

# Spheres Of Light, Sydney & Nowra Full Moon Circles



## Ostara ~ Full Moon in Aries Friday 6th October 2017

On this night we will be connecting to the energy of the Aries Full Moon under the guidance of the Green Man. The Green Man represents fertility, regeneration and the different life stages and seasons. He represents the great solar god; the one that rises in spring, blooms in summer, declines in autumn and dies in wintertime, to be reborn the next spring again.

The Aries Full Moon on this full moon is going to be helping us come face to face with the obstacles that are holding us back in life. With the Aries fire, we can push through those obstacles with renewed enthusiasm and energy.

### **Sydney Ritual**

#### **Cast Circle**

By the power of the Dragons may this circle be blessed, cleansed and sanctified ...  
(repeated while walking the circle three times).

#### **East**

Dragons of Air  
*(ad-lib quarter call - no written script)*

#### **North**

Dragons of Fire  
*(ad-lib quarter call - no written script)*

#### **West**

Dragons of Water  
*(ad-lib quarter call - no written script)*

#### **South**

Dragons of Earth  
*(ad-lib quarter call - no written script)*

## **Green Man Invocation**

I call upon the Greenman,  
Lord of the Forests, come to us  
God of the growing light  
With love we greet you  
As night and day once again  
Greet each other in passing.  
Be with us, complete our circle  
And help us always to see your face  
In all that lives.  
Hail and Welcome!

## **Spring Maiden**

I call upon the Spring Maiden  
Goddess of Earth, mother of all  
With love we greet you  
As night and day once again  
Greet each other in passing.  
Be with us, complete our circle,  
And help us always to see your face  
In all that lives.  
Hail and Welcome!

## **Green Man Meditation**

Close your eyes, feel your feet connected to the earth

Loosen all your muscles starting from your head downwards...

Release the tension in your face, neck and shoulders. Breathe slowly and deeply and ease any tautness in your chest. Forget any cares and troubles.

Empty your mind from the burden of today's considerations and problems.

See yourself sitting against the trunk of a fallen dead tree by the perimeter of an immense forest, amongst scrubland and bushes. A boundary of more huge trees lies ahead, their boughs and branches entwined and twisted, apart from one opening directly in front. Close your eyes and imagine what might be through the aperture. Uncouple your mind from its physical presence and let your spirit alone step through the cleft in the matted foliage. Enter the forest.

You arrive in a magical world of marvel and wonder. Butterflies dance and weave about, their wings glistening from the early morning dew in the sunlight. They lead you down an enchanted path that has not yet been trod by man. Nature spirits peer down from the trees as you gradually travel deeper within. Hear the forest breathe and feel its heartbeat as it wraps its arms around you. Become aware of insects, birds and woodland creatures, which journey alongside and share an understanding with them never before encountered.

You come to a small grove surrounded with woodland so dense there is no way forward. The entwined branches and boughs of the trees directly in front appear to form the shape of a huge man. Shadows and narrow shafts of sunlight play tricks with your vision – can you see a face form from the leaves? The nature spirits have by now disappeared; you are alone in the forest. A mystifying wind blows through the grove sending a shiver through you, and the image in front seems to sway from side to side.

Suddenly, unexpectedly, The Green Man steps forward and speaks. The formidable size and majestic grandeur of his approaching figure is awe-inspiring. He talks to you, his voice is deep and powerful.

The Green Man talks. He speaks of the dawn of time, the beginning of the world, the evolution of nature and the creation of mankind. As these events are described you are there with him as an observer. See lands being formed from within the sea, the first seeds grow, the first animals move. The Green Man takes pleasure from his memories, and you too begin to smile. Be present as creatures large and small roam the land; see large unknown birds soar above the rocky terrain. Witness the seasons speed past, the ebb and flow of the ever moving seas and the wonder of the inception of humanity. Images of the relentless birth, death and regeneration within nature flash around you in a seemingly endless cycle.

Pause for a time at the scene of a group of people warming themselves around a fire, which crackles, spits and smokes. It is winter, yet mankind will not perish from the cold. The people are singing and moving from side to side. The Green Man rocks from side to side and slowly, progressively, begins to dance to a compulsive beat. The rhythm gradually mounts to a crescendo, and the nature spirits watch in amazement at the frolics of this towering, ungainly figure. The rhythmic beat is replaced by a new sound, a chorus sung by the birds, animals, nature spirits, and trees and plants ... the song of nature.

The Green Man asks you what your true nature is. Have you lost your way? Are you in sync with nature? Take some time to think about how you are connected to nature. Allow yourself space to become like a tree and just be your true self, just BE.

There is silence now, not a sound, not even the sound of the breeze moving through the leaves. The Green Man has fallen asleep, and fades into the denseness of the forest. It is time to go back through the forest, to return to the tree stump. Before you proceed, you glance one last time at the Green Man.

## **Intent & Activity**

We are going to do a rain ceremony with the Green Man and the dragons.

I summon the dragons of Air, Fire, Water & Earth – Come dragons come  
Come Dragons of Lightness & Darkness - come  
Come Dragons of Chaos & Order – come  
Come Dragons all bring forth rain to quench our earth – Come Dragons Come  
Green Man Officiate on our behalf, please ask the dragons to bring forth rain.  
So Mote it Be

## **Closing**

### **Spring Maiden**

Goddess of Earth, mother of all  
For the Spring  
For your love  
For your power  
For the fertility of the world we share  
For your presence within our circle  
We thank you, and ask your blessing,  
Until we gather here again.  
Hail and farewell.

### **Green Man**

God of the growing light  
For the Spring  
For your warmth  
For your power  
For the lengthening day  
For the energy that surrounds us  
For your presence within our circle  
We thank you, and ask your blessing,  
Until we gather here again.  
Hail and farewell.

### **South**

Dragons of Earth  
*(ad-lib farewell - no written script)*

### **West**

Dragons of Water  
*(ad-lib farewell - no written script)*

### **North**

Dragons of Fire  
*(ad-lib farewell - no written script)*

### **East**

Dragons of Air  
*(ad-lib farewell - no written script)*

May this circle be open but unbroken  
May the peace of the Goddess be ever in our hearts.  
Merry Meet and Merry Part  
And Merry Meet again.



## **Nowra Ritual**

### **Cast Circle**

*"I cast the circle round about, spirit stay in, world stay out. I cast the circle round about, a world within, a world without. I cast the circle around and around in spirit and power we are now bound."*

#### **EAST**

Oh great seer Esmas  
Ancient one of Gorias  
I call thee to come forth and protect and charge this circle  
With the power of the spear of Lugh  
Come forth, so mote it be.

#### **NORTH**

Oh great seer Usias  
Ancient one of Findias  
I call thee to come forth and protect and charge this circle  
With the power of the sword of Nuada  
Come forth, so mote it be.

#### **WEST**

Oh great seer Semias  
Ancient one of Murias  
I call thee to come forth and protect and charge this circle  
With the power of the cauldron of Dagda  
Come forth, so mote it be.

#### **SOUTH**

Oh great seer Morfessa  
Ancient one of Falias  
I call thee to come forth and protect and charge this circle  
With the power of the Stone of Lia Fail  
Come forth, so mote it be.

## **GREENMAN INVOCATION**

I call upon the Greenman,  
Lord of the Forests, come to us  
God of the growing light  
With love we greet you  
As night and day once again  
Greet each other in passing.  
Be with us, complete our circle  
And help us always to see your face  
In all that lives.  
Hail and Welcome!

## **MEDITATION**

### **WORKING**

We are going to do a rain ceremony with the Green Man and the dragons.

I summon the dragons of Air, Fire, Water & Earth – Come dragons come  
Come Dragons of Lightness & Darkness - come  
Come Dragons of Chaos & Order – come  
Come Dragons all bring forth rain to quench our earth – Come Dragons Come  
Green Man Officiate on our behalf, please ask the dragons to bring forth rain.  
So Mote it Be

### **ACTIVITY**

Decorating small ceramic pots for our altars.

### **Greenman Chant**

“Greenman be here right now, show us your spark. Greenman your essence lives, here in our hearts”

## **CLOSING**

### **GREENMAN**

God of the growing light  
For the Spring  
For your warmth  
For your power  
For the lengthening day  
For the energy that surrounds us  
For your presence within our circle  
We thank you, and ask your blessing,  
Until we gather here again.  
Hail and farewell.

### **SOUTH**

Oh great seer Morfessa  
Ancient one of Falias  
Thank you for your guidance and protection  
With the power of the Stone of Lia Fail  
Hail and Farewell

### **WEST**

Oh great seer Semias  
Ancient one of Murias  
Thank you for your guidance and protection  
With the power of the cauldron of Dagda  
Hail and Farewell

### **NORTH**

Oh great seer Usias  
Ancient one of Findias  
Thank you for your guidance and protection  
With the power of the sword of Nuada  
Hail and Farewell.

### **EAST**

Oh great seer Esmas  
Ancient one of Gorias  
Thank you for your guidance and protection  
With the power of the spear of Lugh  
Hail and Farewell

***“May the circle be open but unbroken  
May the peace of the Goddess be ever in our hearts  
Merry Meet and Merry Part and Merry Meet again.”***

