



## Litha Ritual 2013

*(Written & led by Lisa in Sydney, led by Samantha in Nowra on 13/12/2013)*

### Full moon in Gemini

This coming full moon is in the sign of Gemini and is a time for connecting with friends and those close to us. It is influenced by communication, connections, travel and things of a dualistic nature.

So now we should be taking time to understand that there are often two sides to a story and to consider all facets before acting on the information we receive.

But the moon in Gemini also means having good times with friends and because of the warmer weather a time for social gatherings and getting out there to have fun.

Tonight we will be working with the energies of sacred geometry by connecting energy associated with the cosmic structures of platonic solids.

**By the power of the dragons may this circle be blessed, cleansed and sanctified.**



**Air-** I call upon the elemental rulers of air and of the energies of the octahedron. Bring to the circle your powerful constructs for protection and for concentrating energy.  
Hail and Welcome.



**Fire-** I call upon the elemental rulers of fire and the ancient form of the tetrahedron. Come forth from the primal powers of creation and bring your flaming energy of transformation.  
Hail and Welcome



**Water-** I call upon the elemental rulers of water and the flowing energy of the Icosahedron. Help us to balance our emotions and amplify our intentions.  
Hail and Welcome



**Earth-** I call upon the elemental rulers of earth and the structure of the cube. Bring to us your ability to manifest from spirit in matter and your life supporting solidarity.  
Hail and Welcome.



**GODDESS-** I call upon the ascended master Quan Yin and the power of the star tetrahedron. Come to us tonight with your gentle and loving energy to teach is compassion towards to all beings that live on this planet.  
Hail and Welcome



**GOD-** I call upon the ascended master Buddha and the conscious spirit of the dodecahedron. Give us your enlightened understanding of mindfulness and humility as we connect with divine.  
Hail and welcome.

**-Intention**

**-Meditation on happiness**

**-Sigil making**

**-Raise the energy and infuse sigils with power**

**-Releasing sigils**

**Closing**

**GOD-** We are grateful for your presence tonight Mighty Buddha.  
Thank you for your happiness and for being here with us.  
Hail and Farewell.

**GODDESS-** We thank the ascended master Quan Yin and the power of the star tetrahedron. May we never forget your lessons of compassion.  
Hail and Farewell

**Earth-** We thank elemental rulers of earth and the structure of the cube. Thank you for showing us that this material realm is the place for us to manifest our divine will  
Hail and Farewell

**Water-** We thank the elemental rulers of water and the Icosahedron.  
Thank you for helping us to balance our emotions.  
Hail and Farewell

**Fire-** We Thank the elemental rulers of fire and the ancient form of the tetrahedron. Thank you for your cleansing flame.  
Hail and Farewell

**Air-** We Thank the elemental rulers of air and the energies of the octahedron. Thank you for your helping us to learn mindfulness and being masters of our own thoughts.  
Hail and Farewell

All take home a sigil that is not the one they made to remind them happiness is a gift.

**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....**



# Litha Ritual Activity Notes

## Intention of the evening-

The intention of tonight's ritual is to connect with each other by sharing our happiness and opening our hearts in a playful and carefree nature so we may bring joy into our lives. As we are working with the Gemini moon to honour the nature of duality we will be making sigils. Sigils come from the darker and more mysterious origins of chaos magick.

## Happiness meditation-

Sitting quietly with your eyes closed bring your attention inward. Start to feel just being in your body. Now I want you to focus on your solar plexus area and seeing it as a ball of swirling yellow light. Imagine now that that ball of energy is in front of you, this is your central sun. It brings your vitality and positive power. Try to remember a time, any time in your life where you felt true happiness. Connect with that memory. Bring your awareness back into the room and into the sacred space with your memories of feeling uplifted.

## Sigil making.

Write on your piece of card what happiness means to you in one short sentence.  
(one side of the card)

- Eg. Happiness is sleeping in on a Monday
  - I feel joy when my pet does something funny
  - I am truly happy being myself around good friends.

We are going to take that sentence and reduce it down to a symbol.

So for example:

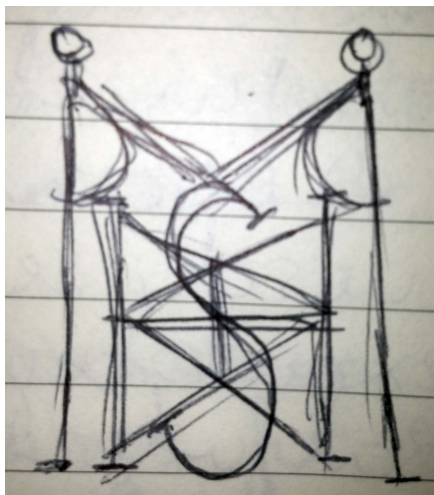
HAPPY SLEEP IN MONDAY

We reduce that further by removing all vowels and any double consonants.

Eg. HPYSLNMD

We then take these letters and use their form to create a symbol. (other side of the card).

Eg.



Once everyone has made their sigil they are to place it back on the altar.

By reducing down the concept into a symbol we create harmonic resonance with the universe.

**Laughter exercise** to raise energy (stand up and do all or some of the exercises until the laughter is genuine and the space is filled with happiness)

1. Laughter greeting eyes closed: invite all to come close together and laugh as they keep their eyes closed and slowly move around, looking for people to greet in the manner of their choice.
2. Confetti greeting laughter: laugh and make joyful movements as you throw around lots of imaginary confetti.
3. Electric shock laughter greeting: imagine that everything you touch gives you a shock of static electricity. Then jump backward and laugh each time you touch some one with your finger.
4. Humming laughter greeting: laugh with your mouth closed as you greet people in the manner of your choice.
5. Sinister laugh. Laugh your best evil villain or your best witches cackle. MUHUAHAHAHA!
6. Happy laughter greeting: how would your laughter sound and how would you behave if you were the happiest person you know?

If by now everyone is not having some good lol's then imagine everyone did and project that energy into the sigils on the altar.

**Releasing sigil.**

Finally we release the sigils by looking at the sigil you made, keep the image of it in your mind, close your eyes and imagine your symbol expanding as big as the room and then send it out into the universe in what ever way you choose.

**Closing. Refer back to ritual sheet.**