

SOL Lughnasa Eucharist Ritual

(Ritual written and led by Gabriel in Sydney, led by Samantha in Nowra, on Friday 14/02/2014)

Setting up the Ritual Space

You will need:

1 candle

Salt & Bread

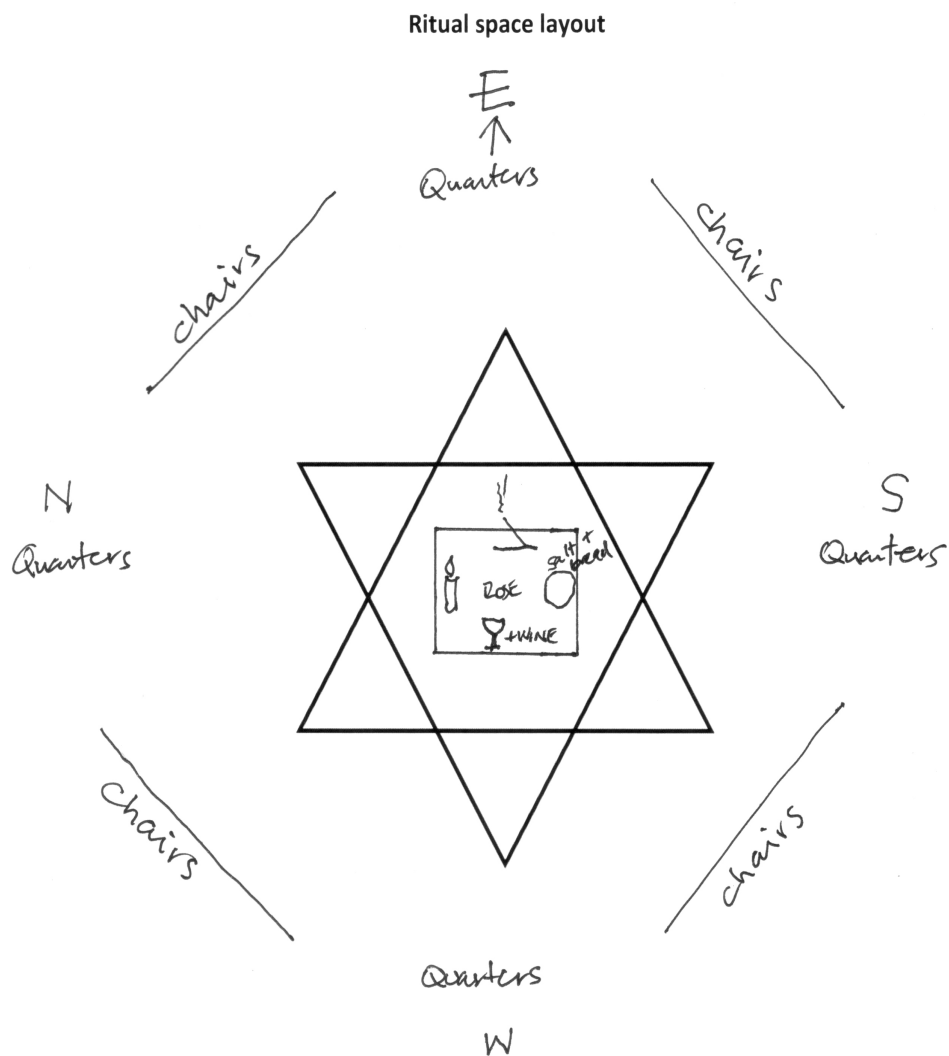
Water

Wine or port

Rose(s)

1 goblet for water

1 goblet for wine or place the bottle decanter on the altar



* ENTER Space from the west, symbolizing from dark to light.

The Ritual...

1: Elements and Priest-ess together –“**hekas, hekas, hekas este bebeloi**”

2: Elemental calls

Air: We call upon the Keepers and Guardians of Spheres of Light, Dragons of Air,
Communication, health and mentality, guard our minds,
Prepare us to be cleansed from the effect of the mundane world,
We welcome thee.

North: We call upon the Keepers and Guardians of Spheres of Light, Dragons of Fire,
Power, dominion and authority, guard this temple space,
Prepare us to be cleansed from the effect of the mundane world,
We welcome thee.

West: We call upon the Keepers and Guardians of Spheres of Light, Dragons of Water,
Penetrating pleasure, fertility, marriage and happiness, guard this temple space,
Prepare us to be cleansed from the effect of the mundane world,
We welcome thee.


South: We call upon the Keepers and Guardians of Spheres of Light, Dragons of Earth, Mineral,
structure, business, employment, and money, guard this temple space,
Prepare us to be cleansed from the effect of the mundane world,
We welcome thee.

3: Cabalistic cross

4: Purification by Water and Fire


Priest: Standing at the west of the altar, take up water raising it to head level

–“and so therefore first that priest who governs the works of Fire must sprinkle with the lustral waters of the load resounding sea”

Walk around first to the east draw big equal armed (deep blue) cross  , dip your left hand fingers then flick 3 times to the east, walk to the north, flick 3 times, walk to the west flick 3 times, walk to the north flick 3 times, then raising the cup high say –“**I purify with Water.**”

Priestess: Standing at the west of the altar, raise the incense up to head level

–“And when, after all the phantoms are banished, thou shall see that formless Fire which darts and flashes at the hidden depths of the universe, hear thou the voice of fire.”

Walk around first to the east draw big equal armed (brilliant red) cross  , lift the censer to the east wave 3 time, walk to the north wave 3 times, walk to the west wave 3 times, walk to the north, wave 3 times, then raising the censer high say **–“I purify with Fire.”**

5: The Priest-ess walk to the east, bow to the east, then hold hands and begin to circumambulate counter-clockwise and bow at the east **x3** times, visualising they are climbing an invisible energetic staircase, the floor raising with you each time. We all bow to the east.

The priest's say

–“Holy art though Oh Lord of the Universe, Holy art though whom nature has not formed, Holy art Thou oh vast and mighty one. Lord of the Light and of the Darkness.”

4: Meditation (see notes below the ritual)

5: The Eucharist

1 – The Priest-ess Standing at the West of the altar with hands raised fingers spread in a gesture of blessing

–“For Osiris Onnophris, who is found perfect before the Gods’, hath said: These are the elements of my body, perfected through suffering, glorified through trial. For the scent of the dying Rose is as the sigh of my suffering, and the flaming Fire is as the energy of mine undaunted will: and the Cup of wine is as the pouring out of the blood of my heart, sacrificed unto regeneration, unto the newer life; and the Bread and Salt are the foundations of my body, which I destroy that they may be renewed.

For I am Osiris triumphant, Osiris Onnophris, the justified; I am he who is clothed with the body of flesh, but in whom is the spirit of the great Gods. I am the Lord of life, triumphant over death. He who partaketh with me shall arise with me. I am the manifestor in matter in those whose abode is invisible: I am purified; I stand upon the universe; I am it's reconciler with the eternal Gods. I am the perfector of matter, and without me the universe is not.”

2 - lift up the rose and say

“I therefore invite all beings here present to inhale with me the perfume of this rose as a symbol of air” (pass it around then return to the altar)

“To feel the warmth of this sacred Fire” (pass your hand over the flame, pass it around, then place on the altar)

Lift up cup of wine **–“And to drink with me this wine, the emblem of water”** (drink or pour into individual cups, then return to the altar).

Lift up the plate of Bread and Salt **–“To taste with me this Bread and Salt”** (dip the bread into the salt and return to the altar)

When everyone has settled

“May that which we have partaken maintain us in our search for the quintessence, the Stone of the Philosophers: true wisdom, perfect happiness, the highest good”.

6: Close

The Priest-ess walk to the east, bow to the east, then hold hands and begin to circumambulate clockwise bowing at the east each time **x3** times visualising they are descending an invisible energetic staircase, the floor lowering with you each time. We all bow to the east.

Air: Keepers and Guardians of Spheres of Light, Dragons of Air,
we thank you for attending this sacred rite,
Farewell

North: We call upon the Keepers and Guardians of Spheres of Light, Dragons of Fire,
we thank you for attending this sacred rite,
Farewell

West: We call upon the Keepers and Guardians of Spheres of Light, Dragons of Water,
we thank you for attending this sacred rite,
Farewell

South: We call upon the Keepers and Guardians of Spheres of Light, Dragons of Earth,
we thank you for attending this sacred rite,
Farewell

7: Elements and Priest-ess together –“**hekas, hekas, hekas este bebeloi**”

* The Eucharist was inspired by and adapted from a ritual by John Michael Greer © 1997

An EGYPTIAN MIDDLE PILLAR Meditation

Visualise a bright star descending from high above the altar. It grows larger and larger. Its rays are long and they begin to reach out and a spark of the ray settles above your head.

The spark grows larger and larger until it becomes a sphere the size of a soccer ball.

Within the sphere a voice emanates "**I am The Great God, self-produced**"

Vibrate: "**Nudjer ao**" (pronounced "nud-jeh-r ahoh) x2-4

The sphere replicates itself and begins to slowly descend down settling at the nape of your neck.

Within the sphere a voice emanates "I am The Lord Creator"

Vibrate: "**Neb Iri Khet**" (pronounced "neb ee-ree khet) x2-4

The sphere replicates itself and begins to slowly descend down settling at your heart centre.

Within the sphere a voice emanates "I am God of Knowledge, and Wisdom"

Vibrate: "**Sia**" x 2-4

The sphere replicates itself and begins to slowly descend down settling inside your pelvic area.

Within the sphere a voice emanates "I am Lord of Life"

Vibrate: "**Neb Ankh**" (pronounced "neb ah-nk) x2-4

The sphere replicates itself and begins to slowly descend down settling at your feet.

Within the sphere a voice emanates "I am God of Earth"

Vibrate: "**Nudjer ta**" (pronounced "nud-jeh-r tah) x2-4

Now notice the Middle Pillar complete. Move the energy around your aura from your left foot. Now take the light down your right side to your feet. Repeat 2-4

Now see the ribbon of light descending down the front of your body and rising up your back. Repeat 2-4

Now visualize the shaft of light rising up the Middle Pillar in the centre of your body to the sphere above your head. It glows brightly and now showers the outside of your body with light all the way down to your feet. Repeat several times.

Now see all the spheres merging into your heart centre until it becomes a bright star.

Slowly open your eyes and see a ray of star reaching out to the centre of the altar and settling there.