

Spheres Of Light



Full Moon Circle — 13th September 2019

Nammu



Introduction — Full Moon in Pisces (14/09/2019 2:32pm)

The Pisces full moon holds the potential to be deeply transformative and illuminating. This watery full moon will be a sensitive one and may trigger unresolved or unexpressed emotions. We will be working with the Goddess Nammu, who is the Sumerian Goddess of the watery abyss, the primordial sea and creator of all things.

During the night we will be making a talisman that represents our own shadow and light, our yin yang. Within our talisman we will imbue the intent of creating balance, as well as cleansing &/or healing and whatever else you feel is right for you.

Nammu



Nammu (also translated as Namma) is the Sumerian Goddess of the watery abyss, the primordial sea and creator of all things. It is believed that she may be the earliest of deities within Sumerian cosmology as she gave birth to heaven (An – Sky God) and earth (Ki – Earth Goddess). So effectively she is the first deity as she created the original Gods from her own womb alone. Nammu also have birth to Enki who she instructed to create man and to fashion them in the Gods image from clay.

Apart from her being known as the Mother Goddess and having a connection to magick, very little else is known about Nammu, and under the much more patriarchal influence of the Babylonian Empire the Creator Goddess lost her position and was predominantly wiped from existence (replaced with her son Enki); apart from the fact there is reference to her (in the form of Tiamat – who is Nammu's Babylonian equivalent) in the Genesis section of the Bible. It is believed Nammu may have been of greater importance prehistorically, and an indication of her continued relevance may be found in the theophoric name of Ur-Nammu, the founder of the Third Dynasty of Ur.

FULL MOON IN PISCES ASTROLOGY

(information from foreverconscious.com)

The September 14th Full Moon falls in the sign of Pisces and holds the potential to be deeply transformative and illuminating. Falling in the watery sign of Pisces, this Full Moon is a sensitive one and may trigger unresolved or unexpressed emotions. We may also feel deeply sensitive and find it hard to not absorb the emotions of the world around us. While this level of sensitivity can be difficult at times, under this Pisces Full Moon if we allow these feelings to come and go as visitors, rather than trying to control them, we may discover that our emotions, whether they come from us or not, have a message or a lesson for us to appreciate and learn from.

Pisces energy also rules over the feet, so if we find ourselves feeling too emotional or sensitive, grounding exercises such as walking barefoot on the grass or even taking a moment to acknowledge how our feet hold and support us may bring some relief.

The September Full Moon is also closely connected to the Jupiter Neptune Square, which will add to its illumination factor. Around this Full Moon, a new truth may be revealed or we may discover that something we believed to be true may not be what it seemed. No matter how aware or observant we become, we can never really understand the full picture. Just like we don't fully understand the way an atom works or our body works, we can't ever truly understand how life works, and what our purpose is through all of it. There is so much more to this life than we know, but not knowing is part of the adventure, and the more we surrender to the fact that we don't know, the more open and curious we can become about the world and our role in it.

When we believe we know it all, we get rigid and stuck, and we stop ourselves from learning and being open to change. Beliefs change, we change, knowledge changes. What we believe about ourselves today may not be true tomorrow, and being part of this flow and part of this movement will help to bring ease to any new revelations or truths that are brought to light under this Pisces Full Moon.

The symbol for Pisces is two fish swimming in opposite directions. Although they swim their own separate ways, they work as a team and are connected through a spiritual cord. Using their intuitive senses, they can see through each other's eyes and know what the other is thinking, feeling, and experiencing. These two fish symbolize the yin and yang of life but also the pursuit of higher levels of consciousness. One fish swims in a downward direction, reminding us to stay rooted and present in reality but the other swims in an upward direction, reminding us that there is so much more to life and realms beyond this one. The downward swimming fish is our roots, whereas the upward swimming fish is our higher mind and higher consciousness. While they swim their own way, they are still connected.

We need to root ourselves to the Earth and be present in this physical reality that we live in. But we also need to remember that this life is temporary, filled with unknowns, and not entirely what it seems.

Under the light of the Pisces Full Moon, take a moment to think about how you can bring balance to these ideas in your life. Have you been too caught up in the physical that you have forgotten the softer, subtler parts of yourself, your soul, and your life journey? Or have you been too caught up in the spiritual that you have forgotten about your tasks here in this physical world?

We are not our bodies, we are not our minds, we are not our thoughts or the experiences that happen to us. We are so much greater than this, and this is what Pisces energy reminds us of. It reminds us that we are more than we can see and while living in this 3D world is part of our process, it doesn't mean we can't have our feet on the ground and our head in the clouds, pursuing our own spiritual knowledge and reaching higher levels of awareness. Under this Full Moon, we may also feel called to connect with our intuition and deepen our spiritual practice.

Overall, the September Full Moon is set to bring new truths to the surface or bring old beliefs crashing to the floor. It may stir emotions or trigger feelings that need to be expressed and released. It may also guide us to venture into higher states of consciousness and to deepen our spiritual gifts.

It is a heavy Full Moon that may also bring closure as we wrap up the events of the season and prepare to enter into a new one. The best way to navigate through this Full Moon is to be open to new information and to remember that life is a constant journey of learning. Even when we think we have it all figured out, life comes along and shows us we still have more to go. This is not a shortcoming of our own but rather the process and adventure that life brings. If we remain humble and open to the lessons on offer, when we do make that final change from this reality to the next, we will be able to do so knowing we lived, we felt, and we loved to the fullest.



The Ritual

ALTAR

Bowl of water (sea water preferably) with a candle placed inside the bowl in the middle of the altar.

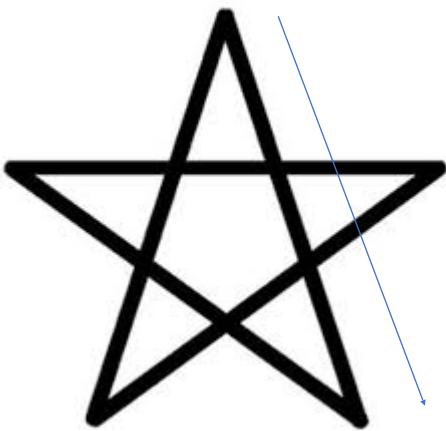
Cast Circle:

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

NAMMU INVOCATION

Goddess Nammu who rose from the dark primordial sea waters,
Creator of all things; of the Sky God An and the Earth Goddess Ki,
Who instructed your son Enki to create man.
Whisper into our hearts so that we may fashion ourselves after your divine being.
Mother Nammu, bless us with your magick and presence here this night,
Hail and Welcome!

NAMMU MEDITATION

Close your eyes, and take a deep breath. As you exhale, imagine all the stress and tension leaving your body. Feel your shoulders relax, your jaw drop, and your muscles loosen. Repeat this twice more.

Feel the earth strongly beneath your feet now. Imagine roots forming from the bottom of your feet and stretching down, all the way into the warmth centre of the Mother; knowing that you are grounded and connected. Feel the warmth spreading up through your roots, all the way up, reaching your feet and continuing upward through your entire body, spilling out beyond the crown of your head. You become completely encompassed in the soft warm glow of the Mother. You feel so relaxed, you close your eyes and feel as if you are floating. You are so light and content and at peace in this moment.

After a short while you open your eyes and you find yourself floating in pitch black dark water, yet you do not feel afraid, in fact you feel so safe and nurtured. In this space you find you have no choice but to focus on your thoughts. So many thoughts.....all whirling about in your mind. Chaotic thoughts, and ones more orderly. Thoughts that are positive, and others considered negative.

Shadow..... and light..... yin..... and yang.....

Just when you feel it is all becoming too much a glimmer of light appears in the darkened distance pausing the thoughts in their tracks. The light moves closer and closer to you, and as it does it seems to be getting brighter and brighter until it is so close and so bright that you become blinded. As this happens a sudden force below you pushes you upwards and before you know it you are bursting forth out of the primordial ocean and you take in the deepest gulp of air into your lungs. You still cannot see and you feel as if your skin is burning. A soothing voice says to you "do not be afraid my child". Your eyes begin to adjust and you notice that your skin is not burning but is being

stimulated by the heat of the sun above you. Your eyes focus into greater clarity and before you stands the Mother Goddess Nammu. “Welcome into the world my dear one” she says, “birth is never an easy process but to experience the life before you is nothing but rewarding”. Nammu draws you to her, cradling you in the warmth of her body. Take this time now with Mother Nammu to discuss how you can bring balance into your life, what shadow or light aspects you need to work on and heal for this part of your journey; and when it is time, I will call you back.

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You thank Mother Nammu for all of her advice and wisdom. She folds you into the warmth of her body once more for a comforting embrace and wishes you well on your journey forth, reminding you that she is always there when you need her. Nammu returns to the depths of the primordial ocean and you close your eyes, feeling happy and content as the warmth of the sun glides across your skin. Once again you feel as if you are floating and the warmth spreads down from the crown of your head, slowly moving all the way back down your body until it reaches the soles of your feet where you feel yourself firmly grounded.....back within your body. You take a deep breath in, and slowly exhale. Wiggle your fingers and toes, stretch your arms and legs and when you are ready, open your eyes.

ACTIVITY

Creating a Yin/Yang Talisman for balance, cleansing and healing.

Using white clay (coloured in the persons 2 chosen shades, create a talisman in the like of a yin/yang symbol, which can either be worn or made to place on one’s altar.

About the Yin/Yang symbol: Yin & Yang are two halves that together complete wholeness. Yin and yang are also the starting point for change. When something is whole, by definition, it’s unchanging and complete. So when you split something into two halves – yin/yang, it upsets the equilibrium of wholeness. Both halves are chasing after each other as they seek a new balance with each other. The nature of Yin and Yang flows and changes with time. The word Yin comes out to mean “shady side” and Yang “sunny side”.



In Sumerian (Turkish and Persian) language fire/light and black/dark is related in sound and meaning, like yin-yang. Also in the breakdown of the languages, the unity of the polar opposites can be seen in the formation of the words for water and fire.

So our talisman that we are creating is to represent our shadow and light sides. How each is separate yet together make us whole. Each aspect is important and affects the other. Within our talisman we will imbue the intent of creating balance, as well as cleansing &/or healing and whatever else you feel is right for you.

Afterwards, consecrate the talismans over the candle in the bowl of water on the altar and charge them with the “air so healing” chant.

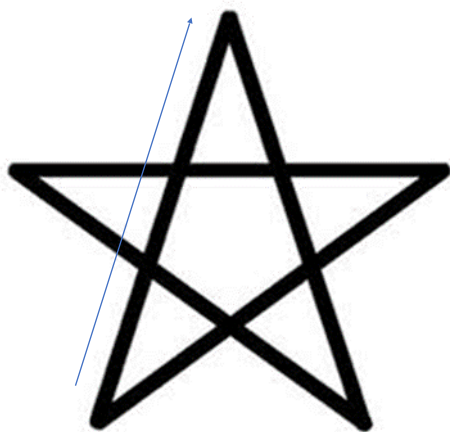
Air so healing,
Fire empowering,
Water connecting,
Earth manifesting!

Closing

DEVOCATION

Mother Goddess Nammu,
Thank you for blessing us with your wisdom and magick,
May we always see your divine presence within ourselves,
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.

