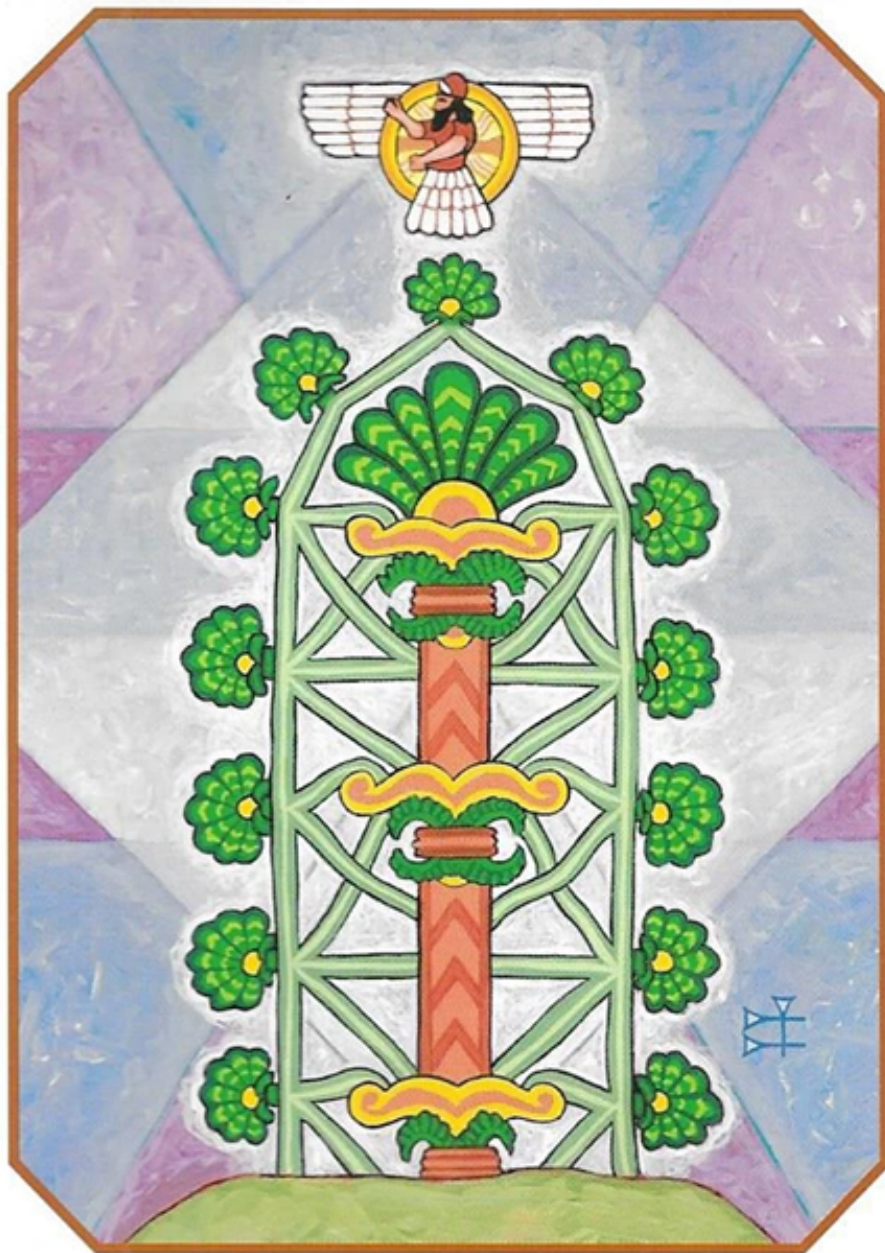


Spheres Of Light



Full Moon in Sagittarius — 5th June 2020

Utu



14 TEMPERANCE • THE TREE OF LIFE ♐

Full Moon Circle In Sagittarius: Embrace The Optimism (Full Moon 5:12am 6/6/20)

Tonight we will be tapping into the Full Moon in Sagittarius which will light up the skies and pump us full of energy, dynamism and positivity. This special lunar event will encourage us to turn the page on negativity and give us the strength to overcome the obstacles we encounter, without fear or indecision. The Sagittarius Full Moon Lunar Eclipse opens the doorway to a portal of transformative energy. This transformative energy is marked by two more Eclipses that will unfold over June and July. While this is only a Partial Lunar Eclipse, it is still potent and is setting the stage for a new dawning and a new journey. By the end of this Eclipse Season, we will feel changed, we will feel renewed, and this is what kickstarts it all. We can use this energy to get ready for this new journey. We can use this energy to open a doorway for the incredible clearings and new creations that are in store for us.

Tarot Card: Temperance — for bringing balance, patience and moderation into your life. You are being invited to stabilise your energy and to allow the life force to flow through you without force or resistance. It's time to recover your flow and get your life back into order and balance. This card calls on you to remain calm, even when life feels stressful or frantic. Maintain an even temperament and manage your emotions.



There is alchemy within Temperance. This Tarot card is about blending, mixing, and combining diverse elements in a way that creates something new and even more valuable than its separate parts. The Temperance card shows that you have a clear, long-term vision of what you want to achieve. You are learning a great deal where you are now and are at peace with what you are doing – it is all coming together well. Your inner voice is guiding you to the right outcome, and you are patiently listening and following.

God Utu

We will be working with the Sumerian God Utu who is the god of the sun and divine justice. He brings light and warmth to the land, allowing plants and crops to grow and bringing us hope and prosperity. Utu's main personality characteristics are his kindness and generosity. Utu is the twin of Inanna and one of the most important deities in the Mesopotamian pantheon. He is usually depicted as an old man with a long beard whose shoulders emanate rays of light but is also represented as the solar disc. Utu was worshipped in Sumer from the very earliest times. Utu continued to be venerated until the end of Mesopotamian culture and was worshipped for well over 3,000 years.

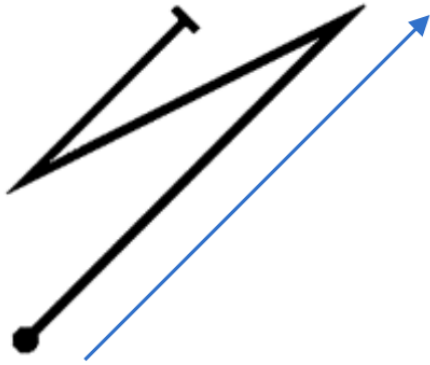
A Time to Open New Doorways

During this time of crisis and chaos it is important that we align with our truth and essential values. The energy of Sagittarius allows us to envision new ways of being and actualizing. It is time to rewire the channels of the mind to higher frequencies. Positive thinking and affirmative self-love vibrations can help clear the channels for inspiration to flow.

Ritual

We will cleanse the circle with sage and bells or singing bowls.

OPENING THE QUARTERS



EAST

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

Trace the sigil then walk the circle sunwise once with athame or finger creating the circle boundary projecting the colour yellow saying:

By the power of the Dragons of Air may this circle be blessed, cleansed and sanctified.

NORTH

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.

Trace the sigil then walk the circle sunwise once with athame or finger creating the circle boundary projecting the colour red saying:

By the power of the Dragons of Fire may this circle be blessed, cleansed and sanctified.

WEST

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.

(West is continued in the next column)

Trace the sigil then walk the circle sunwise once with athame or finger creating the circle boundary projecting the colour blue saying:

By the power of the Dragons of Water may this circle be blessed, cleansed and sanctified.

SOUTH

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.

Trace the sigil then walk the circle sunwise once with athame or finger creating the circle boundary projecting the colour green saying:

By the power of the Dragons of Earth may this circle be blessed, cleansed and sanctified.

Person hosting the ritual stands in front of altar and bows and adds salt to the bowl of water, then 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.

INVOCATION TO TIAMAT

Oh Great Goddess Tiamat, stir and arise, awake in the darkness, awake in the abyss,
She who is terrible to face, who devours and swallows up life,
She who brings life to those who face her,
She who is the begetter of dragons.
Stir up oh Dragon Goddess, I summon thee tonight!

INVOCATION TO UTU

Welcome Utu, God of the Sun
Bring forth the Sunshine to light our way to new horizons in these trouble times.
Welcome



Meditation — Opening Doors to a New Reality

Take a moment to make sure that you are warm enough, and that you are seated comfortably. Rest your hands loosely in your lap. Now close your eyes. Take a long slow, deep breath in...hold it for a moment, and then slowly exhale. Just allow any tension to melt away as you gradually relax more and more deeply with each breath. Take another long slow, deep breath in...hold it, and then exhale. Empty your lungs completely with your out-breath. Take a third deep breath in. Take your time. Hold it for a moment, and then let it go. You can already feel yourself drifting into a state of deep relaxation.

Continue to breathe slowly and gently as you bring your awareness to the top of your head. Just sense or imagine a feeling of relaxation beginning to spread down from the top of your scalp.... feel the muscles in your forehead and temples relax. Allow your eye muscles to release. Let your cheeks and jaw soften and let go of all tension. Now let this peaceful feeling flow down into your neck and throughout your body. With each breath you take, this relaxing feeling becomes deeper and warmer. It works its way deep into the muscles ...soothing them...releasing them.

As your body relaxes, your mind relaxes, and your thoughts seem to become lighter. You are slipping further and further into a dreamlike state of stillness and relaxation. You are comfortable, peaceful, relaxed. Now it's time to leave the external world behind and go on an inner journey. A journey to a place of deep contemplation.

Picture yourself walking down a busy city street. It's full of shops and businesses, and you can see crowds of people hurrying from one place to another. Cars and buses line the roads, and they crawl through the city, bumper to bumper.

Just up ahead, next to the sidewalk, you notice a narrow doorway between two buildings...it's a small opening that looks like a cosy retreat from the hustle and bustle of the world around you. You walk towards the doorway, slipping easily through the crowds. You arrive at the doorway and you step inside the narrow entrance. The entrance is dimly lit. It is warm and inviting, and it shelters you from the outside world. You take a few steps deeper inside the entrance and arrive at the top of a flight of ten stairs. You slowly make your way down the steps, and as you do, the sound of the city begins to fade away. With each step you take, you feel yourself moving away from the noise of the world, and down into a place of deep quiet. As you gradually descend the ten steps, you sink deeper and deeper into a state of peaceful relaxation. One, two, three, four, five, six, seven, eight, nine, ten. You have reached the bottom of the staircase. You are feeling calm and deeply relaxed. You can barely hear the sound of the street above you now...it seems so far away.

Before you is a tall wooden door. A door with no handle or lever with which to open it. You study the door more closely, and you notice that the word "release" has been carved into its surface. Contemplate this word. Feel the essence of it. Slowly you begin to feel a sensation of opening, of letting go, of releasing, and the door unlocks. Its old hinges creak as it slowly opens to reveal a small round room. This room is a library. It is filled with bookshelves and it has a tall dome ceiling. You step inside the room, and slowly the door closes behind you. This room is a private place. It's secluded and inviting. It has no windows and it is very, very quiet. You feel content and secure in this place.

In the centre of the room sits a small wooden desk, and on the desk, lies a large, old, dust covered book. You pick up the book, and feel the weight of it in your hands. You feel a sense of wonder as you behold this grand, old book. It has rested in this place for a long time...waiting for you since long before you were born. You open the cover and you notice that all the pages are blank. This is a book of freedom. It has the power to free you from anything in life that might be bothering you or weighing you down.

It is time for you to write in the book. Take a moment to think about anything that is troubling you in your life. Bring to mind any situation that seems to be blocking you. Any forthcoming event that frightens you. Any person that you are in conflict with. Any negative feelings that you are holding on to. Write about anything at all that you feel is holding you back, or that burdens you. There is no right or wrong way to do this. Simply feel or imagine your thoughts and feelings being imprinted into this book. Take your time. Allow images to form in your mind and allow your feelings to flow. Let them flow out onto the pages of the book. Sense that the pages are filling up with all your worldly concerns. The book absorbs them all. As the pages fill with words and pictures, you begin to feel lighter and more positive. You have been heard. You have been understood. You feel reassured and relieved.

When you are ready, close the book. Now, the domed roof above you begins to open. Slowly but surely, the roof opens completely, revealing the clear blue sky above. You stand with your arms by your side, observing the sky above. You gently raise your forearms and hands, your palms facing away from you, and as you do, your body begins to float, and your feet lift off the floor. A wave of exhilaration flows through you as you realize that you have the freedom to fly anywhere you choose. As you raise your hands, you float higher. When you lower them, you gently ascend. With effortless ease, you begin to float towards the open roof above you. You glide up and out of the room and slowly up into the sky.

You feel a wondrous sense of freedom as you fly higher and higher in the sky. You can see the entire city below you, and it is gradually becoming smaller and smaller. You are leaving the world behind and floating high up into the heavens. Higher and higher you fly, passing beyond the clouds, feeling even more joyful, even more free. Now, you decide to fly right out into the cosmos, leaving all of your concerns far behind you. With your arms raised, you ascend higher and higher, travelling beyond the skies and out into space. You turn to look back on the Earth. It is a small blue sphere, floating in a vast emptiness.

Take a moment to drift simply drift through space. Admire the beauty of the stars and the planet far below. You are weightless. Serene. At peace. You feel as though you are a million miles from anything or anyone, and yet, you feel connected to the entire universe. You feel vast. Weightless. Timeless. In this space of timelessness, think about what life you would like in the physical world. All of a sudden there is a burst of light and the God Utu stands before you. He holds the Sun in one hand and the Earth in the other. He says " You have within you the power to change your present and your future. If you believe in your power, what would your world would look like? Now see your new world in clear pictures in your mind". Take some time to visualise your life.

Utu smiles at you and hands you' the Sun and the Earth. Slowly you notice you are moving back through the cosmos, back through the clouds back through the domed roof of the library. You now stand at the old dusty book and you close the book. You turn and walk towards the door, once again you are at the tall wooden door. This time the word "create" has been carved into its surface. Contemplate this word. Feel the essence of it. When you have what you want to create clearly in your mind, the door opens. You quickly move up the 10 steps and with your hand on the door you are ready to face your reality.

Suddenly you feel yourself move back into your body, wriggling your fingers and toes and when you are ready opening your eyes.

*Adapted for SOL by Janine, based on a meditation from <https://www.the-guided-meditation-site.com/guided-meditation-script-set-yourself-free.html>
"Guided Meditation Script originally published by www.The-Guided-Meditation-Site.com. All Rights Reserved."*

Once we have conducted the meditation, we will focus our thoughts on the life we are going to create. We will focus our intent on a picture of a sheep which will be offered to the God Utu as a sacrifice. The sheep will be burnt in the cauldron and as the smoke rises we will ask that our creations come back to us as a reality.



Closing

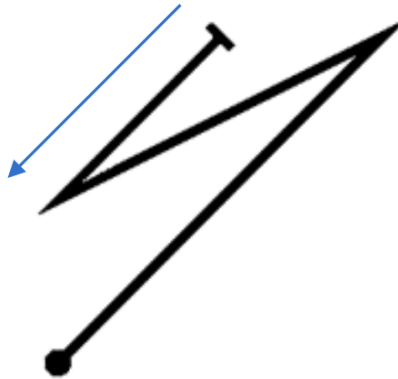
UTU CLOSING

Thank you Utu, God of the Sun
For guiding our way through troubled times
Hail and Farewell

TIAMAT CLOSING

Oh Great Goddess Tiamat, thank you for arising
and awakening in the darkness and the abyss.
Thank you for assisting in our journey.
I release thee.

CLOSE QUARTERS



SOUTH

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.

Trace the sigil in reverse.

WEST

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.

Trace the sigil in reverse.

NORTH

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.

Trace the sigil in reverse.

EAST

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.

Trace the sigil in reverse.

Person who is hosting the ritual says:

By the power of the dragons this circle is closed.

