

SPHERES OF LIGHT Full Moon Circle 27/07/2018

Aquarius Full Moon (28/07/2018 6:20am)

The Full Moon in Aquarius coincides with a total lunar eclipse which, at 1 hour and 43 minutes, will be the longest lunar eclipse of the 21st century!



This energy will give us an opportunity to create new ways of thinking and being. The sign of the water bearer is all about making the world a better place—not just for ourselves, but for everyone else on the planet. Under this full moon, innovative solutions to the world’s problems are just waiting to be discovered. All we have to do is tune our brain waves to the frequency of the lunar eclipse and full moon which will create energy for the shift in consciousness for humanity on deep inner levels.

At this full moon circle we will be discovering the hidden aspects of energy through meditation which will allow for healing not only for human kind but for the planet.

Introduction

Aquarius Full Moon and Total Lunar Eclipse.

As a human race we are going through a major shift at the moment and our society has become polarised. As we move from the Age of Pisces into the Age of Aquarius there will be a transitional period of adjustment, which can be confrontational.

Chapters are ending. Doors are slamming shut. Stories are at a turning point. Eras are shifting from one to the next. And life as we knew it is disintegrating in us and around us. That’s the power of the total lunar eclipse that is this month’s Aquarius Full Moon.

It’s bringing revelations, departures and endings that change our emotions, viewpoints, relationships (specific connections, as well as ground rules and agreements), networks and alliances. All drive home the imperative to express ourselves – not merely to use our voices and speak our minds, but also to let our unique being braze brightly and unapologetically.

Any lunar eclipse super-sizes the escalating power of a Full Moon. This eclipse is taking that to an extreme. This eclipse marks the halfway point in the current eclipses on the Leo/Aquarius axis, which began last winter and continue into early 2019. They’re bringing themes and issues back around again from late winter 1998 to late winter 2000 – in different form and with different impact, of course, because of the drastic reshaping our lives and priorities have undergone since then.

Answers are going to come with exclamations of “Done!” “Over it!” Old ways aren’t going to cut it. This Full Moon is wired for hair-trigger change, in startling, surprisingly practical ways, and ultimately awakening and liberating.

The Moon has the artillery of Mars, who embodies how we push ourselves out into the world. He's the god of war and representative of the masculine archetype. Mars' role in this equation is paradoxical. He's triggering impulsive action, stirring conflict and sparking hot headedness. He's also bringing men and networks from the past to the current emotional forefront. He's offering (sometimes requiring) revisiting and do-overs. And since he's retrograde, some of the current action will not last. It will require fixing or altering after he goes direct at the end of August.

As always, this eclipse is not a one-day event, or even a one week or one month. It's a prolonged point of reckoning and examination. We'll be feeling its effects into early next year, as we devise new approaches and structures for how we coexist with each other.

At this circle we will be seeking advice on how we can make a difference as front runners of this transition. We will be establishing an Invisible Council and through meditation we will gauge advice from the council we select.

After the meditation we will write down our experiences and discuss about how we can move forward.

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!

The Meditation

We will start the meditation as normal and then proceed to where the council will be set up. The council could be anywhere, on the top of the Tor, in Shambala, on the Moon etc. Once we are in our special place then we call in the counsellors and we ask our designated questions and wait for the answers from our counsellors. Once we have finished the meditation we will discuss our experiences.

Group Activity – Aquarius Water Bearer Healing

As human beings we are channels of light. Through water, the light of consciousness flows. We are aware that humans and the Earth can get clogged up with toxins. When there is junk in the bio-system, light cannot channel clearly, and our health breaks down.

We will be blessing a bowl of water. Each person will project their intent into the bowl of water in order to heal, clean the earth and also our own bodies, allowing every human being to become beacons of light once again. This is a way we can restore peace and prosperity on planet Earth, echoing throughout the galaxies.

Once we have blessed the bowl we as water bearers will go outside and give the water to the earth so that it can be the channel of healing on a planetary basis.

Napoleon Hill's "Invisible Counsellors" Visualisation Technique

Where do brilliant ideas come from?

Back in 1937, personal development pioneer Napoleon Hill published *Think And Grow Rich*, a book that would soon go on to become one of the most influential publications for creating prosperity and happiness.

One of his techniques was called... The "Invisible Counsellors" Visualisation Exercise. This technique was about creating a visualisation where you set up a group of counsellors to communicate. The counsellors can be past famous people e.g. Carl Jung, it can include gods and goddesses, guides and other spiritual beings.

This is how we will do it:

Step 1:

Just before meditation we will choose 5 people/spiritual beings that will be seated with you around the Council Table and will give advice on with how we can make a difference. Remember, we can invite anyone we like to sit at the Council Table.

Now, not only do you have the opportunity to sit among those you consider to be great, but you can actually dominate the group, by serving as the Chairman. This is what Hill did.

Step 2:

Have a DEFINITIVE PURPOSE for holding this Council Meetings which you can do on a regular basis on your own time if you want to.

Step 3:

Call on the Council Members for the knowledge you wish each to contribute. The idea here is to start a discussion with these people on any topic of your choice.

Hill had originally meant for the Invisible Counsellors to be an imaginary exercise. After a few times of trying out the Imaginary Counsellors exercise, Hill found it to be more profound, more REAL than he ever thought possible.

He reported that after a while, each of the characters he imagined actually took on a life of their own. For example, he mentions that Abraham Lincoln was always late and never smiled. Hill even recalled an occasion where two counsellors in the boardroom actually got into an argument over a topic that left Hill mystified...And on numerous occasions, the people he had invited would often give him advice and information that he could never have known by himself.

Napoleon Hill was not alone. For centuries, some of the world's most successful and influential people have reported experiencing similar inexplicable flashes of inspiration.

The 5 Counsellors chosen by the Loftus Circle were:

Kuan Yin — *For centuries, Kuan Yin has epitomised the great ideal of Mahayana Buddhism in her role as "bodhisattva (Chinese "p'u-sa)--literally "a being of Bodhi, or enlightenment," who is destined to become a Buddha but has foregone the bliss of Nirvana with a vow to save all children of God. In Korea, Japan, and China she is called Quan Yin. She is a celestial bodhisattva and an ascended master. One of her jobs in the celestial spheres is to sit on the board of the Lord of Karma. Quan Yin carries the Goddess and Divine Mother aspect of Buddhism.*

Father Dom Bede Griffiths — *(17 December 1906 – 13 May 1993), born Alan Richard Griffiths and also known by the end of his life as Swami Dayananda ("bliss of compassion"), was a British-born Benedictine monk and priest who lived in ashrams in South India and became a noted yogi. He became a leading thinker in the development of the dialogue between Christianity and Hinduism. Griffiths was a part of the Christian Ashram Movement.*

Joseph Campbell — (March 26, 1904 – October 30, 1987) was an American Professor of Literature at Sarah Lawrence College who worked in comparative mythology and comparative religion. His work covers many aspects of the human experience. Campbell's magnum opus is his book *The Hero with a Thousand Faces* (1949), in which he discusses his theory of the journey of the archetypal hero found in world mythologies. Since the book's publication, Campbell's theory has been consciously applied by a wide variety of modern writers and artists. His philosophy has been summarized by his own often repeated phrase: "Follow your bliss." (Dark Moon members can read more about Joseph Campbell in our 2005 Shaman's Journey Study notes, [Books by Joseph Campbell](#) and [Understanding Mythology](#).)

Eleanor Roosevelt — (October 11, 1884 – November 7, 1962) was an American political figure, diplomat and activist. She served as the First Lady of the United States from March 1933 to April 1945 during her husband President Franklin D. Roosevelt's four terms in office, making her the longest serving First Lady of the United States.^[1] Roosevelt served as United States Delegate to the United Nations General Assembly from 1945 to 1952. President Harry S. Truman later called her the "First Lady of the World" in tribute to her human rights achievements.

Merlin — enchanter and wise man in Arthurian legend and romance of the Middle Ages, linked with personages in ancient Celtic mythology (especially with Myrddin in Welsh tradition). He appeared in Arthurian legend as an enigmatic figure, fluctuations and inconsistencies in his character being often dictated by the requirements of a particular narrative or by varying attitudes of suspicious regard toward magic and witchcraft. ([More here.](#))

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.