

SPHERES OF LIGHT



FULL MOON IN VIRGO - 18TH MARCH 2022



Full Moon in Virgo and the Haustblót

This Full Moon is in Virgo (18/3/22 6:17pm) and will assist greatly with healing and being of service which is polarized by the Sun in Pisces. The cosmic flow of divine energy from this full moon is one to assist humanity out of their fears and the consequent disharmony caused by this.

It is a time of the Equinox, when day and night are equal, but soon we will plunge into the darkness of Winter. There may be a hint of sadness within us now, an inner sense of fear and trepidation, as the world begins to tilt toward the time of darkness. This 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 appreciate the connection we have with those around us, as well as those who have gone before us. Tonight at this a time of the Harvest we will be feasting, celebrating the good fortune of the previous year and preparing for the long months of Winter ahead.

Haustblót

Tonight as we begin our first "in person" Full Moon Circle of the year we will be celebrating the Haustblót, an Equinox feast celebrating with cakes, cookies, mead, bread, vegetables, fruits, nuts, and so on.

- It is a time to thank your family and the Gods, for all the hard work, blessings.
- but also a time to thank and praise the Landvættir, land wights who are the nature spirits of the land, and they protect and promote the flourishing of specific places where they live, which can be as small as a rock or a corner of a field, or as large as a section of a country.

- This was also a time to make festivities around the fire and praise, in a way, the Fire Element, because the world itself would take its colours, the fields are veiled by a cloth in tones of fire, dark yellow, red and oranges, the skies at dusk emit a red light that resembles blood
- It is a time of gratitude but also the beginning of the trials that are in store for us, the ability to survive and prevail, in a way, a sort of battle between Man and nature.
- This is the time to pray and to thank the ancestors who still look over their descendants and protect them.
- as the land gives us so much, enough to survive and live with health, and a gift always calls for a gift, so we in turn must give something to the land, a personal object, or food, the drink from the drinking horn, will be poured into the land, so our ancestors and the gods, may also drink with us, giving to them that we can create with the things the earth gives us.

SYDNEY HAUSTBLÓT



Sydney altar

Cleansing

As we move into the circle, we will cleanse through sage and adjust our thoughts and enter into our sacred space. We will visualise and connect to our astral temple and the Gods in Asgard.

The person hosting the circle walks the circle three times, cleansing the space saying, “By the power of the Dragons may this circle be blessed, cleansed and sanctified.”

The person hosting will ring a bell or strike a drum to signify the start of the ritual.

Honouring the Directions

South

Take the hammer and make the sign of the hammer facing South
As you make the sign of the hammer (an inverted down T) say,

Hammer in the South hallow and hold this holy stead.

North

Take the hammer and make the sign of the hammer facing North. As you make the sign of the hammer
(an inverted down T) say,

Hammer in the North hallow and hold this holy stead.

East

Take the hammer and make the sign of the hammer facing East. As you make the sign of the
hammer (an inverted down T) say,

Hammer in the East hallow and hold this holy stead.

West

Take the hammer and make the sign of the hammer facing west. As you make the sign of the hammer
(an inverted down T) say,

Hammer in the West hallow and hold this holy stead.

Above

Take the hammer and make the sign of the hammer raising it above. As you make the sign of the
hammer (an inverted down T) say,

Hammer in the Above hallow and hold this holy stead.

Below

Take the hammer and make the sign of the hammer holding it below. As you make the sign of the
hammer (an inverted down T) say,

Hammer in the Below hallow and hold this holy stead.

Invocation to Thor

Thor, Lord of the Hammer!

Lord of the Storm!

We ask for protection and removal of all evil and unwanted entities from this ritual space!

Hail!

Invocation to Gods & Goddesses

**I invoke you in all your names! May you bear witness to our celebrations this day in your honour!
May your presence be felt. May you partake and celebrate with us! Hail!**

Face south, and the circle and declare why you are there, what you are thanking the gods for, what you are asking from them, etc.

We are here today to give honour to the gods and goddesses of my folk for the many gifts that they have bestowed upon us. I ask that they continue to bestow their gifts upon us.

Equinox Meditation

Get into a comfortable position and relax your body. Allow all your thoughts, all your concerns just dissipate into nothingness. Just breathe deeply and relax through breath. Feel yourself enveloped in darkness, like you are wrapped in a large comforting blanket. You feel safe and secure.

On the screen of your mind, picture a giant tree, larger than any tree you have ever seen. This is the World Tree. Its branches reach up to the heavens, and its roots dig deep into the earth. Imagine that the screen of your mind is like a large movie screen, this screen is a portal, like a doorway or window, something you can easily pass through. Pass through the screen of your mind and stand before the great ash tree. Hear the wind in its branches. See the branches move, hear the branches creak and moan with the wind. Smell the earth where the roots dig in. Feel the texture of the bark. Feel the energy of the tree. know the World Tree.

Place your hands on the bark and hold the intention of visiting the gods of the harvest. Search in the roots of the tree for a tunnel. When you find the tunnel, follow it. It is dark within but there is a soft glow that shows the pathway as it meanders through the tree. You see a golden light at the end of the tunnel. Walk toward the golden light. Eventually you come out into the open sky and the sunshine.

Before you lies a field of grain. It might be wheat, barley, corn, oats, or any other grain. What kind of grain appears to you? The grain in the field is ripe, ready to be harvested. Walk into the field. Walk between the rows of grain. Reach out your hands and touch the grains, ready for the harvest. Reach out and pick the grain from one stalk. One stalk of wheat, one ear of corn, one head of grain. Hold it in your hands.

In your work to help heal the earth and restore balance, take a moment to contemplate on what have you accomplished? What blessing have you received? What is ready for you to offer to the world? What is coming to harvest for you?

Allow the Gods to come to you, allow them to communicate with you. Perhaps you may see an ancestor that has come to greet you. Allow yourself to see what needs to be seen and hear what needs to be heard.

Now, prepare to eat some of the grain. Notice that to do this, you have to do some work. You have to peel back the husks of the corn or roll the grain of wheat in your hand. You have to separate the grain from its shell, from its stock. The grain must be separated from the chaff.

What do you still need to release in order to bring your gifts to harvest? What do you need to let go in order to offer healing and nourishment to the earth? As you separate the grain in your hands from the other parts of the plant that surround it, commit to letting go of the things that no longer serve you in your quest to be a steward of balance.

When the grain is free of all else, eat it slowly and reverently. Offer thanks to the God of the harvest and to your ancestors.

Walk back through the field the way you came until you find the tunnel again. Follow the tunnel. Follow the tunnel as it meanders, back, back the way you came. Follow the tunnel back and back until you are once again standing before the World Tree.

Thank the World Tree for this journey.

Come back through the portal in the screen of your mind.

Come back to this circle. Come back, come back, come back.

When you are ready, open your eyes and rise in body or spirit.

Reading / Story Telling — by Wade, from *The Viking Spirit: An Introduction to Norse Mythology & Religion*, by Daniel McCoy. Chapter 17: The Treasures of the Gods — The tale of how the gods came to possess some of their most characteristic belongings — Thor's hammer, Odin's spear, Frey's ship, and Sif's hair. The story read out was a slightly longer version of this story <https://norse-mythology.org/tales/loki-and-the-dwarves/> put together by the same writer.

Activity — The Sydney group coloured in a harvest card and listed the blessings they have received over the past 12 months.

Feasting — The altar for the Haustblót celebration also served as the feasting table as the feasting was conducted in the hallowed space of our holy stead (see photos above and below).



Sydney altar

Sacrifice

Declare what you are giving to The Holy Powers as a sacrifice, and why. Ask them to bestow their blessings upon you. Pour the sacrifice into a horn or drinking vessel and raise it aloft and say:

We give you this drink, blended with the might and main of our deeds, take well our gift, but not as from a thrall, for we have no master, but as from free people and as a sign of our kinship and fellowship. We ask that you imbue this drink with your gifts and blessings!

Drink some of the offering to metaphorically take in the blessings of the divine. Make the sign of the hammer over the horn. Pour the remaining liquid from the horn into the blessing bowl.

Make the sign of the hammer over the bowl.

Take your sprig, swirl it energetically over the bowl. Shake the sprig over the gathered folk and say:

The blessings of the Gods and Goddesses be upon you. Hail!

Giving

Remove the bowl to outside and face south and pour the remaining liquid onto the earth and say:

Thus the work is once again wrought, and gifts have been given, each to the other as it must always be. May it strengthen our folk to trust in the might and main of Asgard, Vanahiem and all the Nine Worlds. May the gods and goddesses, as well as the ancestors guide our steps and may Thor's hammer protect us. Hail!

Closing

Declaring that the blót is done, raise hands in the sky and say:

Hail! Thor, the Gods & Goddesses! Thank you for your guidance and for the gifts you have bestowed upon us. (Touch Mjöllnir (the hammer) and the blót is done.) Hail and Farewell

By the power of the Dragons this ritual has ended and the circle is now open.



NOWRA HAUSTBLÓT

Cleansing, Honouring the Directions, Invocation to Thor — same as outlined above in the Sydney Haustblót.

Invocation to Sif

First pour yourself a horn (or glass) of mead or other beverage and say:

Sif, Goddess of fertility of the earth, hail! Goddess of the harvest, hail! Goddess of the golden hair, hail! Wife of Thor and mother of Ullr, hail! Goddess of breaking bread and keeper of frith, hail!

Drink some of the mead or beverage and leave some in the horn/glass for Sif as a sacrifice in return for what you are asking for.

Light the candle and say:

Sif, known as goddess of the hearth and keeper of frith, Goddess of harvest and fertility of the earth. You who look after both home and family. You who bless the harvests to bring bounteous returns, I ask you (request what you wish to receive). Under your blessing, growing and bringing life, please (request what you wish to receive). Hail, Sif!!”



Nowra altar

Intent & Activity

The intent of this blót honouring Sif was gratitude, and for the activity the Nowra circle created gratitude journals that will be brought along to each circle to continue with throughout the year.

Prayer to the Spirits

Pour some more mead (or other beverage) in a final simple thank you to Sif and say:

Spirits of the sky that come as wind and rain, spirits of the fertile ground and nature, plants of field and forest, spirits of mountain, ancestors of old and to the goddess Sif: Accept this offering, my gift unto you.

Drink again, leaving some in the horn/glass for Sif and the spirits.

Once the ritual is completed, return the leftover beverage to the Earth.



Nowra altar



CANBERRA HAUSTBLÓT

Cleansing, Honouring the Directions, Invocation to Thor — same as outlined above in the Sydney Haustblót celebration.

Invocation to Saga

**Hail to Saga, goddess of history and storytelling, hail!
Keeper of tales, sharer of the golden cup, and librarian of the gods, hail!**

Invocation to Jord

**Great Earth Mother Jord, we honour you.
Daughter of Nótt and Anarr, we honour you.
Mother of Thor, we honour you.
We hear the songs of the birds and think of what you've created.**

We smell the blossoming of the flowers and the cool earth beneath our feet and thank you for these gifts.

We feel the wind upon our cheek and the warmth of the sun upon our skin. We experience and are thankful for the magic of your creation.

We thank you for all you provide for us and all of your children. Your blessing is appreciated.

Jord, accept our offering.

Ancestors

Remember we are all brothers and sisters

All people, animals, stones, trees and the wind

We descend from the gods and goddesses

We live among the nature spirits

And we all become ancestors

We are connected to this world and the next

We come together to honour our connection

May we learn from the ancestors

May we work in harmony with the land

And may our actions, words and deeds honour the shining ones

So Mote it be

So, what is the Autumn Harvest, also known as the Autumn Equinox or Mabon? The Norse called it the Fallfest or Haustablot. The equinoxes are somewhat times of equilibrium, day and night are matched. After an entire year of hard labour, not just speaking of agriculture, but also in a kind of spiritual development, the autumn equinox is the time of repose, even in nature when the days become shorter and the nights longer. The autumn equinox marks the completion of the harvest, the waning powers of the sun, a farewell to summer and preparing for the coming darkness.

In the Northern pagan Traditions, there was a celebration held in this time of the year, at the beginning of the autumn equinox, it's called Haust blót, or the Autumn Sacrifice, and it is still held today by the neo-pagans who worship the gods from the Norse pantheon. As the season indicates, this is the time when the days grow shorter and darkness prevails until the wintertime comes to an end. The last crops are coming to an end also, people start to gather their food and store it to survive the long and harsh winters of Northern Europe. Now, we can try to understand the pagan mind of our ancestors by looking at the natural world itself and how that influenced them. This was also a time to make festivities around the fire and praise, in a way, the Fire Element, because the world itself would take its colours, the fields are veiled by a cloth in tones of fire, dark yellow, red and oranges, the skies at dusk emit a red light that resembles blood, a warning that the days ahead will be hard, the forests and the mountains become silent. Most animals also store food and hide in holes or inside old trees, others will hibernate, ravens will go to and fro, from place to place, in search of those who did not survive the hazards of the season and the harsh weather. So this is a time where everything becomes more magical and mysterious, but also the beginning of the trials that are in store for us, the ability to survive and prevail, in a way, a sort of battle between Man and nature. It's exciting, because we humans love to be challenged, and during winter we are being challenged by the gods themselves, who manifest their powers through nature, and it's a great honour to accept such a challenge and better still to be victorious at the end. It gives a certain feeling of being worthy.

This is the time to pray and to thank the Landvaettir, the spirits of nature, of the soils and the land, to pray to the ancestors who still look over their decedents and protect them, and in some way still work the soils to provide better crops, so the family can survive in prosperity, happiness, and wealth. People also

prayed to the elves, who work along with the land spirits, to maintain the land fertile and the soils rich. People also pray to the God Freyr and to Freyja, the Gods of fertility, because the land itself also needs fertility, it needs to be prepared to be planted again, with new seeds, when the winter comes to an end.

With hard work, perseverance, patience and love the land gives us so much, enough to survive and live with health, and a gift always calls for a gift, so we in turn must give something to the land, a personal object, or food, the mead that is passed amongst the folk in the drinking horn, will be poured into the land, so our ancestors and the gods, may also drink with us, giving to them what we can create with the things the earth gives us. People dance and sing, tales of old are told, to remember the deeds of our ancestors, and so we might find inspiration and strength.

Activity — The Canberra circle chose to celebrate and thank the ancestors and gods with storytelling and by getting to know each other through stories.

To celebrate tonight we are placing all the food on the altar as an offering – to thank the Gods for the completion of the harvest. I (Jane) have made a salsa from the last of my garden harvest.

Reading — Don is going to read a short story tonight as part of the celebration is storytelling. While Don is reading please help yourself to something from the altar to begin our celebration.

Poetry written by Bec

The long hot days are losing their rule,
The seasons heat is starting to cool,
And the heady sweet flowers which have long since bloomed,
Their petals now droop like soft wet tulle.
The leaves on the trees no longer soft and green,
They yellow and fall and soon we will see
Them laying on the ground so soft and brown.
Gather our fruits and seeds, gather them now,
It's time to come together,
come gather under the shady bow.
To sing to share with our lovely gods

We will now close the circle and once closed please continue to enjoy the feast we have, tell stories of old, sing, drum and be merry to celebrate the completion on the harvest and our ancestors who have paved the way for our path to continue.

Closing

Declare that the blót is done. Raise hands in the sky and say:

Hail! Thor, Jord and Saga, thank you for your guidance, touch Mjölfnir (the hammer) and the blót is done.

Hail and Farewell

By the power of the Dragons this ritual has ended and the circle is now open.

