

# Spheres Of Light



## Samhain Ritual – 3rd May 2020 (held online via Zoom)



### **Ancestors**

We have millions of ancestors, if we go back 500 years we have accumulated over 2 million ancestors. If any one of those ancestors had died early in life then you would not be here today. That means that your ancestors survived hunger, disasters, wars, disease and pestilence. So we should be grateful that our ancestors survived the many life threatening moments in their life.

All ancient cultures honoured their ancestors and sought direction from them through ritual. There are many cultures that still have ceremonies that honour their dead.

## Calling Hecate during Samhain

As we travel into the night of Samhain there is an opportunity to lay an altar and gather with our ancestors to seek guidance for our soul path. The thin veils support us to leave behind that which is not in our highest truth and step into our gifts if we will hear the call. This crossroads of life and access to the ancestral wisdom is held by Hecate Queen of the Witches and she is eager to support you tonight.

Hecate, or Hekate, she is the dark goddess of the crossroads. Hecate rules over the night, magic, and places where three roads meet. Major temple shrines to Hecate were in the regions of Phrygia and Caria.

Hecate's appearance is dark-haired and beautiful, but with an eerie edge to that beauty befitting a goddess of the night. Symbols of Hecate are her place, the crossroads, two torches, and black dogs. She is sometimes shown holding a key.



Hecate, will be meeting us at the cross roads to take us to a place where we can contact our ancestors, she will be our guide and mentor during this meditation.

## Ritual

By the Power of the Dragons may our circle be blessed, cleansed and sanctified.

### East

Ancestors of the East, I call you forth to guard and protect this circle tonight. Welcome.

### North

Ancestors of the North, I call you forth to guard and protect this circle tonight. Welcome.

### West

Ancestors of the West, I call you forth to guard and protect this circle tonight. Welcome.

### South

Ancestors of the South I call you forth to guard and protect this circle tonight. Welcome.

## Goddess Hecate Invocation

We call upon Hecate, Queen of the underworld, Goddess of magic, mistress of the mysteries of death and rebirth. Great Goddess draw near, I call you to act as gate Keeper of the veil between the worlds tonight. Welcome.

## Invocation of Ancestors

Honoured ancestors, departed loved ones, spirits from the higher realms, you are honoured and acknowledged here tonight. As the veil between worlds grows thin and disappears, you are welcome to now draw near, Hail and Welcome.

## **Contacting your Ancestors Meditation**

Start the meditation with slow deep breathing, concentrate on feeling the earth below you. Visualise the support of the Earth underneath you, connecting you to the vast wisdom of Mother Nature. Feel her energy enter your body as you inhale, and run up and down the spine as you exhale.

Take a moment and think about who you are and where you are in this moment. Remember that every part of you has been woven together by the fabric of your ancestors, the good and the bad. Their blood, their experiences, their pains, their joys all run through you and shape you.

Call upon your guides and totem animals to protect you. Visualise you are being transported to a place in between worlds to an ancient meeting place. This place is at a cross roads in an ancient land. As we move towards the cross roads we see Hecate in her crone aspect waiting holding 2 lighted lanterns. When you reach Hecate, she welcomes you and gives you a lantern to help you see the pathway into the chamber of an old burial mound. Hecate has her three dogs with her and they quietly walk beside her. As you walk on this narrow pathway in the darkness everything is silent and only the panting of the dogs can be heard. Soon you come to the ancient burial mound and as you move into the centre of the mound you see a path leading down into the underworld. As you walk down this path you become acquainted with the darkness and become the darkness. When you reach your designation Hecate leads you into a large chamber, in the centre lies an ancient well. Hecate invites you to sit around the well. She beckons you to look deep within the well in order to contact your ancestors. As you stare deep into the darkness you start to sense that you ancestors forming around you. As you look deep into the well you start to see forms of people in your minds eye. Your ancestors are here to guide you and give you ancestors to your journey. They come from many periods of time and cultures. Take your time acknowledging each ancestor.

Ask your ancestors if they have anything they need to share with you, that is important for you to know at this point in time. Continue moving around the ancestors that have come to meet you. Receive their knowledge and offer them you love and gratitude taking as much time as you need with each spirit.

Allow the messages to come to you in the form of images or sounds in your head, a feeling, or even a smell. When it is time I will call you back.

It is now time for you to return to you return to your realm and the ancestors to return to theirs. We thank all those who have helped shape and create who we are now. We honour their divine wisdom.

Hecate now tells you it is time to return, you take up the lantern and you walk behind Hecate and her dogs as she guides you back to the crossroads meeting place. You thank Hecate for her guidance, she gives you a gift of a key to help you on your journey to wisdom. Thanking your guides and totem animals, you see yourself returning to your body in your room. Wriggling your fingers and toes.

Take a few moments after your meditation to write out your thoughts and emotions on a piece of paper.

## **Closing**

### **Ancestors**

Honoured ancestors thank you for joining us tonight and imparting your wisdom. Hail and Farewell.

### **Goddess Hecate**

Thank you Hecate, Queen of the underworld, Goddess of magic, mistress of the mysteries of death and rebirth, for being with us tonight. Thank you for acting as gate Keeper of the veil between the worlds tonight. Hail & Farewell

### **South**

Ancestors of the South, I thank you for guarding and protecting this circle tonight. Hail & Farewell.

## West

Ancestors of the West, I thank you for guarding and protecting this circle tonight. Hail & Farewell.

## North

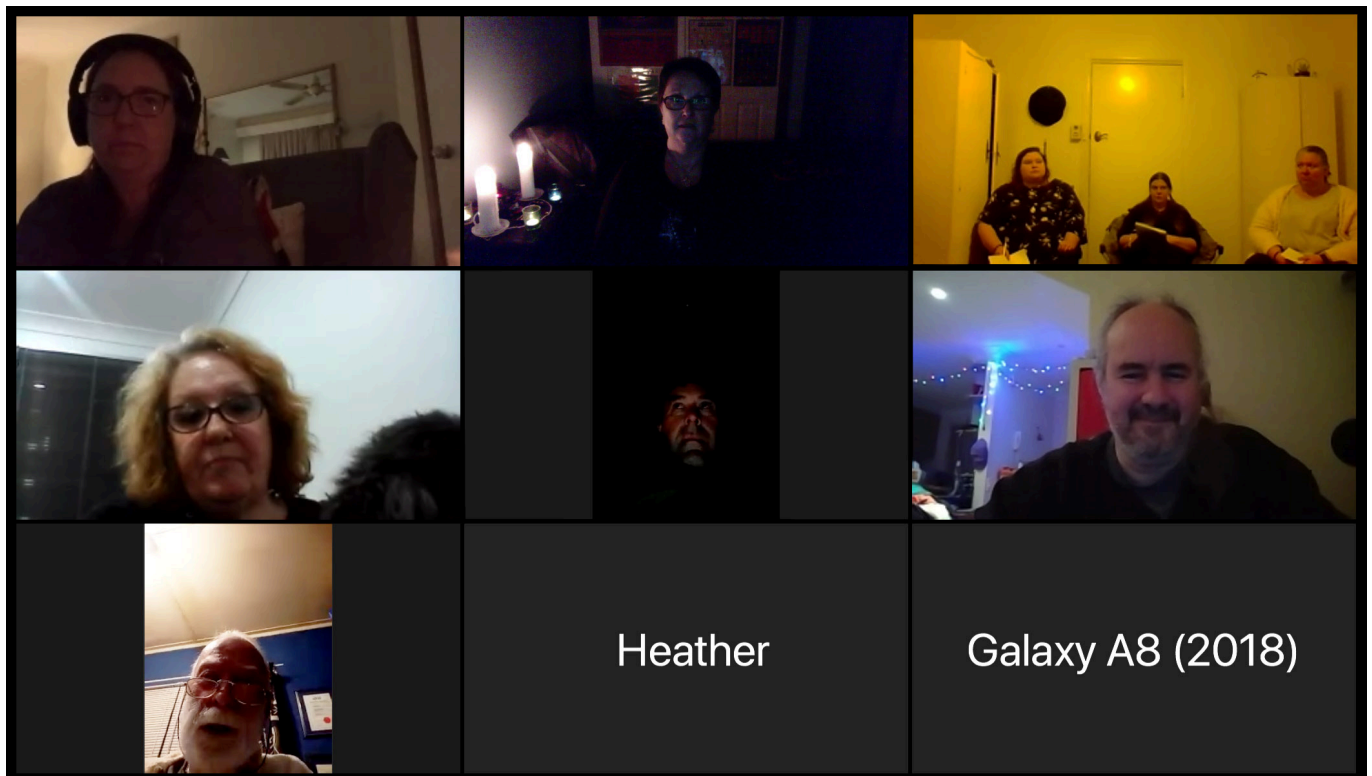
Ancestors of the North, I thank you for guarding and protecting this circle tonight. Hail & Farewell.

## East

Ancestors of the East, I thank you for guarding and protecting this circle tonight. Hail & Farewell.

The circle is now closed

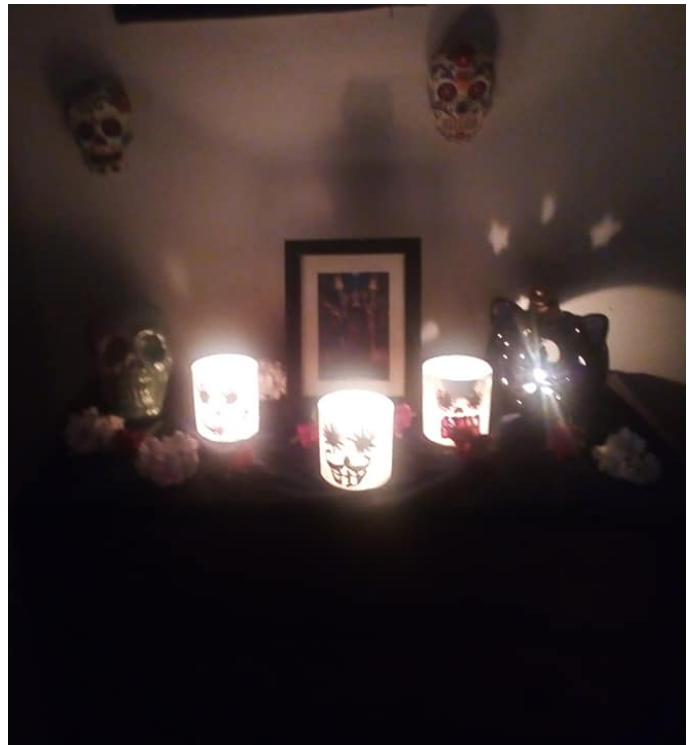
## Our Samhain ritual attendees...



*Jane, Jenny, Allison, Melissa, Samantha, Janine (& Loki), Peter, Wade, Ron, Heather & 'unknown'.*



**Some of our home altars on the night...** *(Janine's altar is on the front page)*



*Above & below: Melissa's altar.*





*Heather*



*Jenny's altar with Hecate's 3 black dogs and Hecate's key.*