

SPHERES OF LIGHT Full Moon Circle 30/03/2018



Ayni despacho mandala created by Loftus Circle

Full Moon in Libra

Our full moon circle tonight is connecting to the moon in Libra. The energy of the full moon is to assist us to identify and correct our own imbalance in order to create harmony with others. Libra asks us to co-operate and create a plan with others. We need others if we are to grow our ideas into fruition. So this is the time when we realise more than ever that we are not an island and we should seek out those whose skills, talents & strengths complement our own.

Being an air sign, Libra also asks us to rise above emotion, so we can discern the facts rather than getting lost in emotion & reactivity. So if you've been a magnet for drama of late, consider where and how you've fuelled that process by swinging emotionally between love & war, (the lesson of this polarity of Libra / Aries) rather than finding the centre point within & seeing the situation from a higher perspective.

We also have a Mercury retrograde with the Moon opposing Mercury, this situation could confuse you and make it hard for you to understand your own emotions. Even issues you've faced before can seem difficult. Take some time out to just sort out your own mind and find someone to talk to if you need to.

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!

Balance Meditation

Sit comfortably and quietly with your eyes closed. Take a deep breath in and let go of all the cares of the day.

Take another deep breath in; as you breathe out become aware of your flesh and bones. Just by bringing your awareness to your flesh and bones you can bring the earth element in the body into balance. Feel the stability that comes when the earth element is in balance. You feel grounded and rooted like a tree, able to withstand all the challenges life brings your way.

Take another deep breath in; as you breathe out become aware of the blood rushing through your veins. Bring your awareness to the fluids in the body as you bring the water element into balance. Feel the flexibility that comes when the water element is in balance. That flexibility will help you to navigate all the concerns of your day.

Take another deep breath in; as you breathe out become aware of the warmth in your body. Bring your awareness to the warmth in your body as you bring the fire element in the body into balance. Feel the energy that comes when the fire element is in balance. You feel alive, creative, and able to find solutions to your problems.

Take another deep breath in; as you breathe out become aware of the air moving out of your lungs. Bring your awareness to your breath as you bring the air element in the body into balance. Feel the harmony that comes when the air element is in balance. You feel alive and inspired.

Take another deep breath in; as you breathe out become aware of the space in your mind. Bring your awareness to the space in your mind as you bring the space element in the body into balance. Feel the peace that comes when the space element is in balance. You feel anchored in the present moment.

Take another deep breath in and let go. You are a part of the same five elements that exist in nature. You are nature, now experience the feeling of being in harmony with nature within and around you. (Take 5 minutes feeling the elements within you and as part of nature)

Now see the earth from space in all her beauty. Now project yourself into the earth and become the earth.

Take a deep breath in; as you breathe out become aware of your structure, the soil and the rocks that sustain you. Just by bringing your awareness to your structure you can bring the earth element into balance. Feel the stability that comes when the earth structure is in balance.

Take another deep breath in; as you breathe out become aware of oceans and water systems. Bring your awareness to the water element as you bring it into balance. Feel the flexibility that comes when the water element is in balance.

Take another deep breath in; as you breathe out become aware of the warmth in the earth. Bring your awareness to the heat emanating from the core as it brings the fire element into balance. Feel the energy that comes when the fire element is in balance.

Take another deep breath in; as you breathe out become aware of the air around the earth, feel the soft breezes the roaring winds. Bring your awareness to your breath as you bring the air element into balance. Feel the harmony that comes when the air element is in balanced and purified.

Take another deep breath in; as you breathe out become aware of bring all the elements on earth into balance. Bring your awareness of balance reinstating in all its creatures and humanity. Feel the peace that comes when the earth is in balance. (Take 5 minutes seeing the earth coming into balance)

Take another deep breath and become aware of your body in balance with the earth, feel yourself as part of nature all living in peace and harmony.

Take another deep breath and bring your awareness back into this room, wriggle for fingers and toes and when you are ready open your eyes.

Balance Ceremony & Group Activity

This ceremony is an ancient ritual to bring about balance to our life, our community and our planet. We will be conducting a simple ritual to bring balance to this world as well as setting new intentions and shedding old ways of being. For a while we all have been hearing the call to shift our inner being and to step into a new way of living, NOW is the time for change.

For centuries, the “paqos” - the high shamans also known as the “wisdom keepers” from the Q’ero lineage of Peru have practiced the Ayni Despacho Ceremony. The word Ayni means balance and the Q’ero people believe that when humans are imbalanced, the world reacts to this and becomes imbalanced as well. The creation of an “Ayni Despacho” is like a large Mandala where participants gather sacred objects placed upon a white piece of paper that acts as a wrapping for the gift to mother earth.

The intention of this ritual is to bring the individual, the community into a place of harmony, union and balance with the natural world. Each ingredient is given breath, prayers and the ritual becomes a living prayer.

Here are some herbs we can use in ceremony. “Coca leaves or bay leaves are used to hold prayers. Sugar and various sweets bring sweetness and love to the prayers. Corn and other grains are used to nourish participants and the Pachamama- the Earth.” Once the Despacho is prepared, the Shaman ties it together in a bundle and cleanses the energy bodies of the participants. It is then offered to a ceremonial fire, to sacred waters or buried in the earth.

We will follow our usual format, after meditation we will create our mandala. Leaves will be used to write prayers and intentions. I have provided some banksia leaves but other leaves can be used e.g., bay leaves. I picked banksia leaves in my backyard as they are local and symbolise communication with spirit guides, fertility, life giving, masculine energy, longevity, wisdom of age, joy and energy.

Once we have created the mandala we will blow over the mandala to indicate our prayers being dispersed over the planet, we will move fire over the mandala to our prayers power and energy. We will spray the mandala with water to cleanse and release anything that does not serve our purpose but also to nourish our prayers. We will place earth on our mandala to give our prayers solid foundation to grow.

We will then chant over the mandala several times:

Air so healing
Fire empowering
Water connecting
Earth manifesting!

We will then call on the Divine Presence to bless our prayers so they become a reality. Once the mandala is complete we will bundle it up and bury in the ground giving it back to the earth as a gift.

We then will close the circle.

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.



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