

Spheres Of Light



Full Moon in Leo — 7th February 2020

Gilgamesh



8

STRENGTH • GILGAMESH



Image is from the "Babylonian Tarot" written & illustrated by Sandra Tabatha Cicero

Gilgamesh

Gilgamesh is the main character and hero of the Ancient Babylonian epic poem, 'Gilgamesh.' The poem was written by a priest named Sin-leqi-unninni on clay tablets in cuneiform, a wedge-shaped script. Gilgamesh was a demi-god who was said to have lived an exceptionally long life (the Sumerian King List records his reign as 126 years) and to be possessed of super-human strength. Gilgamesh a mighty Sumerian King of Uruk, was an unrivalled warrior of the time. Gilgamesh is often shown wrestling a lion or bull, to show his great prowess as a warrior. In one of Gilgamesh's journeys he crosses a mountain pass at night and encounters a pride of lions. Before sleeping he prays for protection to the moon god Sin. Then, waking from an encouraging dream, he has the strength and the courage to kill the lions and uses their skins for clothing.

Gilgamesh is the archetypal hero who goes on a journey that is a transforming and enduring, in pursuit of knowledge. This is a common premise that has been used by storytellers throughout the centuries, as the Knights of the Round Table of King Arthur's Court, to the young Skywalker in George Lucas's modern movie epic of Star-wars. Gilgamesh is transformed from a selfish thug to a wise ruler as he learns and grows from his experiences. As in many tales of the hero, Gilgamesh loses himself and then eventually finds his true self. He pursues an elusive immortality, only to finally appreciate that he already has become an immortal god. The analogy of Gilgamesh's journey is one that all who are seeking the "immortal within" must go through in their journey into the Psyche and face their shadow self.

The Energy of the Leo Moon (9/2/20 6:33pm)

The Leo Moon carries strengthening vibrations that will guide us to feel confident and aligned with where we are on our journey. It also carries abundant energy and will bring the culmination to all we have been working towards since August of 2019.

The strength of this Full Moon will also guide us to bring closure to past issues that have been holding us back or bogging us down. The February Full Moon gives us a newfound strength and wisdom that will really help support us as we move through the month.

Symbol of the Lion

The lion symbolism emphasizes personal power – your strength, self-confidence, courage, and assertiveness. It also signifies how you are the master of your own domain, and how you are the epitome of strength and power. The lion is ferocious and at the same time beautiful. It is graceful and elegant, and it has a commanding presence.

The Ritual

We will cleanse ourselves with sage or drumming. A barrier is placed before the entry to the circle. This barrier can be a piece of string, a ribbon, a piece of wood or a line of crystals. As each participant crosses the threshold, they release all negativity and aspects of the past that they want to leave behind.

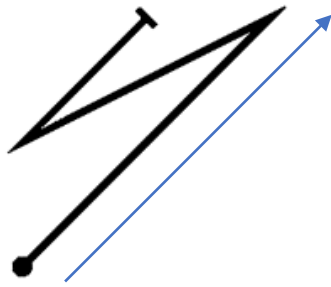
Meditation – there will be two parts to the meditation, the first part is a healing process to eliminate the emotional trauma of the bushfires and the second part will be connecting to Gilgamesh to give us courage and strength to achieve our goals for this year.



Activity – using red paper we will write down those things we want to achieve this year. Each person will include the symbol of the sun on their paper to add power to their spell. The paper will be empowered by holding over a candle. Saying the words: *By the power of the sun, let the way be shown to achieve my goals, so mote it be.*

As we move back to our place in the circle we will raise the power by stamping our feet quickly and then sending the energy up to the universe to come back as a reality.

OPENING THE QUARTERS



EAST

I open the Eastern gates of Air
Come forth with your mighty winds
Circle us with your power and inspiration
I call you to come forth and protect and charge this circle.
As be your will.

Trace the sigil then walk the circle sunwise once with athame or finger creating the circle boundary projecting the colour yellow saying:

By the power of the Dragons of Air may this circle be blessed, cleansed and sanctified.

NORTH

I open the Northern gates of Fire
Come forth with your fiery breath
Circle us with your strength and power
I call thee to come forth and protect and charge this circle.
As be your will.

Trace the sigil then walk the circle sunwise once with athame or finger creating the circle boundary projecting the colour red saying:

By the power of the Dragons of Fire may this circle be blessed, cleansed and sanctified.

WEST

I open the Western gates of Water
Come forth with your power of the primordial ocean
Circle us with the power of connective energy
I call thee to come forth and protect and charge this circle.
As be your will.

(West is continued in the next column)

Trace the sigil then walk the circle sunwise once with athame or finger creating the circle boundary projecting the colour blue saying:

By the power of the Dragons of Water may this circle be blessed, cleansed and sanctified.

SOUTH

I open the Southern gates of Earth
Come forth with your protective force
Circle us with the powers of manifestation
I call thee to come forth and protect and charge this circle.
As be your will.

Trace the sigil then walk the circle sunwise once with athame or finger creating the circle boundary projecting the colour green saying:

By the power of the Dragons of Earth may this circle be blessed, cleansed and sanctified.

Person hosting the ritual stands in front of altar and bows and adds salt to the bowl of water, then says:

I [Dragon Name] invoke the dragons this night,
Come Dragons of the primordial waters,
Come Dragons from the primal source of creation,
Come Dragons of Lightness and Darkness,
Come Dragons of Chaos and Form,
I invoke you to join us and impart your wisdom and ancient knowledge.
Guard and protect us this night,
As be your will.

INVOCATION TO TIAMAT

Oh Great Goddess Tiamat, stir and arise, awake in the darkness, awake in the abyss,
She who is terrible to face, who devours and swallows up life,
She who brings life to those who face her,
She who is the begetter of dragons.
Stir up oh Dragon Goddess, I summon thee tonight!

INVOCATION TO GILGAMESH

Welcome Gilgamesh, we ask you to bring your strength, power and wisdom.

Gilgamesh & Healing Meditation

Allow your eyes to comfortably close, and come down into your breath, into your body, relaxing your belly, softening your mind. Feel the support beneath you, connect with the ground below. And let it take your weight.

Become aware of the sounds around you - let them be there. Notice the light and shade, the air touching the surface of your body. Sense the sky above, and the horizons stretching all the way round you, the earth below, supporting you.

Allow your mind to empty what it no longer needs to hold on to, let it go, flow out and away. Draw yourself back from where you've been in your day. Draw your energies back home to your centre. Ground yourself in this moment, here.

Begin to sense the space around you. Breathe with the space and become aware of the rise and fall of your breath, its coming and going, the sensation, sound, temperature. Breathe down to where the weight of your body rests, below the base of your spine. Now breathe down into the earth. Allow yourself to connect to the ground below, deep into the earth.

When you are ready, allow your awareness to move up to your belly, just below your navel. This is the centre of your emotions. Take note of any emotions or trauma that you are holding on to. Breathe down that emotion or trauma down to your feet and then down to the earth. Breathe deep down to the earth and let your emotions go, let them go deep, deep down, let it go!

Now visualise yourself laying on the ground being in contact with nature, feeling calm and revitalised. You watch the clouds above you, you look at the shapes they make and you see a cloud in the shape of a lion. The lion seems to be racing across the sky and the next second you are standing in an ancient land watching a pride of lions interacting with each other. Such strength and power and yet there is kindness and gentleness within the pride.

The lions were oblivious to your presence, but as you start to back away your movement alerts them, and they crouch down ready to attack.

As the panic kicks in you hear a voice beside you, to stand tall and not show fear. The king Gilgamesh stands beside you with his hand at your elbow. "Stand in your power, extend your aura with fiery power," he says. You gather your inner strength and project that power towards the lions. They immediately back away and soon it is just you and Gilgamesh standing alone in the wilderness.

Gilgamesh reminds you that you can achieve amazing things if you show courage and strength. Take a few moments to communicate with Gilgamesh about your objectives, and listen to his advice and when it is time, I will call you back.

It is time to return and you thank Gilgamesh for his wisdom. You find yourself laying on the ground looking at the clouds, feel the ebb and flow of your breath, breathe into your core. Allow the energy of the power you experienced to bathe your body, mind, emotions. And, in your own time become aware of the air on the surface of your body. The sounds around you, near and in the distance. When you are ready wriggle your finger and toes and open your eyes.

Activity

(To be done after the meditation, see introductory notes above for a description of the activity.)

CLOSING

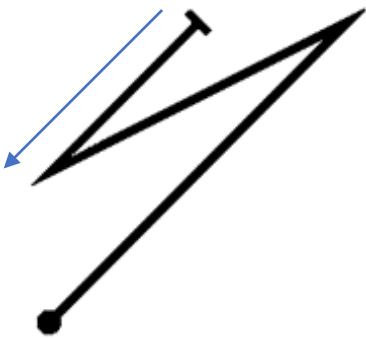
GILGAMESH CLOSING

Thank you Gilgamesh for your strength, power and wisdom.

TIAMAT CLOSING

Oh Great Goddess Tiamat, thank you for arising
and awakening in the darkness and the abyss.
Thank you for assisting in our journey.
I release thee.

CLOSE QUARTERS



SOUTH

I close the Southern gates of Earth
Thank you for coming forth, witnessing this rite and
protecting this circle.
May you dwell within our hearts,
So shall it be.

Trace the sigil in reverse.

WEST

I close the Western gates of Water
Thank you for coming forth, witnessing this rite and
protecting this circle.
May you dwell within our hearts,
So shall it be.

Trace the sigil in reverse.

NORTH

I close the Northern gates of Fire
Thank you for coming forth, witnessing this rite and
protecting this circle.
May you dwell within our hearts,
So shall it be.

Trace the sigil in reverse.

EAST

I close the Eastern gates of Air
Thank you for coming forth, witnessing this rite and
protecting this circle.
May you dwell within our hearts,
So shall it be.

Trace the sigil in reverse.

Person who is hosting the ritual says:

By the power of the dragons this circle is closed.



Spheres Of Light Canberra's Very First Circle ~ 7/2/2020







Spheres Of Light Nowra ~ 7/2/2020



Spheres Of Light Sydney ~ 7/2/2020



