

SPHERES OF LIGHT



FULL MOON IN LIBRA - APRIL 2022



Spheres of Light

Full Moon Ritual in Libra
Friday April 15 at 8pm
Radical Healing

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Full Moon in Libra, April 2022: Radical Healing

This Full Moon in Libra (17/4/22 4:55am) is the culmination point of the emotional and spiritual release triggered by the Neptune—Jupiter conjunction earlier in the month. Healing our emotional wounds takes the centre stage at this time. This Full Moon, ruled by Venus, is squaring off with the planet of death and rebirth, Pluto. Pluto rules over what is buried and hidden, power struggles, our deepest, darkest secrets. This energy may trigger our buried fears; our dark, hidden desires.

This is an important juncture where all grief, loss and disappointment we have experienced in the past couple of years needs to be released.

Goddess Eir

Eir — pronounce “ey” as in “hey” and then append a tongue-tip rolled [r] like the Spanish /r/. This is difficult for speakers of English. To practice, say “ey-da”. Her name means “help” or “mercy.” Eir is a healer and she is one of the handmaids of Frigga, and is also listed as one of the handmaids – or Valkyrjur – of Óðin. She is attested to in the Prose Edda, the Poetic Edda, and Svipdagsmal. Additionally, she is attested to in skaldic poetry, and runic inscriptions. She is named as a goddess who oversees childbirth.

As a Valkyrie, Eir accompanied her battle-sisters. While the other Valkyries chose the slain, Eir would choose who would live and recover, and return to health. As a chooser of life and death, she is sometimes associated with the Norns. Eir is among the most important of all goddesses.

Her name is a commonly used kenning for “woman” and “women”, which is intriguing when one considers that in proto-Heathen times, the realm of healing was by and large the realm of women. Folk tradition holds that Eir was invoked in healing rituals using a white flower known as Eirflower. She is associated with copper, which was used in healing ceremonies.

She is associated in myth with a sacred hill, where she gathers with many wights of healing. This hill, called Lyfjaberg, may be her abode, such as a hill of the Alfar, or perhaps a realm in Ásgard. There she is said to attend to a particularly compassionate, kind jötnar who was called upon for healing – possibly Menglöð again.

In one telling, she guards the castle of Menglöð, atop the mountain Lyfjaberg. The other maids (wights? Valkyries?) are named Hlif, Hlifthursa, Thiodvarta, Biort, Blid, Blidr, Frid, and Orboda. In the lore, it is stated that annual blóts were offered to these maidens atop Lyfjaberg to keep all sickness and pestilence away from the community for the year to come.

In skaldic poetry she is depicted as a companion to another handmaiden, Vár, goddess of wedding vows and legislation that benefits women and families.

Eir is implied to be counted as a major goddesses of the Æsir. Her distinction as a servant of both Frigga and Óðin, as well as her sphere of influence, have earned her a place of veneration among modern Heathens. There are several other deities who are sometimes called upon for help with healing. Eir, however is the preeminent and principal healer in Northern tradition.

Before the rise of the male dominated medical institutions of Europe, the healing and medical care of the community in Norse and Germanic countries was largely the sphere of women. Although the Sagas record several male healers, during the pagan period, the role of doctor was women’s work, while men were usually nurses or helpers.

Healing methods among proto-Heathens included: healing through prayers, magic, midwifery practices (which were more advanced than those that followed after), surgery, herbalism, home remedies, healing methods using copper bracelets, and detoxes using saunas.

Symbols

Mortars and pestles, healing instruments, and bandages. Saunas. Healing herbs, home remedies, and folk medicine. Copper. The colour red. Hill tops.

Offering

The offering to Eir can be spring water or herbal tea.

Meditation

Contemplation meditation on emotional wounds that need healing for approximately 10 minutes. Soft drumming in background.

Activity

Using a rattle and drum each person takes it in turn walking the circle either with rattle or drum cleansing themselves with percussion and leaving their emotional wounds at the well of healing. The well is placed in the centre of the circle and can be made of black cardboard or a scrying mirror or a bowl of water. The well is surrounded by healing stones. Once the circle is walked each person moves to the healing well and leaves their wounds in the well.

While people are walking the circle everyone will chant softly Eir’s name (ey-da). Once everyone has walked the circle we all ground the residual energy to the earth for planetary healing.

Rune – Laguz

Laguz (lake or leek) — life force, healing, quickening. The ancient waters from which organic life and energy spring. It can represent the world that each of us lives in, which gives us a context for all our actions. The lake or leek rune enables you to grow in vital ways. Use it to guide and heal yourself in difficult situations. Laguz is also associated with holy wells, waterfalls and sprinkling with water when a child is named in the ceremony known as *vatni ausa*, the heathen equivalent of the later act of baptism by Christians. Wells and lakes were often places where sacrifices were left. As the rune of the life force, Laguz is also known by its alternative name, Laukuz—the leek. This protective and holy plant has antiseptic and stimulant benefits. The leek rune enhances health on all levels and especially encourages the alternative medicine system of the North—herbalism, the practice of which has been unbroken since heathen times. Germanic records of herbalism survive in Anglo-Saxon charms. (from *“The Runes Workbook, A Step-by-Step Guide to Learning the Wisdom of the Staves”* 2004, Leon D. Wild)



SYDNEY BLÓT 15/4/22



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 Goddess Eir

**Goddess Eir 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 Goddess Eir. Hail to the Healer of the Holy Well.
To Asgard's woman of soothing hands. May blood be stanchd, may flesh be whole.
May you look with generous eyes upon us.**

Meditation

Quiet contemplation for 10 minutes on what needs healing. Soft drumming.

Activity

Using a rattle and drum each person takes in turn walking the circle either with rattle or drum cleansing themselves with percussion and leaving their wounds at the Well of Healing.



Well of Healing (Sydney)

Sacrifice

Declare what you are giving to Eir and 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 Goddess Eir 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 Goddess Eir, 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! Eir and Thor thank you for the healing (Touch Mjöltnir (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 BLÓT 15/4/22

The ritual followed the same format as above.



Nowra altar

CANBERRA BLÓT 15/4/22

The ritual followed the same format as above.



Canberra altar



FULL MOON ZOOM BLÓT 16/4/22

For those who were unable to attend the “in person” rituals the blót above was conducted again the next evening via Zoom with the format modified slightly to suit the online environment. The quiet contemplation with drumming, rattling and walking the circle were replaced with a longer meditation and recorded drumming.



Goddess Eir Meditation

Begin your meditation by sitting in a quiet place. Mentally surround yourself with a zone of silence as if you have drawn a veil between yourself and the world. Gradually, begin to slow the rhythm of your breath. As you inhale, then exhale, let your breath carry you deeper and deeper within. As the distractions of everyday life fall away, let your awareness drop down into the inner chamber of your heart.

Next, imagine that you find yourself walking along a pathway that leads you further and further away from this world and deep into the heart of an ancient Norse forest. As you follow this trail, imagine that you are winding around and among trees that are hundreds of years old. You see a wolf running ahead of you, occasionally he turns around to see if you are still behind him. A raven flies above you. In the distance you hear the muffled sound of a waterfall, falling, like music. Your heartbeat, your breath, and the water is keeping time with the rhythm of nature.

Soon the path you are on brings you to a tiny, crumbling, stone altar, thickly covered with vines. Intuitively you sense that something mysterious yet deeply familiar lies at this sacred place. You slowly walk around the altar and you notice a deep well surrounded by beautiful crystals.

As you turn towards the altar you notice that candles are burning, there is a smell of fragrant incense. Kneeling before the altar, you bow your head in silence and immediately enter into a deep meditative

state. You suddenly become aware of someone kneeling next to you. It is a woman plainly dressed with flaming red hair.

She greets you with a warm and golden smile. She asks you, "What troubles you my friend?" She penetrates your soul with a glance and emotions of sweetness, mercy, and loving forgiveness emanate from her, sweeping over you in waves of bliss. It is time now to heal all the parts of your being that are hurt, broken, and wounded. She hands you a drum and tells you to walk around the well drumming and thinking about your emotional wounds. Walk, drum and contemplate until you decide the wounds you would like healed. When you have finished walking lean over the ancient well and release your wounds into the deep dark waters. Feel the waters taking all the anxiety, the fears and pain away.

The Goddess Eir comes to you to give you healing. She holds you in her arms and rocks you back and forth. As she is rocking you feel a powerful force surround you, a holy energy like the breath of life, the soul of the cosmos. Feel your heartbeat in rhythm with Goddess. When you feel her remove her arms from you, you know you have been healed. You thank her for her love and care.

Now bowing before the ancient Goddess rise and exit from this beautiful sanctuary. As you make your way back along the path once again you see the wolf in the distance and notice the raven flying above you. Soon you find yourself back in your chair and back into your body, wriggle your fingers and toes and when you are ready open your eyes.



The drumming used as a backdrop to this meditation can be found on YouTube...



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