



INFORMATION FOR MEMBERS



Who are Spheres of Light?

Spheres Of Light is an association of individuals from a variety of Pagan paths who seek to share experiences, understandings and teachings and who come together to celebrate and to connect with the cycles of the Earth through Lunar and Solar gatherings.

Spheres Of Light sees all life as sacred and interconnected, we therefore honour the natural world as the embodiment of divinity, immanent as well as transcendent. We celebrate the circles of life and the seasons through ritual, and we experience the divine as both feminine and masculine.

We are dedicated to the development our own unique philosophy and practice which incorporates the honouring of ancient shamanic forces, as well as the integration and adaptation of ancient mysteries from other traditional and ancestral Pagan cultures. To this end, we seek to draw upon this accumulated knowledge to further develop and deepen our own understanding and practice of evolutionary witchcraft.

**All is One
Nothing ever stays the same**



Mission Statement

Spheres Of Light will endeavour to create gatherings and environments that are educational, empowering, healing and fun and which will support seekers in their journey to realise their own inner truths and potential. We seek to do this through ritual, group work, classes, meditations and social functions.



Statement of Ethics

We, the Spheres Of Light, are committed to uphold and exemplify the following ethics and values:

- * Each person within the SOL community is worthy of respect, love and consideration.
- * Each person has the right to share their ideas and opinions in an appropriate manner, and an obligation to listen.
- * Each person within SOL has the right to belong, and should allow others to belong or not belong according to their own free will and choice.
- * Each person has the right to change their mind about belonging to SOL, and should show consideration to SOL members by informing them when they do so.
- * Each person has the right do as they will, without violating other person's rights, and have an obligation to take responsibility for their own actions.
- * Every person has the right to structure their lives and beliefs in the way that is appropriate for them, and to respect the structure within which they choose to operate.



Circle Etiquette

In order that circles may run smoothly we ask:

- * That alcohol is avoided prior to circle. Please note that no alcohol can be brought to circle activities conducted on council properties.
- * That if you use any mind affecting drugs you discuss this use with a circle leader prior to attendance.
- * If you suffer from any mental illness - including depression and borderline disorders that you discuss this with a circle leader prior to attendance.
- * That you have read and understood the statement of ethics and are prepared to abide by these while at circle.
- * That you contribute fairly to the circle - by paying attendance fees, contributing towards supper and by generally helping out. There is a \$10 attendance fee for Full & Dark Moon Circles.
- * That you be punctual - please arrive between 7:30 and 8:00 pm. It can be difficult for others if circle runs late if we have started late. Equally, people entering and leaving circle erratically can be disturbing for others, so if you need to leave the circle at any time, please let one of the circle leaders know, so that this can be done discreetly.



Clothing

We do not conduct our circles or other activities sky clad. Dress is casual and yes, you can dress up if you wish.



Workshops, Classes, & Various Gatherings

From its beginnings, Spheres Of Light has placed a strong emphasis on training across a wide spectrum of diverse topics. All of the classes and workshops are highly interactive and experiential, focusing on participation and engagement of participants. We also conduct Full Moon and Dark Moon circles that allow for a group experience of the practices and energies that we ourselves have connected with through our explorations and learning. While for those that seek a simple connection to nature & its elemental forces, informal meditation groups are conducted in various parks and places of natural beauty.



Pathway of Initiation

While there will often be workshops/discussion groups/classes associated with the spiritual progress of the individual. It is our intent that as far as is possible, people who choose a path of initiation are able to discover for themselves the knowledge needed for each stage of initiation. Each person must be aware that Spirit will initiate a seeker when they are spiritually ready and that the circle initiation ritual is only a formalisation of that process. Whether one is wanting to learn for themselves, or be taught, it is highly recommended that communication with the circle organiser is maintained during preparation for initiation. Commitment to both the circle and to service in general is a prerequisite for initiation.



Leaving the Circle

Life is a constant process of change, of people and events coming and going. Eventually, in all relationships, someone will leave and someone will be left. We must, as conscious beings, develop loving ways to connect and disconnect. Sometimes when someone decides to leave the circle they may neglect to say "good-bye", and therefore be leaving a situation that lacks a sense of completion. Many have experienced sudden abandonment and its accompanying feeling of loss. It is therefore important that long-term committed group members should give notice to indicate their intention to leave and if reasonably possible attend a last meeting in which they and the other group members can complete and say their good-byes. Good-byes are esteemed positive expressions and allow for appropriate closure of a relationship.



Full Moon Circle

Spheres Of Light holds regular Full Moon Circles near Engadine on the Friday before each Full Moon. These Full Moon gatherings are Open Circles, meaning that all Pagans are welcome to come along any time and experience a Full Moon circle with us.

TIME: arrive at 7:45pm for an 8:00pm start

WHAT TO BRING: a plate of food and/or drink (non-alcoholic) to share at supper afterwards.

WHAT TO WEAR: casual attire - cloaks/robes/ritual clothes may also be worn if desired.

COST PER CIRCLE: \$10 per person to help cover hall rental and other ancillary costs.



Dark Moon Circle

The Dark Moon circle, known as the Inner Realm Of Ynys Witrin (an ancient Celtic name for the Isle of Avalon meaning Isle of Glass or Isle of Seeing), is a group of dedicated seekers from Spheres Of Light who are embarking upon a journey of discovery to know themselves and to experience new realities. The Dark Moon circle is held during the dark moon of each month. This is a period of time when the moon cannot be seen due to the shadow of the earth. This is a time when one can walk between the worlds, a time when one can face the shadow and look into the depths of their soul to find the hidden self.

Our activities are focused on integrating and adapting ancient teachings and shamanic techniques into our own perspective of contemporary Witchcraft. Each member brings to this Circle their own unique skills, knowledge and qualities, which help to make the experience of the Circle a valuable resource of learning.

Membership to the Inner Realm of Ynys Witrin is by invitation only. It is a working circle where people can work on their inner self and develop their individual abilities. It is a centre for our spiritual growth and rebirth and for more formal or advanced teachings. It is also the core circle where we develop our group mind by working strongly and regularly together. The group mind is a powerful that takes a lot of time, hard work and practice to achieve, thus dedication and regular attendance is important.



Ritual Structure

For Full Moon circles, only a member of the Dark Moon group can do a quarter call or invoke the God & Goddess. This strengthens our magical abilities as a group. One of the problems in conducting open full moon circles that do not have attendance requirements is sporadic attendance. This means that participant numbers can vary widely from meeting to meeting. This also means that levels of knowledge & experience will vary and as some people will not have worked together before, it can be hard to achieve any kind of group mind or fully participatory rituals. It is therefore important that our core group should attend regularly and build up a good system for working and holding the energy together. When this happens it presents a good solid base for newcomers, who may attend regularly if the group appears stable. One should also dress appropriately to reflect the unity of the circle and the sanctity and importance of the ritual. Following is a basic step by step process for performing our rituals:

Purify - Sage, saltwater, sounding or incense are used to cleanse your body and mind, and the space where the ritual is performed. As you travel around the circle, visualize energy blasting from the instrument (or your fingers) down towards the circle like a flame. This flame continues to flicker on the out line of the circle like fire as you continue around with the circle. Ground - Meditation, drumming, breathing, sound, ringing of bells, opening of chakras. Anything that allows you to let go of distractions or stressors that keep one from fully participating in sacred space. Connect to the earth's energy.

Cast the Circle - Use an athame, crystal or finger to define sacred space and help to focus energy. A complete sphere of light should be envisioned encompassing the circle. Once the circle has been cast no one should enter or leave the circle without cutting and closing a doorway. This is to ensure that the sacred space stays intact and is not breached by unwanted energies. Only a Dark Moon member may cut open and close a doorway.

Vibratory Formula - This is a method by which quarter calls, invoking deity and divine names intoned forcefully and with authority in a "vibration." Properly performed, the vibration should be felt throughout the entire body and imagined to be vibrated throughout the universe. The voice should be strong, in a manner that is suitable for summoning.

Opening Quarters - In each direction, we project a complete blue flaming pentagram in the air. It is important that when the quarters are opened it is done meaningfully and rich in symbolism appropriate to the invoked element. Also visualize the element with as much imagination as possible, hear the hissing of the flames of fire, feel the coolness of water etc.
*Please note members conducting Quarters should be notified in advance so they have an opportunity to get fully into the energy of that quarter.

Invoke Goddess and God - Pick an aspect of the Goddess and/or God that suits the work for the night. Invocation can be through spoken word, silent meditation, dance, song or any other way you choose to invite deity into your sacred circle.



Arms Raised to the sky to call in the Goddess.



Arms Crossed over chest (the Osiris pose; right arm over left) to call in the God.

Intent - Every ritual should have an intent. World peace, personal healing, spell work, celebration of a holiday or moon phase, meditation, initiation, etc. This section of the ritual can take the form of a craft, a meditation, or a poem/written statement.

Raise the Cone of Power - Drum, dance, sing, and visualize energy to energize the ritual work. Focus the energy towards an outcome to turn the intent into a reality.

Close circle - Make sure to thank and send away the energies that you invite. Generally done in the reverse order that you invoke, i.e., thank and dismiss God, Goddess, elements, open circle. Ground surplus energy back into the earth or send it somewhere for healing.

Supper - It's very important to eat something after ritual to help you ground. No one should leave without grounding. This time is our social time, a time to relax and be ourselves.



Quarters/Directions & Correspondences

When opening the circle we begin our quarter calls in the East and end in the South. When closing the circle we go in reverse by farewelling the South first and the East last.

East=Air; Dawn, Spring, feather, incense, yellow, mountain tops, wind, knowledge, intellect

North=Fire; Noon, Summer, candle, wand, red, desert, volcanoes, cleansing, empowerment

West=Water; Dusk, Autumn, chalice, shells, blue, ocean, stream, purification, emotions

South=Earth; Midnight, Winter, salt, crystal, green, caves, forest, manifesting, fertility



Wheel of the Year

Below is a picture of the Wheel of the Year, showing the beginning (and ending) at Samhain. The 4 greater Sabbats (seasonal festivals) are Samhain, Imbolc, Beltane & Lammas. The 4 lesser Sabbats are Yule (Winter Solstice), Ostara (Spring Equinox), Litha (Summer Solstice) & Mabon (Autumn Equinox).



The Chakras



Chakra is a Sanskrit word meaning wheel, or vortex, and refers to the 7 major energy centres.

Base: Red; located at the base of the spine; associated with grounding, survival, connection with the physical body & security.

Sacral: Orange; located just below the naval; associated with sexuality and sustenance.

Solar Plexus: Yellow; located just above the naval; associated with the intellect, control & power.

Heart: Green; located in the heart area; associated with love, compassion & relationships.

Throat: Sky Blue; located in the throat area; associated with communication and expression.

Third Eye: Indigo; located between the brows; associated with clairvoyance & perception.

Crown: Violet; located at the top of the head; associated with our connection to the Divine.

Moon Phases



Dark Moon: Not visible

New Moon: Not visible, or traditionally, the first visible crescent of the Moon

Waxing Crescent Moon: Left 1-49% visible

First Quarter Moon Right: Left 50% visible

Waxing gibbous Moon: Left 51-99% visible

Full Moon: Fully visible

Waning gibbous Moon: Right 51-99% visible

Last Quarter Moon: Right 50% visible

Waning Crescent Moon: Right 1-49% visible



The waxing moon appears larger each day until it reaches its fullest at the Full Moon.



The earth, moon and sun are in a straight line now.



A Waning Moon decreases until it becomes "dark" at the New Moon.

New Moon Magic: The new moon is for starting new ventures, new beginnings. Also love and romance, health or job hunting.

Waxing Moon Magic: The waxing moon is for constructive magick, such as love, wealth, success, courage, friendship, luck or health.

Full Moon Magic: A powerful energy for rituals of prophecy, divination and protection. Any working that needs extra power, such as help finding a new job or healing for serious conditions, can be done now. Also, love, knowledge, legal undertakings, money and dreams. Work your magic during the day before, day of or day after the full moon for greatest benefits.

Waning Moon Magic: The waning moon is used for banishing magick, for ridding oneself of addictions, illness or negativity.

Dark Moon Magic: The dark moon is a time for ridding oneself of bad habits, for exploring our darkest recesses and understanding our angers and passions. Also bringing justice to bear.



SOL Website and Axis Mundi eMagazine

Website: <http://spheresoflight.com.au>

A multitude of information about SOL and Paganism and includes an active forum.

eMagazine: <http://axismundi.spheresoflight.com.au>

A free monthly online magazine that provides topical information so you can keep up to date on news and developments in the Pagan community.



SOuL Searchers ~ Paranormal Investigation Team

One of the many things you will find unique about the SOuL Searchers team, unlike the majority of other paranormal investigators is that we undertake our investigations from a shamanic perspective. One of the functions of a SOuL Searchers member is to act as an intermediary between the physical and the spiritual realms. During our investigations we will be conducting in-depth evaluations of spiritual activity from our own unique perspective in order to help grounded souls move on to higher realms and to further our own understanding of the nature of spirits and the afterlife.

Our mission is to investigate all logical explanations of environments that are associated with paranormal activity. We use a common sense scientific approach to all our investigations but also have an open mind to all theories and methodologies. Our SOuL Searchers team is composed of individuals with a variety of talents both scientific & psychic including skeptics and believers.

Each investigation is conducted in a professional manner, addressing any concerns such as privacy, safety and security. Adherence to the wishes of the client is paramount in every case study.

Website: <http://soulsearchers.spheresoflight.com.au>



Contact Details

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Networking



The Pagan Awareness Network Inc. provides information on Pagan faiths and practices, and promotes religious tolerance and community networking through a variety of activities. Incorporated in 1997, PAN is run as a non profit educational organisation, and has no formal ties with any religious body. www.paganawareness.net.au



The Witches Workshop together with OzPagan.com provide practical workshops in the Sydney region. The Witches Workshop e-group was especially set up to keep Australian members informed about workshops, meetings and events which occur around the country. We encourage people to explore any pagan related topics and promote their events and activities. www.witchesworkshop.com

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*The majority of the information was compiled by Jenwytych (Jenny) and Janine and was sourced from the SOL website. The actual 'Information Pack' was compiled by Samantha.

<http://www.moonsmuses.com/moonphases.html>
<http://www.balsamicmoon.com/things-magical/magic-info/lunar-phases.html>
http://en.wikipedia.org/wiki/Phases_of_the_moon