

Spheres Of Light Full Moon Circle 21/09/2018



Full Moon in Aries — Ostara



Full Moon in Aries (25/09/2018 12:52pm)

The September Full Moon falls in the fiery sign of Aries on the 25th and will help to wrap up the energies of the month passed.

September has been one of the most productive months we have had in a long time. In fact, October to November things are going to slow down again, so September was really our chance to make a move and push things forward.

The September Full Moon in Aries is going to help us make some final pushes and help us to take action on the areas we have been trying to overhaul.

Aries energy is fiery. It is all about stepping up, becoming self-aware, and then going after what you want.

Aries energy gives us the stamina and the drive to make things happen, and this is the type of support we are going to receive from this Full Moon.

Although the lunar vibes are going to be supporting us to get things done and take action, this Full Moon is also an emotional one, and it is going to be important for us to find our balance.

This Full Moon will amplify our emotions and may also make us feel particularly moody. With our emotions amplified, we may find that we do something brash or something we regret later down the track.

Staying calm and trying to manage our emotions in a healthy way is highly recommended around this Full Moon. If you do feel anger or frustration bubbling to the surface, try to allow yourself time to cool down before approaching the situation.

Aries rules over the head, so try not to get too “hot-headed” or worked up over things. There may be some fiery emotions circulating around this time, so do your best to stay balanced.

This Full Moon may also stir issues that were present in your life back in April. Think back to this time and see if you can identify any issues or conflicts that may have been present.

Full Moon’s are always a wonderful time to release, so if there is a past issue that arises, or if you do feel your emotions overflowing, it may be necessary for you to let go and purge a particular area of your life.

Anger and frustration are often signs of deep buried pain, so it may be important to work on uncovering where the pain may be hiding.

We all have different pains and lessons to overcome in this life, but more often than not, our pain can be traced back to a lack of love.

No matter what pains we have, it seems that more love is often the cure. While we can’t force others to love us, we can learn to love ourselves fearlessly and unconditionally. When we do this, it allows us to forgive ourselves, forgive others, and begin healing the pain.

There is a lot of healing energy surrounding this Aries Full Moon, which is really going to support us on this journey.

In fact, you may find that you have a moment of realisation or an a-ha moment that helps you to clear a pattern or break a habit that has been with you for some time.

You may also find that this healing helps to strengthen the relationships in your life, and helps to open your heart to making deeper connections with yourself and others.

When you travel deep within, crack yourself open, and learn to love what you find, it allows you to truly give and receive love on a whole new level.

Often it takes another person to instigate this journey for us, which is why relationships are so significant to us and can be such a fountain of healing.

Even though we come into this world “alone” and we die “alone”, we need others to help us survive. It is our connection with others that fuels the growth of our soul and of the planet. It is our connection to others that helps us to make sense of the world that we live in.

Developing relationships with others in this life is important for all of us, and on this Full Moon we can tune into the quality of the connections that we have in our lives.

We may also find that we need to let certain relationships go, or give more time and gratitude to the relationships we have in our lives.

The September Full Moon definitely has a lot of energy attached to it. It is a deeply healing, awakening, and emotional Full Moon that is going to help supercharge our energy and deliver support and guidance where it is needed.

Think of this Full Moon like a bright beacon, shining light on your wounds, on your relationships, on your life, and encouraging you to love more so you can make the changes you desire.

<https://foreverconscious.com/intuitive-astrology-september-full-moon-2018>

Spring Equinox/Ostara

Aka- vernal equinox

This year it falls on September 23rd. Heralds in the start of Spring and is when day and night are nearly the same length (equinox derived from Latin means equal night). At this point the natural world is coming alive, the sun is gaining in strength and the days are becoming longer and warmer.

Ostara is a time of rebirth and fertility and the environment around us blossoms with new growth. On a personal level it's a time of balance and harmony, of union between the physical and spiritual as the balance of universal energies is reflected within. It's a celebration of new life, hope, passion, growth and energy.

During this time the God and Goddess are personified as childlike and youthful.

The Egg

The egg (and all seeds) contains 'all potential', full of promise and new life. It symbolises the rebirth of nature, the fertility of the Earth and all creation. In many traditions the egg is a symbol for the whole universe. The 'cosmic' egg contains a balance of male and female, light and dark, in the egg yolk and egg white. The golden orb of the yolk represents the Sun God enfolded by the White Goddess, perfect balance, so it is particularly appropriate to Ostara and the Spring Equinox when all is in balance for just a moment, although the underlying energy is one of growth and expansion.

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

Music ideas:

- Aphex Twin – Rhubarb
<https://www.youtube.com/watch?v=AWIqXzvX-U>
- Aphex Twin – Lichen
<https://www.youtube.com/watch?v=YEHS6Uyn6Rc>
- Tangerine Dream - Love On A Real Train (remix?)
<https://www.youtube.com/watch?v=ZRSNy8DclDk>
- myNoise - Twin Black Lodges
<https://mynoise.net/NoiseMachines/twinBlackLodgesSoundscapeGenerator.php>

Sitting quietly. Still if you can, but it's okay to move if you must.

Listen to your breath. Feel the earth beneath your feet. Feel yourself reaching down just as the earth reaches up to you. Give yourself a few moments to feel the connection.

#[pause]#

You're in a dim space. It seems like it might be misty but there's not enough light to see. It sounds like it's outside, but the sound is travelling weird. It is very quiet.

Look down at your feet. They are bare and you're standing on some grass. You can feel the energy of the earth beneath your feet. It is waiting.

Looking up again and it is a little brighter. It is definitely misty. The light is still dim and grey. It is definitely coming from a particular direction.

Walk gently and slowly towards the light.

It smells like it might've been raining a few hours ago. It is cool but not cold. There is a sense of expectation, like in early spring. You can feel the whole place waiting for something. It feels like it, it sounds like it, it smells like it.

As you walk, you might pass a tree or two or three. (If you do, touch their bark as you go by.) It is still a little grassy underneath and being barefoot you are not moving fast.

The light begins to gain a little colour. There is a hint of yellow or red. The mist is fading but still lingering. You still cannot see far. If you look up, you can see some sky and a few fading stars. You might recognise some of them.

The grass stops suddenly and you come to a stop. There is a distinct edge running to your right and left. The grassy meadow is behind you, but what is before you is something different. The mist is still hanging on but you can now see that the light is the pre-dawn light of a sunrise.

There is a quiet footstep beside or behind you. A goddess has joined you and your guides (if you brought any). She doesn't speak at once but gestures towards the oncoming sunrise, even as the last pieces of mist hang on. Then she hands you something small, the size of an egg at most. Look down at it.

"This is a time for new beginnings," she says. "It may be a new beginning you've already begun or one you know you need to do but haven't started yet. This is the new beginning in question."

"But it is also an end. A new beginning must replace what is ending. Even as you look at what you're beginning, you must leave behind what is ending.

"However, all new beginnings need to be planted and nourished. Once the sun crests the horizon, plant it in the ground. It might be near the edge of the grass but you will know where to it is to be put. Finish planting it before the sun clears the horizon."

As you move to plant it, look closely to what it is you're planting and what it looks like. There should be a symbol. It may represent more than one item. It may include things you need to cast off and leave behind.

As the sun arises, the landscape around you changes. It gets brighter, more colourful. You can hear wildlife wake up. The goddess will continue to talk to you about your new beginning.

Once you're finished and the sunrise has cleared the horizon, stop a moment to feel its warmth.

Now walk towards the sun. Make sure you have stepped over the boundary, if you haven't already.

As you walk, the mist starts rising again, this time golden and warm, until it fills your vision. And it gently fades to bring us back to the room. When you're ready, wiggle fingers and toes and open your eyes.

Group Activity – Painting Symbols on Eggs

The meditation has helped us leave something behind that was holding us back, but also helped us to focus on what we're starting anew. We will use what we find in the meditation to put a symbol on an egg which we can take home and either ritually bury or cook and eat.

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.

