

# *The Dragon Path of Ynys Witrin*



## **Dark Moon Circle 2<sup>nd</sup> August – In the Belly of the Dragon**



Spheres Of Light is opening the Dark Moon Circles (usually closed, for members only) in Loftus and Nowra this Friday night so everyone (including non-members) can experience a dark moon circle and tap into the energy of the fiery Leo Moon's energy and the Lions Gate Portal. This is an opportunity to venture into the belly of the dragon and ignite your inner fire and get your life fully back on track.

### **Leo Dark Moon (1/8/19 1:11pm), Imbolc (8/8/19 5:19am), Lions Gate Portal (8/8/19)**

The first new moon after the eclipse cycle in Leo brings a special magick as it is the first of two new moons in the month of August. After the eclipse cycle we are a new expression of ourselves. We have the heart of the lion and lioness. This is a powerful night to set new intentions for your most cherished dreams. Leo does come with a fiery punch, this dark moon is encouraging us to take greater ownership and leadership of our lives. This dark moon is amplified as it aligns in the timing of Imbolc in the Southern Hemisphere and Lammas in the Northern Hemisphere. The energy available to us at this time will be greatly increased.

## **August 1st Imbolc – actual date is the 8th**

There are certain times a year when we have an opportunity to celebrate the earth mother and receive her blessings. Gateways open at these times giving us moments when our connection to the unseen world allow us to view the rhythm and timing of the goddess in her form as mother nature. As the sacred wheel turns for the first time since the Winter Solstice, we are gifted with one of these magickal moments with the celebration of Imbolc. Imbolc is the first of three solar ceremonies celebrated to invite the sun back from the shadow. This Mid-Winter celebration is a festival of spiritual purification and dedication in preparation for the birth of spring. This is the origin of 'Spring Cleaning'. The quickening of the seeds of spring within the earth. Imbolc is a Gaelic word meaning 'in the belly' (of the Mother). Tonight, we will be spending time 'in the belly of the Dragon'.

### **Lions Gate**

Every year on the 8th day of the 8th month of the year (August 8th), there is a cosmic alignment called "the Lions Gateway". The Lions Gateway is a time of increased cosmic energy flowing between the physical and spiritual realms. It's called the Lions Gateway because it occurs in the astrological sign of Leo (the Lion). Leo as a Zodiac Sign is associated with the heart centre and represents the individualized expression of the Divine. This gateway is marked by an alignment between the Earth, and the star Sirius. The star Sirius lines up directly with the pyramids of Giza. When this alignment happens, there is an intense surge of light which awakens DNA, activates the human energy field, and transmits high vibrational frequencies and codes of awakening. If you have time on the 8th August you can do this Fire meditation again and open yourself to the powerful energies of the Lions Gate and Imbolc.



## **The Ritual**

### **Cast Circle:**

The ritual will start with walking a single line to the circle in a dimmed room. Some one will beat a solitary drumbeat. The leader will hold a torch wrapped in red cellophane. We walk the circle three times the leader will chant, "By the power of the dragons may this circle be blessed cleansed and sanctified".

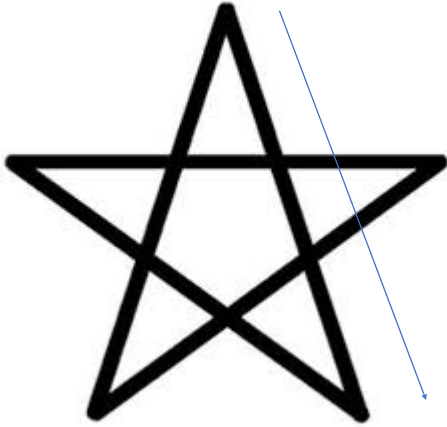
Once the circle is opened everyone will sit and do the meditation. Allow time after the meditation for people to reflect and discuss their experiences.

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

### **Dragon Invocation & quarter Calls:**

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 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

## **Meditation**

We will be opening our chakras with a difference. The Inner Fire Meditation achieves enlightenment through clearing the chakras, entering the central channel and giving rise to special bliss and clarity which helps us to understand that enlightenment is already our true nature. The ultimate goal of this practise is the union or Oneness with divine nature. **WARNING:** stop immediately and breathe normally if you get dizzy.

## **Inner Fire Meditation**

Firstly, sit in an upright and comfortable meditation posture. Visualise yourself as hollow, like a balloon. Your skin is glowing and brilliant and, on the inside, there is only empty space. Take a few moments to strongly establish this visualisation.

Visualise a 'central channel' about a 1cm thick from your perineum to the crown of your head and two 'side channels' going in through the nostrils up to the third eye or eyebrow level and then going down either side of the central channel merging at just below the navel. All the 'channels' are hollow like plumbing pipes. Take a moment to establish this visualisation, it does get easier as you continue breathing up and down the channels.

Imagine your breath going down the two side channels and merging into the central channel just below the navel (about a few cm in front of the spine). Keep breathing down the two side channels.

Imagine now that you are sitting in a very dark chamber, there is a red glow coming up from the centre of this chamber, giving everything a reddish tinge. This chamber is known as the belly of the dragon, a place where you can burn away your blockages and where you can find enlightenment. As you concentrate on your breathing up and down your body start to focus on the red glow coming up from the depths of the earth. Feel the warmth emanating from the hole in the floor and take note of the red balls of light and heat rising up from the depths. When you see a red ball rise from the earth breathe this energy into your body. See this very small and very hot ball of light in the central channel resonating in your solar plexus, allow your breath to ignite this fiery ball making it extremely hot. Now hold the breath there in that ball of heat at the solar plexus, for 5-15 seconds.

As you are holding that small ball of heat at the solar plexus, draw energy up from below the ball and down from above the ball and now lock and trap in the ball of heat. Now activate the perineum muscle (like you are holding back from urinating), hold this muscle and lock it in. Simultaneously swallow some saliva down to get the feeling of pushing down on the ball of heat at the solar plexus and lock it in. Now get the sense that you are locking in a tremendous amount of energy in a tiny space at the solar plexus. Hold it and feel the heat, keep holding, feel the dragon energy igniting.

Now at the count of three release all the energy you have created - straight up through the central channel and bursting out the top of your head like a fountain. As the energy rushes up through the central channel it blows away any blockages in all the chakras from the solar plexus, the heart, the throat, the third eye and crown chakra. This energy cleanses and purifies your entire body mind system. You can also imagine releasing the energy into parts of your body you need to heal.

You now feel the energy of the Dragon coursing through your body, opening all your senses, you can feel deeply, you can hear clearly, and you can see beyond the normal spectrum. Activating all your chakras opening you to new enlightenment. Just let yourself go, explore new heights of the divine, feel yourself from different perspectives. Just be and when it is time, I will call you back.

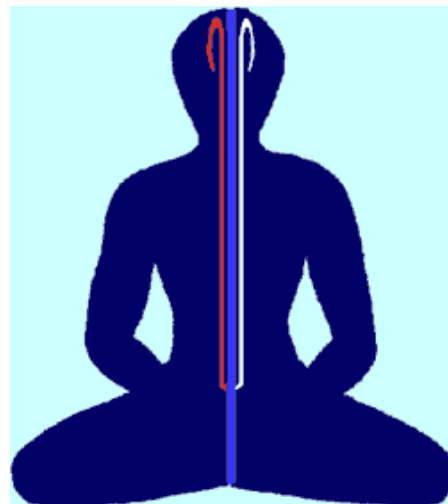
Please bring your awareness back to your breath, allow your regular breathing to ground you. You are still sitting in the chamber, the glow in this space is gently caressing your body bringing your awareness back. You are now moving energetically from the chamber to your chair in the hall. When you are fully back start wriggling your fingers and toes and when you are ready open your eyes.

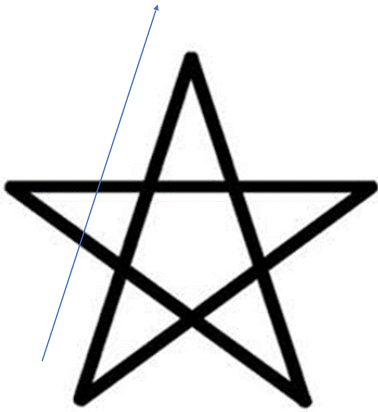
## Activity

We will be using this ignited energy for healing of ourselves, family, community and the world. We will be holding hands and moving anti-clock wise and will be walking around the circle with the intent that the combined energy of this fire will be released into the planet and the power of this Dragon Fire will bring about a new enlightenment to all that inhabit this planet. We will visualise that this energy is circling the planet as we walk the circle. We will continue walking until we feel the Dragon Fire has been assimilated. You can also dance instead of walking.

## Closing

*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.



