

SPHERES OF LIGHT Full Moon Circle 29/06/2018



"Higher Self" by Lisa J Winter — <http://lisajwinter.com>

Capricorn Full Moon (28/06/2018 2:53pm) - Awakening to the Light

It's time to look in the fullness of the moon in Capricorn and see our current reflection. As the days get longer the darkness gradually turns to light.

Capricorn is ruled by Saturn, the planet of discipline, restrictions and structure. As it is in retrograde, this brings stillness within movement and creates extra soul tension to achieve the great things we know we were born to do. Saturn often feels like the weight on our shoulders, the boulders in our guided path and the obstacles in our belief systems. Under this full moon we will feel restricted in expressing our hearts desires, we may feel punished for not living up to our expectations and could regret the choices or people that have kept us in our place.

Now this is not a time to cave, to give up or to withdraw from our responsibilities. We must move forward creating work, making art our life and demanding that our soul tasks be the most important quality of our everyday routines. This Full Moon with the assistance of Saturn will assist us in developing our soul's resolution for the next six months.

The Ritual

Opening the Circle

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
Welcome!

We honour the direction of the North and Fire
Red-bellied 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
Welcome!

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
Welcome!

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
Welcome!

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
Welcome!

Meditation – 8th Chakra Activation

This meditation activates the 8th Chakra to open a higher awakening to our soul purpose. Accessed at a point 6-8 inches above our crown chakra, through this nexus we can connect to past, present, and future. We can also connect to other dimensions – modes of perceiving and experiencing existence different from that of our own. For

this reason, this chakra is sometimes called the Shaman's chakra, or the Shadow centre. It represents our connection to the unseen forces, from the past and other planes, that shape our experience of the here and now. It also connects us to our soul contracts.

The Meditation

Sit in a comfortable position ...

Feet firmly placed on the ground

Focus on your breathing and notice how your breathing naturally slows. Focus on your breathing deep, deep down into your belly.

As you breathe, see your life force like water flowing through your arteries, your veins like water.

Breathe this water of life, letting it wash through you cleansing and purifying your body.

See the light emanating from the creator penetrating your crown and travelling down your spine until it reaches the base chakra at the base of your spine.

Visualise the light penetrating each chakra cleansing and opening and aligning each chakra in your own time until you reach the crown chakra.

You can now see and feel all chakras in alignment. You see light moving through your whole body highlighting the meridians in your body.

Now notice a pathway down the back of your spine, this pathway is made of brilliant Light. There are long filaments of light emanating from this path flowing out like a horse's mane. With your mind of pure intent, gently 'comb' it assist it to freely flow downwards, like a waterfall.

See the filament of Light flowing, and flowing, cascading over and over, gently down your spine.

As you begin to feel this wondrous trickling of Light downwards, eternally abundantly omni-dimensionally downwards, notice how it flicks a light switch 'on' within yourself. Notice how it activates your 8th chakra ... the radiant 'crown', the glowing orb of consciousness, around and above your 'head'

Be with this process for a while, simply allow the filaments of golden Light ... flowing down your spine ... awakening all the chakras way up to and including your 8th chakra.

When you feel complete the process simply rest and breathe

Allow your entire being a few moments to rest ... to integrate all the light and all the changes

Simply breathe and rest.

Slowly bring your awareness back to your body bringing yourself back into the room, wriggling fingers and toes.

Full Moon Ritual Exercise

This ritual is a resolution revolution. Each person will create a resolution that warms their heart and aligns with their soul purpose . Write down your resolution at top of a blank page.

Then, answer the following questions:

- Where am I now?
- What lights me up about this resolution?
- When I achieve this goal, how do I imagine I will feel?
- How can I make the process fun and enjoyable?
- Who in my life can support/inspire/encourage me with achieving this resolution? What can I give them in return?
- What is the first small step I can take towards this resolution?
- After that, what step can I take?
- I know I will have achieved this goal when (list three measurable results):

Once the resolution has been completed this paper becomes a soul intent for success between you and your higher self. Make it into a scroll and tie it with ribbon and consecrate with incense.

Name: _____

Resolution: _____

- Where am I now?
- What lights me up about this resolution?
- When I achieve this goal, how do I imagine I will feel?
- How can I make the process fun and enjoyable?
- Who in my life can support/inspire/encourage me with achieving this resolution? What can I give them return?
- What is the first small step I can take towards this resolution?
- After that, what step can I take?
- I know I will have achieved this goal when (list three measurable results):

Signature: _____

Closing the Circle

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. Hail and farewell.

We release the direction of the South and Earth and give thanks for its teachings and blessings. Hail and farewell.

We release the direction of the West and Water and give thanks for its teachings and blessings. Hail and farewell.

We release the direction of the North and Fire and give thanks for its teachings and blessings. Hail and farewell.

We release the direction of the East and Air and give thanks for its teachings and blessings. Hail and farewell.