

Spheres Of Light



Full Moon Circle — 22nd & 23rd March 2019

Melusine



Full Moon in Libra (21/03/2019 12:42pm)

You might have a strong need for balance and harmony now. You probably desire to keep things "nice" rather than venturing into fundamental questions in order not to disturb the peace. You must learn to share your good and bad feelings. Do not be afraid to be who you really are, despite what is expected of you.

First Mercury Retrograde of the year

The first Mercury retrograde of the year happens on March 5th in the watery sign of Pisces. In 2019, all of the Mercury retrogrades fall only in water signs, setting up an overarching theme for the year.

Mercury is the planet of communication and water signs are typically associated with more sensitive, intuitive, and artistic forms of expression.

Under these watery Mercury retrogrades, we are going to be encouraged to open our third eye, strengthen our psychic gifts, and get in touch with our other senses.

Our emotions, our dreams, our creative urges, and our gut feelings are all going to be upgraded for us if we use this energy to our advantage and begin strengthening our intuitive muscles.

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We all have an intuition we just have to nurture it, embrace it, and sharpen it, especially during these watery Mercury cycles.

During this time, Mercury travels through the deeper, darker parts of our soul and our subconscious in order to gain new insights, receive new downloads, and unearth buried truths. Under the energy of this March retrograde, we have to move slowly and not be in a hurry to make a decision or to label things as fact or fiction.

When Mercury is finally ready to go direct again on the 28th, we will find that we have gained new insights and understood things on a deeper level than we realized before. The best way to deal with this watery Pisces Mercury retrograde is to channel your creativity and spend time in reflection doing things like playing music, writing in your journal, or making art. *(extract from foreverconscious.com)*

Autumn Equinox and the Full Moon in Libra

This time of the Equinox, is a time of meditation and introspection; a time to slow down the pace of our lives and to relax and recognise our own personal harvests during the year that is fast declining. It's also a time to bring our life into balance and to appreciate the connection we have with those friends and family around us.

When the Moon is full in Libra, the Sun is shining brightly in Aries. The polarity of these two opposing signs represents knowing self in an effort to know others. We should not be afraid to be who we are in this life. Our physical time is limited, so live from the heart, without the shackles of regret. What we believe about ourselves is what we will become.

Interestingly, the Equinox and the full moon all took place on the same day this year in the sign of the scales. Libra is a representation of balance, codependency, equality, harmony, justice and karma. This air sign marks the halfway point in the zodiac wheel, and its season occurs during the Equinox when it becomes time to understand both sides of the story as we prepare to move into the winter months.

In the midst of Mercury retrograde, and Uranus' recent shift into slow-moving Taurus, this lunation might not be as harmonious as we'd like it to be. For starters, the energy of Mercury retrograde will likely spark confusion and a number of misunderstandings, but it doesn't end there. The sun and the moon's planetary ruler (Mars and Venus) will be making a square to one another, which in turn can spark tension between male and female energies.

Nevertheless, despite the super-charged energies swirling during this full moon, it's important to remember one thing: This is a time to reflect on your progress and make adjustments so you can achieve your goals.

At this circle we will be connecting to Melusine, a fresh water spirit that resided in a sacred spring or river and who had a secret she did not want to share with people when she was in human form. Using the Melusine Myth we will be going to our own "locked doors of secrets" and peeking through the lock to reveal our unseen truths.

Legend of the Melusine

The Melusine (French: [melyzin]) or Melusina is a figure of European folklore and mythology (mostly Celtic). She is a female fresh water spirit that usually resides in a sacred spring or river.

She is usually depicted as a woman who is a serpent or fish from the waist down (much like a mermaid). She can be seen depicted on the Starbucks coffee logo as the mermaid with two tails where her legs should be.

The name 'Melusine' is derive from the same ancient Gaulish words for beings such as mermaids, water sprites, and forest nymphs.

There are a number of tales of the Melusine appearing throughout European folklore but the main myth is as follows:

Melusine was sitting beside a fountain in "glimmering white dresses, with long waving golden hair, and a face of inexpressible beauty".

There by the fountain she was discovered by a noble man Raymond, who was so taken by her beauty and her amiable manners that he falls in love with her and wishes to marry her.

Mélusine agrees to marry Raymond, but on the condition, he vows not to attempt to see her on Saturday when she will go and take a bath in seclusion behind a locked door. He agrees and they are happily married for many years.

Eventually curiosity takes over Raymond and he becomes suspicious of his wife Saturday night activities. He follows her to the bathroom and spies on her through the keyhole of the locked door.

Horrified he sees his wife transformed into a mermaid like creature. He cries out in shock, which alerts Melusine to the fact that she has been caught out during her transformation. She then grows dragon wings and flies away out an open window never to be seen again.

Some people say she was the daughter of the fairy Pressyne and king Elinas of Albany (now known as Scotland) and she returned to the fairy world and others say she can be heard moaning her displeasure above the Château de Lusignan in France.

Activity

What do you allow others to see and what do you keep behind your locked door, unseen? Using the Melusine Myth we will be going to our own “locked doors” and peeking through the lock to reveal our unseen truths.

We will then be creating a key that we will be able to use to open the locked doors of our hearts to reveal our authentic selves.

The Ritual

Altar setup in quarter representing the season

Each person will add their dragon representation to the altar

Tools will be placed to represent the quarters e.g. Incense/wand – air, candle/Athame -Fire, Chalice -Water, Stone/salt -earth. Bowl for anointing. A large painting or picture of Dragon’s eye to act as a gateway. A black mirror. A large candle in the centre of altar.

By the power of the dragons may this circle be blessed cleansed and sanctified.

Person hosting the ritual stands in front of altar and bows.

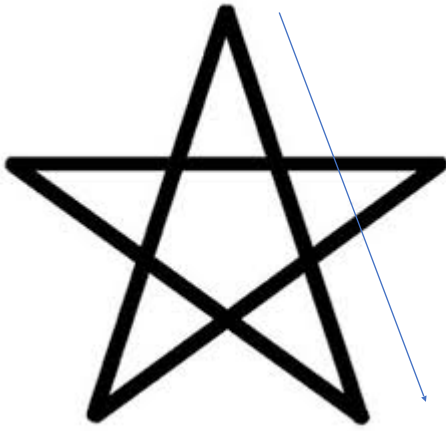
Says:

I (Dragon Name) invoke the Dragons this night
Come, Dragons of the primordial waters
Come, Dragons from the primal source of creation
Come, Dragons of Lightness and Darkness
Come, Dragons of Chaos and Form
I invoke you to join us and impart your wisdom and ancient knowledge
Guard and Protect us this night
As be your will

Take the anointing bowl and anoint each person on the third eye with the words:

“May you Awaken to the power of the Dragon”

Take the Athame from the altar and trace out the invoking pentagram at each quarter



I open the Eastern gates of Air
Come forth with your mighty winds
Circle us with your power and inspiration
I call you to come forth and protect and charge this circle.
As be your will

I open the Northern gates of Fire
Come forth with your fiery breath
Circle us with your strength and power
I call thee to come forth and protect and charge this circle.
As be your will

I open the Western gates of Water
Come forth with your power of the primordial ocean
Circle us with the power of connective energy
I call thee to come forth and protect and charge this circle.
As be your will

I open the Southern gates of Earth
Come forth with your protective force
Circle us with the powers of manifestation
I call thee to come forth and protect and charge this circle.
As be your will

Melusine Invocation

Melusine of pure water,
We summon you.
Keep our hearts pure
and show us the depth of our souls.
Hail and welcome!

Making a Melusine Key

What's Needed: Keys, fresh water, a cauldron.

How to activate the keys: each participant takes a key during the meditation. After meditation each key will be placed in fresh water in a cauldron on the altar.

We will then all chant the "Born of Water" chant:

*Born of water,
Cleansing, Powerful,
Healing, Changing,
I am.*

Listen to the chant here <https://youtu.be/FZaN8C8wkIE>

Please feel free to drum, clap etc.

Do this till you feel the energy rise and then project the energy to the keys. At the end of the ritual the keys can be removed from the water and taken home.

Melusine Meditation *(use music with running water in it)*

Find a comfortable position, sitting or lying down. Wiggle if you need too, and just start to wind your body down. Start to notice your breath. Don't try and change it. Just become aware of the inhalation and exhalation going in and out of your body. Perhaps you start to notice the small gap between breathing, breathing in and out. Just relax and listen to your breath. You are safe here within this room and it is perfectly fine to let go of today's worries and troubles. This time is about you. Quiet your mind and just listen.

Now in a minute you are going to visualize a large water droplet, forming just above your head, just above your crown chakra. This water droplet is made up of the coolest, clearest most refreshing water you have ever seen. And it's getting bigger and bigger.

It is so big and heavy now that it can no longer hold its position above your head and it drips slowly down. First hitting your crown chakra cleansing and clearing it on the way down. Then it hits your third eye cleansing that too, then your throat clearing up any blockages you may have there, your heart washing away any sorrows or any hurts making this area cool and clear, then down to your solar plexus washing away all that tension, then down to your sacral chakra clearing and cleansing it and finally hitting your base chakra where it will wash all the negative energy out of your body, dripping down into the ground, taking all that energy and returning it back to the mother; back to mother earth where it will be recycled into to positive healing energy.



Take another deep breath and we will do it again. Another water drop will form and slide down down down your body and back into the earth.

As you repeat this you notice that the water is no longer being absorbed by the earth, in fact as it's hitting the ground and staying around your feet, creating a puddle of water. This puddle starts to increase in size and you notice that it is deep and large. It is a fresh water river and, in the distance, you can hear a beautiful voice singing a long-forgotten tune.

You swim along the long winding river until you come to a clearing. You notice in the middle of this clearing is a fountain, where all the water from the river meets and flows into and beside the fountain sitting gracefully is a fair skinned woman. This is Melusine and she beckons you to come over to her.

She opens your hand, "I see you hold a key, do you know what it is for?"

You shake your head and tell her no. She smiles at you "This is the key to your hidden places. Come," she beckons, "I wish to show you something."

Melusine beckons you closer to the fountain, you go closer to it. "Look into the water's reflection."

You look. And there reflected within the fountain you notice a door. The more you stare at the door the more you are drawn to it, it feels as if you are falling forward into the fountain, and indeed you are doing just that! Falling forward towards the door, through the portal of the fountain, with Melusine beside you laughing.

You land with a thud and realize you have hit a hard surface. A floor. You look around and you are in a room. The door is directly in front of you and Melusine is right beside you. The door has a huge lock. Melusine says, "What's behind the door is your true essence, your true self."

Your true self lies beyond the door, and you can't help wanting to peak through the lock to see what lies beyond.

You look through. What did you see? Is it monstrous, beautiful? Light or Dark? Or combination of them both.

Melusine hands you a key, the key you're holding during this meditation. "Unlock the door and unlock your truest most authentic self. Do not be afraid of the monster that lurks inside you for like me you can change its shape."

You open the door and face your truest self. Spend time here with yourself. Balance your light and your darkness with the help of Melusine.

"Your heart is now unlocked and freed. You have the key. Whenever you feel that your heart is closing again come use your key to unlock it. Now we will swim through the cleansing waters back to your body."

The water starts to rise from your feet, going up, along your body till you and Melusine are fully submerged in fresh cleansing water. You swim forward toward a light. Back through the light back to Melusine's Fountain. Melusine kisses you farewell, she points to the river you came to her from. "Follow the river, it will take you back to your body."

You feel the water around you washing your body slowly backwards, floating back back back to your body. Back to this room. When you're ready slowly open your eyes. Wiggle your body and welcome back.

Place keys in cauldron of water then chant

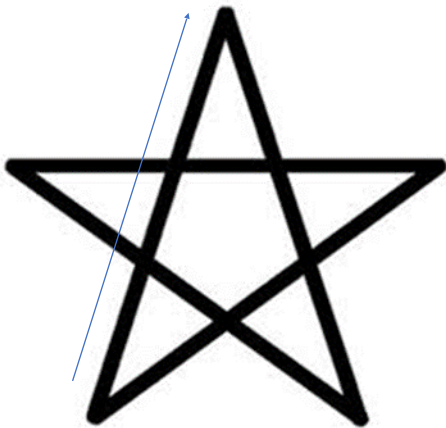
*Born of water,
Cleansing Powerful,
Healing Changing,
I am.*

Closing

Melusine

Melusine of pure water,
Thank you for keeping our hearts pure
and showing us the depth of our souls.
Hail and farewell.

Close quarters with banishing pentagram



I close the Southern gates of Earth
Thank you for coming forth, witnessing this rite
and protecting this circle.
May you dwell within our hearts
So shall it be

I close the Western gates of Water
Thank you for coming forth, witnessing this rite
and protecting this circle.
May you dwell within our hearts
So shall it be

I close the Northern gates of Fire
Thank you for coming forth, witnessing this rite
and protecting this circle.
May you dwell within our hearts
So shall it be

I close the Eastern gates of Air
Thank you for coming forth, witnessing this rite
and protecting this circle.
May you dwell within our hearts
So shall it be

By the power of the Dragons this circle is closed.

