea of the Owl popped up in meditation for the Sagittarius full moon, I decided to sit on it for a while to see if it fits with the energy of the moon. That night as I was arriving home from Aqua aerobics there was an owl opposite my house hooting at me. I thought well that's confirmation! Since then I have been seeing heaps of owls. What is interesting as I discovered In Native American astrology, Sagittarius is the Owl. This sort of fits. Far-seeing, likes to fly, association with wisdom.

The owl is sacred to the Greek goddess of learning, Athena and is even depicted on some Greco-Roman currency as a symbol of status, intelligence and of course, wealth.

In ancient Egyptian, Celtic, and Hindu cultures the symbolic meaning of owl revolved around guardianship of the underworlds, and a protection of the dead.

In this light the owl was ruler of the night and seer of souls. It should be clear that the owl was honoured as the keeper of spirits who had passed from one plane to another. Often myth indicates the owl accompanying a spirit to the underworld – winging its newly freed soul from the physical world into the realm of spirit.

## **The Ritual**

### **Opening the Circle**

We honour the direction of the East and Air  
Where the sun rises  
Laughter of the Kookaburra  
Spiritual birth and awakening  
The realm of the child and young adulthood  
The energy of the season of Spring  
We honour the wisdom of the Elders of the East  
Welcome!

We honour the direction of the North and Fire  
Red-bellied Black Snake in the midday sun  
The energy associated with life force  
The vitality that arises when the heart opens  
The realm of the mother and father  
The energy of the season of Summer  
We honour the wisdom of the Elders of the North  
Welcome!

We honour the direction of the West and Water  
Water Dragon lazing at the water hole  
The direction of the setting sun  
The place of harvest and letting go  
The realm of the maga and magus  
The energy of the season of Autumn  
We honour the wisdom of the Elders of the West  
Welcome!

We honour the direction of the South and Earth  
Where the sun is hidden  
Echidna lying deep within its burrow  
The underworld, grounding and self realisation  
The realm of the crone and the wise man  
The energy of the season of Winter  
We honour the wisdom of the Elders of the South  
Welcome!

We honour the Centre, Father Sky & Mother Earth  
The space of the all, right here, right now  
The space of stillness and presence  
The space of Spirit  
We honour the knowledge of the Ancients  
Welcome!



## Owl Meditation

See before you a path. Feel your feet touch the earth, smell the fresh air, feel the warm breeze on your face. See the yellow full moon shine down upon the path lighting your way. Walk down the path, it winds downhill. The ground is hard and has small stones in the soil, you stop and pick up a black shiny pebble and then continue on your journey. With each step you feel the vibration of the earth as you walk over it, you feel the footsteps of all those ancients that have passed before you. As you walk along this ancient path you come to a wooden bridge across a rushing stream. As you walk across the bridge you can hear your feet echo on the bridge like a drumbeat. For a moment you stop and look at the fast moving stream you feel the shiny pebble in your hand and you project any negativity you are holding within yourself into the pebble and then drop it into the water as a symbol of release.

The path now goes upwards and goes over a hill. Below you is a large meadow, in the centre of the meadow is a stone circle. You walk over to the circle and sit and wait in silence. The night is becoming colder and you light a small fire to keep you warm.

As you are warming yourself by the fire you become aware of the sound of an owl in the distance, the owl starts to fly around the stone circle, with each turn of the circle he comes closer and closer until he is directly in front of you and the owl is eye level with you. You look into the eyes of the owl and you suddenly feel yourself merging with the owl. You become the owl, you can feel the beat of its heart racing in your body, you can hear the minute sounds around you. You can see far into the night with your infra-red charged eyes. You can feel your head turn almost 360 degrees. You stretch out your wings and feel the breeze blow gently through the feathers and before you realise you are airborne. You fly high in the sky and you can see all living things below you. Take a few moments to experience all the senses of the owl. You experience his ability to see between the realms, to see spirit, to feel and know the universe in it all its multi-faceted dimensions.

It is time to shape-shift back into your human form. You move back to the stone circle and with a blink of an eye you become separated. You once again are face to face. You thank the wise owl for this wisdom and you leave the meadow.

Walk back from the meadow to the bridge, back along the path. As you move back into this realm you bring the connectedness of the owl with you. You find yourself back in the room, back into your body. When you are ready wriggle your fingers and toes and open your eyes.

## **Group Activity**

Tonight we will be tapping into the owl for inspiration. I have collected some owl affirmations for us to choose after the meditation and we can reflect on how the affirmation fits in with our life at the moment. We will be doing a sound healing using either drums or singing bowls. This is a process to clear our energy to give us a reset so we can move into our next stage of our spiritual development.

## **Closing the Circle**

We release the space of the Centre, Father Sky and Mother Earth, the space of Spirit and the Ancients and give thanks for their teachings and blessings. Hail and farewell.

We release the direction of the South and Earth and give thanks for its teachings and blessings.  
Hail and farewell.

We release the direction of the West and Water and give thanks for its teachings and blessings.  
Hail and farewell.

We release the direction of the North and Fire and give thanks for its teachings and blessings.  
Hail and farewell.

We release the direction of the East and Air and give thanks for its teachings and blessings.  
Hail and farewell.

