

SPHERES OF LIGHT



FULL MOON IN CAPRICORN - JULY 2022

CANBERRA BLÓT

Full Moon in Capricorn (14/7/22 4:37am)

The full moon this month falls in the earthy and grounding sign of Capricorn, this full moon calls for us to take responsibility for our lives and the direction they are traveling. If we are not happy, fulfilled or spending our time how we wish this full moon beckons us to take charge and own up to any of our self-sabotaging actions which may have led us here.

Confronting what is not working and taking responsibility for how some things have unfolded can always be challenging, but there is a power to be found in doing this work, there is a power in addressing what we may be doing to contribute and how we can turn things around to get our lives closer to where we want to be.

Of course, there is only so much we can control, but if you use the powers of this Full moon wisely, it can guide you to overcome obstacles, face up to challenges, and reach the top of whatever mountain you wish to climb.

This full moon may also bring the realization that some things need to come to an end, particularly around the goals, or things that are blocking our goals. We may find ourselves needing to mature, let go, and realise that certain ideas, actions, or endeavours are just not possible or sustainable right now.

There is a little bit of disheartened energy attached to this full moon, like a reality check or wake-up call that makes us realise that we cannot go on. We may need to accept that some things are never going to be the way that we want them to be, or accept that unless we change, things are not going to get better.

Taking the mature, practical approach can help us to navigate any decisions with greater ease. Letting go, closing doors, saying goodbye can all be hard things to do, but this full moon is our opportunity to rewrite our next chapter, to refashion our dreams and goals that didn't work out, and to know that all we experience is a part of life and a part of making us stronger. There are truly no wrong paths in this life, just lessons that make us wiser, better, and more capable human beings.

(From <https://foreverconscious.com/intuitive-astrology-capricorn-super-full-moon-july-2022>)



The Norns

Guardians of Fate

Three sit at the foot of the World Tree,
at Wyrð's Well since the dawn of time
They water the roots of Yggdrasil
Norns these Ladies are called.

Together they guard, they watch, they govern
The threads of fate run through their hands
Black Urd guards that which has been.

Together they spin, they measure, they cut
Tender the web, but not torn ere its time
Red Verdandi guards that which becomes.

Together they know, they keep, they ken
Everything flowing, coming and going - they stay
White Skuld guards that which will be.

Together they guard, they watch, they govern
Black they are, red they are, white they are
Together they spin, they measure, they cut
Black they are, red they are, white they are
Together they know, they keep, they ken
Black they are, red they are, white they are
Norns they call the Ladies of Fate.

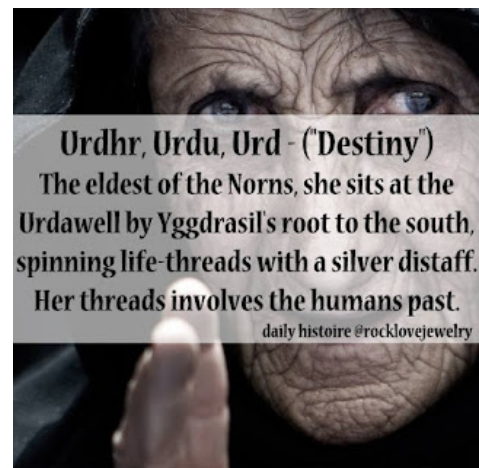
~ Original "Hüterinnen des Schicksals": Michael Schütz

A common misconception is that the destiny woven or carved by the Norns is final and unalterable, as in the Greek concept of fate. The Norse model of fate, however, is far more dynamic and volatile than this and leaves ample room for an individual in the shaping of destiny. The words of the Norns are not absolute.

The starting point for understanding the Germanic view of destiny is the mythological image of Yggdrasil and the Well of Urdr. Yggdrasil is a tree that stands at the center of the cosmos and holds the Nine Worlds, the dwelling-places of humans, Gods, and all other beings, in its branches and roots. It grows from the wells. Water is central to the image; the waters of the wells nourish the tree, whose evergreen leaves then shed dewdrops into the well.

The water cycle in this model expresses a circular passage of time. The Urdr Well, which corresponds to the past, influences the growth of the tree, which corresponds to the present. But then, unlike in our modern linear conception of time, the present then returns to the past – even retroactively changing it. This is the significance of the dewdrops that fall back into the Well.

The Norns may be the shapers of luck, but they are far from the only beings capable of altering the course of destiny as it flows through the Well of Urdr and Yggdrasil. All life is an interconnected web, where the slightest thrumming of one strand can cause the whole web to tremble.



The Norns – Removing the Knots

The Norns in Norse mythology are very similar to the Greek Fates and to other female celestial beings from other religions and mythologies. Arguably, the Norns are the most powerful beings of all in Norse mythology – they govern the lives of gods and mortals, they decide what is going to happen, including when and how. However, they also do so with no discernible malice or intent.

The Norns are not goddesses, in fact, they are not even Aesir. Some poems and sagas describe them as ancient descendants of gods, giants, jötnar, elves, and dwarves, while other sources describe them as their own class of beings or the beings of time. They are the personifications of the past, the present, and the future.

According to the Prose Edda by Snorri Sturluson, the names of this trio of Norns are:

- Urðr, which means “what once was”
- Verðandi “what is coming into being”, and
- Skuld “what shall be”.

The Norns weave the web of the wryd, into which all fates are woven. Everyone has their own fate, called Orlog which is born with them and carried with them throughout their life. Their orlog is weaved into the web and some have simple patterns and others have complicated patterns with twists and turns. The wool that the Norns weave is spun by the Goddess Frigg.

What Did the Norns Do Other Than Weave?

Most of the time, Snorri’s three Norns Wyrð, Verdandi, and Skuld would sit beneath Yggdrasil and water the roots of the tree so that the tree would not die. The Norns, however, didn’t occupy any of the Nine Realms, they just stood beneath the tree, at its roots. Their location was marked by the Well of Urðr or the Well of Fate. There, they are described as doing several things:

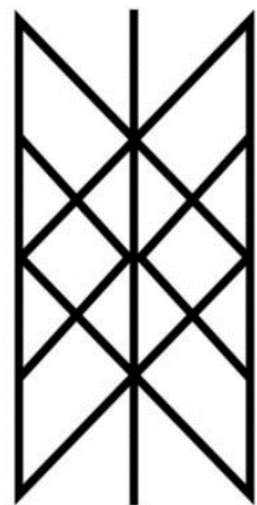
- Weaving a piece of cloth.
- Carving symbols and runes into a piece of wood.
- Casting wooden lots.

Symbolism and Symbols of the Norns

The Norns symbolized the Past, Present, and Future, as evidenced by their names. It is worth pondering why so many seemingly unrelated religions and mythologies include a trio of female beings who weave fate.

These three women are viewed as largely impartial – they simply weave what has to be woven and which becomes the natural order of things. In this way, these three beings also symbolized fate, destiny, impartiality, and inevitability.

The symbol most closely associated with the Norns is the Web of Wyrð, which is also called Skuld’s Net, after the Norn believed to have created the design. The Web of Wyrð is a representation of the various possibilities that occur in the past, present and future, and of our path in life.



References

Janine’s Dark Moon Circle information

<http://nordicwiccan.blogspot.com/2016/10/norns.html>

<https://foreverconscious.com/intuitive-astrology-capricorn-super-full-moon-july-2022>

BLÓT

Cleansing

As we move into the circle, we will cleanse through incense and adjust our thoughts and enter into our sacred space. We will visualise and connect to our astral temple and the Gods in Asgard. Walk the circle three times cleansing the space by the power of the **Dragons may this circle be blessed, cleansed and sanctified.**

Ring bell or strike 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 Disir

Disir, Ancestors
We are here to honour you
Watch over us and protect us
Let nothing into this space which will cause us harm
Hail!

Invocation to the Fates

Ladies sitting beneath the tree
Frigg guides you to tend to the great roots of the tree
I see you there, you weavers times three
You work on your tasks in shades of white black and grey
Can you pause in your task and hear what I say?
Weavers times three, hear my plea
I have entangled cords in my orlos you see
Your eyes, they're keen for sure you have seen
The cords that trip me on my way

Oh Uror, you see what had been done
Veroando tell what's about to come, I want to be freed
So that Skuld might prepare me for what might be
Thank you ladies
Might your guidance be fleeting
For my threads are so tangled and twisted
They are so full of snarls

I work with my fellow brother and sister
To Udo what comes my way
It's time to bring on fortunate charms
Join in with the undoing my fellow companion
Remove harm from my door
We will repair the pattern together
To bring joy once more

Meditation and Exercise

Remove the Knots Meditation

Sit comfortably and quietly with your eyes closed. Take a deep breath in and let go of all the cares of the day.

Take another deep breath in; as you breathe out become aware of your flesh and bones. Just by bringing your awareness to your flesh and bones you can bring the earth element in the body into balance. Feel the stability that comes when the earth element is in balance. You feel grounded and rooted like a tree, able to withstand all the challenges life brings your way. Feel the centre of the Earth within the centre of you. Feel its warmth moving through your whole body. Surrender your whole self to the earth.

Visualise that you are now at the tree Yggdrasil and you will be moving down the roots of the tree. You can see a doorway and stairs leading down the roots. Journey down the stairs to the bottom.

In the distance you can hear the sound of someone weaving on a spindle. Walk towards the sound until you reach a well, the Well of Urðr. This is where the Norn live and nourish the roots of Yggdrasil with the waters of the well.

You can see the women sitting around the well weaving. They notice you as you approach. You must ask them for permission to proceed past this point. You must state your intent to visiting them, which is to view your web and untangle and remove any knots. Once they have given you permission, wait patiently while they locate your web of life. When they are ready they will show you your web and they will help you untangle any knots if you ask them nicely. Spend time with them now and when it is time I will call you back.


When you have finished working on your web, thank them for their assistance. It is now time to return from this place. Once again walk back up the stairs until you reach the base of the tree.


Note that you are now feeling calm and rejuvenated and full of vitality. Take a deep breath and bring your awareness back into your room, assimilate all that you have experienced. Feel the energy of your body and when you are ready wriggle your fingers and toes and when you are ready open your eyes.


Weaving Activity


DIY Floss Friendship Bracelets

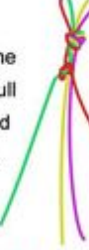
Supplies: 30" of floss in four colors





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1 Start by tying the stands together 2" from one end. You may want to tape the knot to the surface you are working on to keep it in place.
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2 The cord at the far left is the working cord (shown here in red.) Make a forward knot with working cord by looping it over the next cord (shown in green) and then back around, pulling the knot closed.
- 


3 Repeat this knot again with the red and green cords.
- 


4 Push knots to the top and pull the second knot tight.
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5 Repeat steps 2-4 with the red working cord and next strand shown in yellow. (remember, each strand gets two knots).
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6 Work your way right and tie two knots around the pink strand with the red working cord.
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7 At this point your first color should be all the way over on the right.
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8 The green strand is now on left and becomes the working cord. Knot with the working from left to right the same way you did with the red strand.
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9 Repeat, starting each row with the strand the farthest to the left as the working cord.
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10 Continue weaving until you have a 6" bracelet. Finish by tying all strands together. Trim, leaving enough thread to tie the bracelet around your wrist.

DIY to donate

Sacrifice

Declaring what you are giving to The Holy Powers as a sacrifice, and why. Ask them to bestow their blessings upon you.

We give you this mead, 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 sacrifice with your gifts and blessings!

Drinking 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.

The blessings of Fate, Odin, Thor, Disirs 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

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

Hail! Fates, Thor & Disirs and our ancestors thank you for guidance and protection and touch Mjolnir (the hammer) and the blot is done.

Hail and Farewell

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



NOWRA BLÓT

A similar format to the blót above was followed, with the Nowra group choosing to work with the god Baldur using the Activity/Meditation below.

Who is Baldur?

Baldur is the dead God of Light in Norse mythology. Baldur was the youngest son of Odin and Frigg, and he was the most beautiful of all the sky Gods. He was cheerful and kind, and his smile brought light to everyone. White light shone from him wherever he went, and his sacred plant was the Chamomile. He married the goddess Nanna, and the two of them lived in a hall called Breidablik where everything was beautiful and nothing impure could live. They had a son named Forseti, who would eventually become the God of Justice.

Historically, Baldur's name may come from a root work meaning "prince" or one meaning "brave", or another more likely one meaning "white", but we are not sure. He is one of the sacrificed solar gods who die and was eventually reborn.

On a spiritual level, Baldur is the Light in Darkness. He is the Light that can be found when one is sunk on a dark place and he give's solace to those who are trapped in darkness in their lives.

Although there are many physical offerings you can make to Baldur such as Orange, yellow, and red crystals/stones, Chamomile Flowers/Tea, tri-coloured braids in red, yellow and black, butterfly wings particularly orange ones, orange juice and mead, It is said best offering for Baldur is to be kind to someone to whom it is difficult for you to show kindness. Then light a candle in the dark and call upon him for his aid.



Nowra altar

Invocation to Baldur

Hail, Baldur, the Brightest God
Hail to Frigga's darling
Hail, Baldur, Odin's golden boy
All hail the shining Morning.

Light sent down to shadowland
Lord who did not return

Blazing beacon of beauty
May we find you when shadows close upon us.

Be our beacon of light in the darkness.
Hail and Welcome

Ritual for Baldur

This ritual to Baldur is done when there is despair in your heart, and you feel that you cannot go on. It is good for people struggling with depression or just struggling with life in general. It is traditionally done in a dark room before sunrise, but we will be doing the ritual at night-time and using candles to represent our "sunlight". We will be also anointing our third eye and our hearts with anointing oil, as we bring light back into our lives.

Ritual for Baldur

In a darkened room we will place our candles on a mirrored surface in front of us unlit. We say the following:

***"In darkness I fall
With no light inside me.
Light is dead, and Baldur is fallen,
Never to return"***

***"In darkness I fall
With no light around me.
Light is dead and Baldur is fallen,
Never to return."***

***"In darkness I fall
With no light inside me.
Light is dead and Baldur is fallen,
And I weep for him,
As I weep for myself."***

***"In darkness I fall
With no light around me.
Light is dead and Baldur is fallen,
Never to return."***

Light the candle, saying:

***"I light my pyre."
"The light has not vanished,
it still dwells in the depths,
and I can part the veil and see Baldur's
glow."***

Repeat this to yourself, over and over, while looking at the candle and visualizing seeing Baldur as a single bright spot in the darkness of the Underworld.

When you have visualised, this anoint your third eye with the anointing oil and say:

***"Baldur, Show me the way out of the
depths
Where the light still glows,
Give me unyielding faith
Like your own unyielding faith."***

Anoint your heart chakra with it, and say:

***"There is Light in the darkest place,
And the Love in my heart shows me the
way"***

Sit now and meditate on the positive aspects of your life and yourself. Baldur has brought back the light to both your heart and your mind. Bask in light even if it only for a short time.

When you're ready farewell Baldur.

***"Thanks to you, Baldur,
Who lightens my life,
May your presence always calm and guide
me.
Hail and farewell"***

References

<https://www.northernpaganism.org/shrines/baldur/about.html>

<https://www.northernpaganism.org/shrines/baldur/writing/solitary-rite-for-baldur-and-nanna.html>



NOTE: The Sydney Blót did not go ahead this month because of too many absences due to illness.