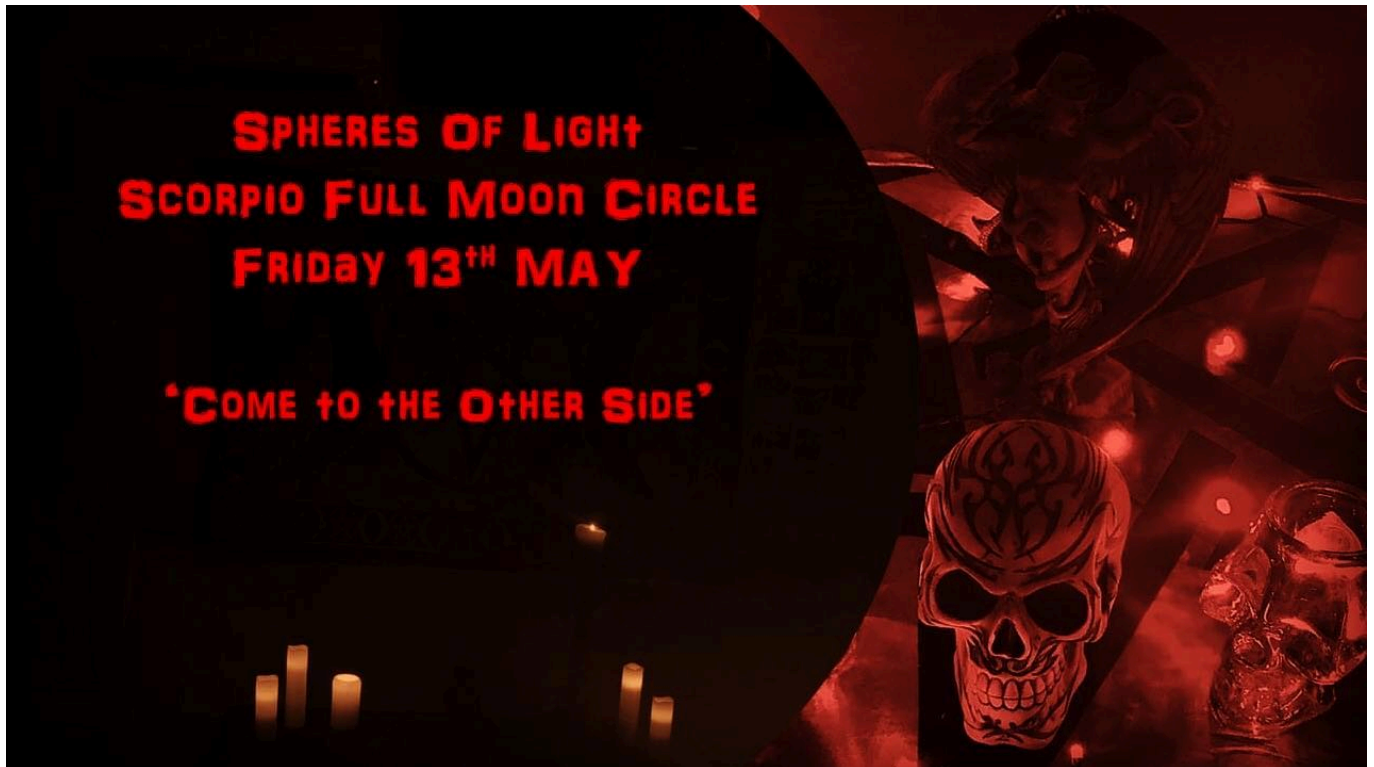


# SPHERES OF LIGHT



## FULL MOON IN SCORPIO - MAY 2022



### Scorpio Full Moon and Lunar Eclipse

This Full Moon in Scorpio (16/5/22 2:14pm) will be an intense and an emotional full moon. Scorpio is a deep, water sign, ruled by the planet Pluto. Scorpio rules transformation, letting go of what is toxic in our lives, renewal, rebirth and rising from the ashes. Scorpio also rules over sex, death, addictions, obsessions, our deepest emotions, and our shadow side (anger, grief, fear, jealousy). This moon is shining its light on these aspects in order for us to heal and release what we no longer need in our life.

The lunar eclipse in Scorpio is also well-aspected to Mars and Neptune. This means you can face any adversity with courage and a fighting spirit. The lunar eclipse points to some re-evaluation on some of your spiritual philosophies but also a moral victory over some of your shadow aspects that are preventing you from achieving your true potential.



# SYDNEY BLÓT 13/5/22



*Sydney altar*

## Hel – Norse Goddess of Death

**Colours:** Black/White/blue

**Common Offerings:** Black bread, black cloth, wine, dark chocolates, coffee beans, black/white candles, skull symbols, bones, yew, black onyx, etc. (Some people include pictures of their beloved deceased).

Hel, the goddess of death, was in fact a giantess, a child of Loki, the giant trickster that lived among the Aesir gods, and Angrboda, a fearsome giantess. She rules over the identically-named Hel, the underworld where many of the dead dwell. Her name's meaning of "Hidden" surely has to do with the underworld and the dead being "hidden" or buried beneath the ground. With Hel in her realm, there are a few others who serve her in guarding Helheim. Garm is a giant hound who is said to guard the entrance. He is sometimes thought to be a representation of Fenrir, another wolf from Norse mythology. Garm is usually shown as having multiple eyes, soaked in the blood of the dead, with vicious white fangs protruding from his mouth. Another curious inhabitant of Helheim is Modgud — who serves Hel by guarding the bridge that leads into/out of the underworld.

Hel's appearance is one of the more interesting things about her. Some descriptions of her from the Edda propose that Hel is half black and half white. Other stories portray her as having one side that is beautiful and the other is rotting or skeletal with bones growing on the outside of her body (though which side of her is beautiful and which is skeletal has never been made clear). Most depictions of her show her as being divided straight down the middle. Though there have been those who would show her as having the top half of a beautiful woman and the bottom half of a skeleton. Due to her appearance, people associate different spectrums with her. The peaceful and ugly nature of death. The light and dark side to each individual. The end of something and the beginning of something else.

Some Germanic cultures believed that there were multiple places to go in the afterlife and that Helheim was just one stop. The depictions of it vary, and often it is said to contain subsets within it as to separate the "good" and the "bad" — some showing village like living arrangements and peace while others were thought to be icy and cold like death. Hel offers those who died of natural causes a chance at happiness and rebirth, as it is her job to offer "board and lodging" to them (Paxson). Interestingly enough, through Seidr, it was not uncommon for Norse practitioners (of varying paths, such as Shamanism) to call upon

Hel through astral travel in hopes of communicating with the dead in order to learn from them, or provide some sort of divination.

**Traveling to Helheim:** Hel is a Goddess often seen as one who thins the veil between realms. Likewise, there is quite a bit to be learned from her, as well as the many dead who inhabit her realm. It was not uncommon through the Seidr, or other varying shamanistic techniques, for those wishing to learn from either the Goddess herself or the many ancestors that were with her, to call upon her through astral travel and meditation.

**Helheim's Gates:** There are supposedly many gates, bridges, doors into and out of Helheim for various reasons. Here's a list of the gates in Helheim and the guardians of said gates.

**Drop-To-Destruction** — This is usually seen as the stone door that leads into Helheim

**Gnipahellir** — A cave within Helheim. Garm, the giant hound, lives here. Considering that he is Jotun, he is strong and helps Mordgud as one of the main guards.

**Helgrind** — The Main Gate, said to be approached after crossing the bridge covering Gjoll.

**Mordgud's Tower** — As the name implies, this would be where Mordgud guards. She is one of the main guardians, who keeps a watchful eye to ensure that the dead remain where they are.

**Inner Gates** — I've heard suggestion of Bigvoer and Listvoer (two women) who guard the inner gates of Helheim. (R. Kaldera wrote something on this once, I believe, but it is vague to me.) Another guardian of the inner gates would be Hraesvelg or Ari, a Jotun who takes the form of an eagle.

**Reading / Story Telling** — by Wade, from *Norse Mythology*, by Neil Gaiman — *selected parts about Loki's daughter Hel from the story called "The Children of Loki"*.

## 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 Hel**

**Goddess Hel 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 Hel.**

**Hail Queen of Darkness, Loki's daughter, Hel, we seek thy hallows.**

**Bless us with thy bright face, Lady. Show a pathway through the shadows  
where the ancestors are biding, where all memories are hiding,**

**To thy mercy now confiding, Hel, we hail thee now.**

**Lady of the Darkness — ruler of the night,**

**We sleep within thy shadows to wake into thy light.**

**May you look with generous eyes upon us.**



## **Goddess Hel and 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 to protect you. Visualise the world tree in front of you which contains stairs leading down to the roots of the tree. You know that to meet your ancestors you need to travel down the stairs to the underworld, to an ancient meeting place in front of the gates at Helheim. This place is a safe place to meet your ancestors. As you descend the stairs you become acquainted with the darkness and the shift in energy that the darkness brings.

Begin to visualize your ancestors starting to form around you. They come from many periods of time and cultures. Take your time acknowledging each ancestor.

When you reach the gates the giant hound Garm is standing guard outside the gates. You notice a bell near the gates and move forward to ring the bell; Garm watches every move you make and growls at you to step away from the gate. Soon a waif like creature approaches the gate. She is the Goddess Hel, she is tall and regal, proud but with a hint of sadness behind her eyes. Her skin is so thin you can see her skeletal form underneath. She opens the gates to greet you and asks what you want. Anyone that enters Helheim can never leave so you must stay in front of the gates. You bow to show her reverence and then you mention to her you are here to meet some of your ancestors. She says that you can only talk to them through the gate and that Garm will make sure no one breaches the threshold. You thank her for granting this request and she tells you to wait and she turns and walks back down the dark pathway.

Spend time now waiting, taking note of the landscape around you. The ancestors that want to connect will make themselves known, be open to how they connect to you. 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. Be open with your ancestors and taking as much time as you need with each soul that greets you.

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 your realm and bid your ancestors farewell. We thank all those who have helped shape and create who we are now. We honour their wisdom.



You turn away from the gate and walk back up the stairs noting the shift of energy as you move to the top. Thank your guides and see yourself returning to your body, wriggling your fingers and toes and opening your eyes.

## Activity

After the meditation we will be connecting to souls that are stuck and helping them be reunited with their ancestors. We will be using paranormal equipment to see if we can contact our ancestors or connect to those that are wanting to go into the light.



## Sacrifice

Declare what you are giving to Hel 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 Hel 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 Hel, as well as the ancestors guide our steps and may Thor's hammer protect us. Hail!**

## Closing

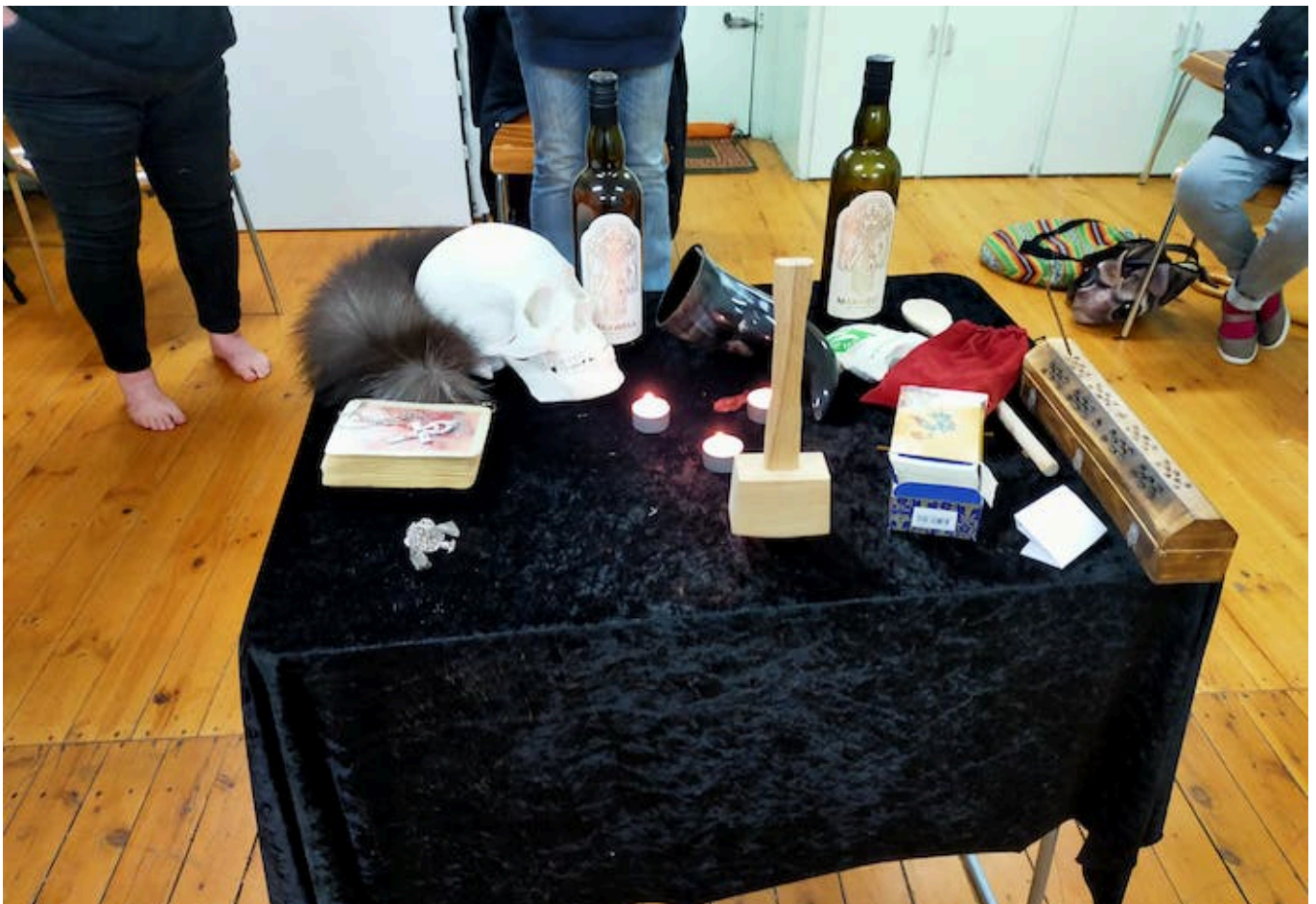
Declaring that the blót is done. Raise hands in the sky and say:

**Hail! Hel and Thor thank you for the healing (Touch Mjölmir (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.**



## CANBERRA BLÓT 13/5/22



*Canberra altar*

# Viking Samhain

**Goal** – to contact ancestors and obtain feedback on what to do to honour them

**Context** – Just the Ancestors in Nifflheim. Why? What about the ones in Valhalla, and the ones traded to Frigg?

**Rationale** – We can’t get anyone out of Nifflheim, but we should be able to use the Goddess of Divination Vor to find the messages.

## Preparation

There will be two pieces of paper, initially physical, to which each participant will add their mark, and to write the name of the Ancestor to be contacted. These will be delivered to Hel during the meditation, so that she can bring the named ancestors forward. This can be strengthened by adding personal items of the Ancestors to the altar beforehand.

**Divination** – Each person to bring a tarot deck or runes in order to divine the message. They should be holding these while seated ready to begin. (some spares are provided). You will draw a tarot card or rune at some point, and you will do this both in the astral and the physical.

**Walking Meditation** – Tonight we will be performing a walking meditation, which is a technique whereby the rhythm of walking, to chants or drum beat, is used to put the walkers into an altered state of mind. We will combine this with the usual guided meditation. A secondary intent is to blur the distinction between physical and astral worlds, when you are walking in the astral, you will also be walking in the physical.

“Mighty Hel, given that none may leave your realm of Helheim, we ask that you invite our ancestors to come to the edge of the river, that we may see them across the river, and with the aid of Vor, we may receive a message from them.

We wish to commune with the following ancestors, and humbly ask that you bring them forward to the river’s edge for us.”

Supplicant	Ancestor

Please let us know if you do not feel up to this, in which case you may remain seated, and may be given a task such as drumming,

Before we begin, know that you will be walking in a circle for a time, and standing. When you are directed to stand or sit, this means to do so in the physical world, as well as the astral. The walk will be basically a slow shuffle in time with a drum beat. You will need to carry tarot or runes with you as you walk, one-handed. The first walk (the descent) will be counter-clockwise, then a period of communion, standing still, and then another (ascent) walk back the other way. The descent should be with right hand on right shoulder of person in front, divination tool in the left hand. The return (ascent) should be clockwise, with left hand on left shoulder of person ahead, divination tool in right hand.

**Practice** - practice walking in circle, in both directions, prior to the actual meditation, while carrying objects. Leader will carry group objects – letters, coin.

Let us Begin.

- Be seated, with divination tool in your left hand.
- Close your eyes, and visualise a mist rising. 7, 6, 5, 4, 3, 2, 1.
- The mist is now clearing to gradually reveal the familiar Viking great hall. 7, 6, 5, 4, 3, 2, 1
- Leader stands and says the invocation to Vor:



“Knowing one we call, From Frigga’s favor  
Keeper of lore, Keeper of truth.

Goddess Vor we call, Greet from Midgard we,  
Make us aware, what we cannot see.

Searching wise one come, Few can rival you  
Questions your seeds, Answers to needs, .

None so well concealed that you will not find  
Questions we speak, answers you seek.

Wise bloodhound for facts, well find You the words  
To share, to catch, as swift as birds.

Vör, Vor, here enshrined, Goddess join us here.”

- Slowly, an ancient woman appears before us, an archetypal Crone, standing on a table in the centre of the hall. She wields a wooden spoon, and looks cranky enough to use it.
- VOR: “Why do you mortals fools bother me?”
- Leader: “ Great lady. We seek to honour our ancestors in this time, and since we cannot visit them in Helheim, we ask your aid in divination to receive a message from them. We have a supplication to Hel naming the ancestors, and a coin for the dead to carry it. Divination tools we have also, to provide communication from the ancestors.
- VOR: “Ah, a smidgin of knowledge and respect I see. So be it! Given the season, and the moon in Scorpio, I will grant your request! But we must travel to the Gates of Hel’s realm, to be near your ancestors. Follow me. And dress warm.”
- Vor steps down from the table, with the aid of her spoon as a staff, and heads for the door, not too fast, in a rhythmic shuffling step.
- We all stand, donning furs and heavy cloaks, and clutching cards or runes, and follow her out of the door. There is a strong mist, and the feel of it rising from nearby water. We place our right hands on the right shoulder of the person in front, to avoid becoming lost in the mist. We walk to the sound of drum beat. The path is well worn and safe.
- Walking 7, 6, 5, 4, 3, 2, 1
- We come to a still pool of water that reflects the full moon above, occasionally, through the drifting mists. Next to the pool is a cave with signs of habitation. It is Vor’s, but she takes a branch in the path and we move past the cave.
- Walking 7, 6, 5, 4, 3, 2, 1
- We feel the path change texture under our feet, from packed earth, to bark. We are walking slightly downwards on an enormous branch of Yggdrasil, leaving Midgard behind.
- Walking 7, 6, 5, 4, 3, 2, 1
- We reach the trunk, but find that “downwards” has shifted, and we are able walk down the trunk with ease.
- Downwards 7,6,5,4,3,2,1
- We reach another branch, and proceed outwards and still a little downwards along it.
- Outwards, Cool, colder, cold, blowing, freezing, sleet, ice.

- Indeed we are lucky to have dressed warm, as the weather turns steadily colder. Winds rise and howl, and bite at any exposed skin. Visibility worsens. We pull cloaks and hoods close around us.
- We hear the sound of many trudging feet ahead, and perhaps the chime of bones. As we move forward we are **stopped** (in real world too), where our path joins another, occupied by a long wide line of trudging bedraggled people, looking so cold and yet not reacting to it. They are not dressed warmly. These are the dead who died without a sword in their hand.
- Looking to where they are heading, we see a bridge and a thick mist over what must be the river Gjoll that divides living from dead. The bridge is guarded by the enormous black wolf Garm, so large that we can hear his breathing, and smell his fetid breath. His eyes gleam yellow against his darkness, looking down on us. In the distance is Hraesvelg – the corpse eater eagle that sits at the edge of the world overlooking Helheim. His flapping wings make the cold wind blow bitterly towards us, and our cloaks and hoods flutter in disarray.
- Vor converses with our leader, who gives her the note and coin, and she presses them into the hand of one of the walking dead women. There is no reaction, except the corpse grips the bundle and continues walking. She nears the bridge, and crosses over, and through the gates, with the other corpses.
- We resume walking following Vor, towards the river bank. 7,6,5,4,3,2,1
- We **stop** walking (in real world too), and drop our arms from each other's shoulders. The drumming ceases.
- We wait in the miserable weather, feeling somewhat disoriented and miserable, and glad to have a guide in this daunting, miserable, alien place. We do not stray far from her.
- The mists and sleet part, and we can see across the river, to monstrous Hel, half corpse, half flesh woman who rules Helheim. And next to her we see the shades of the ancestors we have requested.
- Vor nudges our leader with her spoon, who responds by asking "What can we do to honour you?"
- VOR: "Now Leader, draw your lot for the answer, and keep it aside and hidden for now."
- Leader does so.
- VOR: "Now the rest of you, quickly, ask your questions. You may whisper if you so desire, but they must be spoken. And draw your lots."
- Each of you, ask, and draw, in the both worlds.
- Vor acknowledges Hel and turns back the way we came. We physically Link again, with left hands to left shoulder this time, and follow her, by walking in circle in the clockwise direction.
- Drumming
- Walking back past the dead, slightly upwards along the giant branch. 1,2,3,4,5,6,7
- Walking back to the trunk 1,2,3,4,5,6,7
- We are warm again. At last.
- Walking up the Trunk 1,2,3,4,5,6,7
- Walking out along the branch to Midgard. 1,2,3,4,5,6,7
- Back onto the dirt path 1,2,3,4,5,6,7
- At Vor's cave. She heads to her cave, but shoos us away, back along the path.
- Walking past Vor's lake. The mist has cleared and the moonlight is bright.

- We enter the hall, and sit near the fire.  
Physically drop your hands, and take a seat.
- We are no longer cold, but the fire reminds us that we are alive. We recognise the need of energy for life.
- The great hall becomes foggy but warm, and we realise that our journey is complete. Come back now. 1,2,3,4,5,6,7
- Back in the physical, we open our eyes and are back in the real world.

We can now examine our messages and interpret them. Discussion is now open.



## NOWRA BLÓT 13/5/22



*Nowra altar*

**Activity** — Our activity will involve a 9 stage hidden sensory experience. The purpose behind this is around illusions and recognising how we can create them. Since Hel's name means 'hidden', we're working on bringing the hidden (illusions) to light.

## Invocation to Hel

Hail to Hel  
Queen of Helheim  
Wisest of Wights  
Keeper of Secrets  
Keeper of the hopes for tomorrow  
Guardian of Souls  
Implacable one of the frozen realm  
Half the face of beauty  
Half the face of Death.  
You who feed the dead  
At your meager table  
Where everyone gets their fair share,

You who care not  
About wealth or status,  
About fame or fortune,  
Who cares for the peasant  
Equally with the ruler,  
Teach us that Death is the great leveller  
And that we need have no pride  
When we reach your halls.  
Lady who takes away  
Yet holds always promise,  
Teach us to praise loss and death  
And the passing of all things,  
For from this flux  
We know your blessings flow.



## FULL MOON ZOOM BLÓT 14/5/22

For those who were unable to attend the “in person” rituals a version of the blót above was conducted again the next evening via Zoom with the format modified to suit the online environment, with guest host Lisa.

