

SPHERES OF LIGHT Full Moon Circle 02/02/2018

2nd February marks Lughnasadh which is the "cross-quarter" day marking the first harvest of early grain, where the first loaf of the bread from the harvest is broken and shared in celebration of a successful harvest. Tonight we will think of what we have achieved over the past year, what we have achieved and/or what difficulties we have had to endure. We can give thanks that we are here and ready to face another exciting year.

This is our first circle of the year and traditionally we start it on the Leo Full Moon, which is a fire sign and also a sign of great energy and creativity. Of course this one is special as we have just experienced a super moon and a lunar eclipse. The lunar eclipse occurred on the Leo/Aquarius axis, and we are being called to reawaken to our original blessings and link our hearts with the heart of the Earth and all of humanity.

As we work on healing our wounds of disconnection and nurture the feminine principle in all creation, we re-create our world anew.

Women are especially called to add our voices and imaginations to help heal our cultural wounds, while men are called to defend what is true, beautiful and good in the world.

"Our world is so out of balance that it has to descend into chaos to get remade."

Medicine Wheel Teachings and Ceremony

The Medicine Wheel is a ceremonial tool used by many spiritual people all over the world to perform rituals that honour the four directions, the sacred hoop of life, the animals, the sun, moon, Mother Earth, Father Sky, and many more aspects of the natural world. The Medicine Wheel is a safe place to undertake journeys between the worlds and to face our own inner demons.

"Medicine" is anything that deepens your relationship with the Divine and brings you closer to harmony and balance.

The wheel is made up of a circle divided into four directions, the east, north, west and south. It can be decorated with a variety of items including symbols of astrology, crystals and rocks, power animal, healing plant, colour and material and paintings.

Creating Liminal Space

There needs to be separation between the mundane and the sacred therefore discussions concerning the ceremony be undertaken should occur outside the medicine wheel. We will enter the medicine wheel from the Eastern Quarter.

Before entering the wheel in the East we will offer some kind of herb or prayer. This is an offering to let the spirits know that we enter with pure hearts and leave any ego or negativity outside of the sacred wheel. Herbs, crystals and many other natural gifts may be offered before going into the wheel. Offering of something before we enter the wheel will be a permanent practice. It is said that before we enter any sacred space or even just going out into nature for a vision quest, it is good practice to offer something at the "door."

Percussion

Percussion is a fundamental part of shamanic practice and it is used to serve many different purposes. Repetitive and rhythmic drumming has the power to send the shaman into an altered state of consciousness where communication with spirits and other necessary tasks are performed. During rituals, the drum may communicate directly with spirits, carry the shaman on a journey or purify the people at ritual. The drum itself is often seen as a sacred and revered object. Percussion and rhythm is a powerful tool of the shaman, it has the ability to alter the human brain and induce an ASC and create an atmosphere for many important rituals. We will be using percussion (drums, rattles and shakers, rhythm sticks etc) during our ceremonies.

The Ritual

Opening

We honour the direction of the East and Air
Where the sun rises
Laughter of the Kookaburra
Spiritual birth and awakening
The realm of the child and young adulthood
The energy of the season of Spring
We honour the wisdom of the Elders of the East

We honour the direction of the North and Fire
Red-belly black snake in the midday sun
The energy associated with life force
The vitality that arises when the heart opens
The realm of the mother and father
The energy of the season of Summer
We honour the wisdom of the Elders of the North

We honour the direction of the West and Water
Water Dragon lazing at the water hole
The direction of the setting sun
The place of harvest and letting go
The realm of the maga and magus
The energy of the season of Autumn
We honour the wisdom of the Elders of the West

We honour the direction of the South and Earth
Where the sun is hidden
Echidna lying deep within its burrow
The underworld, grounding and self realisation
The realm of the crone and the wise man
The energy of the season of Winter
We honour the wisdom of the Elders of the South

We honour the Centre, Father Sky & Mother Earth
The space of the all, right here, right now
The space of stillness and presence
The space of Spirit
We honour the knowledge of the Ancients

Warrior Meditation

A meditation to meet your Warrior Guide

Allow yourself to relax... take note of your breathing, with each breath feeling more relaxed, feel the earth beneath your feet and feel yourself grounded and calm.

Visualise you are standing in the centre of the medicine wheel, face the east and embrace the energy of the new day, turn to the north and feel the energy of the midday and feel its power, turn to the west and feel

the soft energy of the twilight, turn to the south and acknowledge the energy of the darkness and the unknown. Look to the sky and feel the energy of father Sun and feel the omnipresence of the sun, look down at the earth and feel her gentle heartbeat. Take a moment and give thanks.

You turn once more to the North and you notice a door. The door can appear in many shapes and colours, old or modern. Take note of the details of your door. There is a key in the door waiting for you to open it. Before you turn the key ask for your guides and animal totems to join you for guidance and protection. When you are ready open the door.

You immediately step onto the path, take note of where you are standing, what is around you.

The path leads us to the meeting place of the warrior, it could be an ancestor or a guide. As you walk the path take notice of all that is around you.

The path is leading you to a bridge, you see it clearly with each step you take. It is a long thin bridge with no hand rails. It is above a deep chasm. You look down into the deep chasm into darkness. A test of courage is before you. To meet the warrior you must cross the bridge. You take a deep breath and you begin your journey.

Now that you are on the other side you can stop and take a breath. A few steps away you notice an old brass bell hanging from a wooden frame, its big and heavy and hanging from a rope beside it is a silver hammer. You take the hammer and strike the bell 3 times. You wait patiently for your warrior to come.

A figure appears in the distance... it comes slowly towards you.

As the person starts to come into view, you notice what they are wearing, they may be a very old warrior from times gone by or a more modern warrior. They stop in front of you and you reach out to touch the frame and you are startled to realise that you are looking at yourself. Perhaps from another life or from a parallel universe. It takes you by surprise but you greet yourself as a warrior, hands clasping forearms embracing with each other.

You stand next to the warrior and you are immediately transported to a time when you had to face a battle. You see the events happening around you and you start to relive that moment. You feel the fear rise up within you but you also find that strength that willpower, that power to fight the battle.

It seems like hours but the reliving of the experience only takes a few minutes. The warrior within you has taught you many things. Take a moment to understand the ways of the warrior and how that applies to your life now. You stand empowered, that energy burns within your heart and solar plexus. (approx. 5 mins of silence).

You now embrace your warrior mentor once again and you know it is time to return. You thank your warrior and this time you are directed to return a different way.

You look for the path but the only place you are directed to a prism of light with the colours of the spectrum glowing brightly. Another test of the warrior and you know you have to walk through the prism. As you place your feet within it you find yourself plunging down that dark chasm but not with fear but with a feeling of love and compassion. Your aches and pains and hurts seem to disappear as you fall. The healing begins deep within your soul.

You arrive back in the medicine wheel. The door is still behind you and as you look at the door you are thankful for the knowledge you have received. You return to your body feeling calm and your energy restored.

Take a moment to get your bearings back and ground yourself.

Group Activity — “Spirit Arrow”

“Spirit Arrow” is a small stick which is imbued with intent that represents what you are releasing. Write on or decorate a small stick from a packet of matches to burn or use an incense stick. These energies or issues, to be released, may have come up for you during meditation. You will then blow your intention into the stick several times until you feel like you’ve honoured the energy you wish to release. You will place the stick into the fire (or into a cauldron containing a lit candle if indoors) to be consumed. The sincerity of your prayers and intention is what will make this ritual powerful.

Closing

We release the space of the Centre, Father Sky and Mother Earth, the space of Spirit and the Ancients and give thanks for their teachings and blessings.

We release the direction South and give thanks for the teachings and the blessings of the South.

We release the direction West and give thanks for the teachings and the blessings of the West.

We release the direction North and give thanks for the teachings and the blessings of the North.

We release the direction East and give thanks for the teachings and the blessings of the East.



Centre piece of the Sydney group's medicine wheel