

# SPHERES OF LIGHT



## FULL MOON IN ARIES - 7TH OCTOBER 2022

### Spheres Of Light – Aries Full Moon Circle



### **Aries Full Moon** (10/10/2022 7:54am AEDT)

The first step in understanding this full Moon is to know that it can bring up feelings of restlessness, impatience, and frustration. Aries quickly points out where you are not aligning with your life's purpose. This energy can feel intense and cause self-doubt in your decisions. It is here to inspire you to break through anything holding you back.

When our energy stagnates or does not move forward, we tend to feel restless and impatient. We also tend to feel these things when we are not making the choices needed to align with our journey. We may not know what choices need to be made, which can also be frustrating.

### **Goddess Idun**

In Norse mythology, Idun (pronounced "IH-dune;" from Old Norse *Íðunn*) the goddess of Spring and rejuvenation, was responsible for watching over the apples of immortality. The Goddess Idunn is guardian of the apples which she fed to the gods and goddesses so they remain forever young. Apple wands were also used in Norse rituals as they symbolise good health, happiness, wisdom and eternal

love. Similarly, Celtic mythology often mentions apples as the fruit of the gods that brings a sense of wholeness, healing and connection with nature. Idun belonged to the Aesir tribe and was quite relevant and respected because, without the apples she possessed, the gods would not be able to maintain their immortality. Her power over the immortal bearing epli, which was the Old Norse word for “apple” or “nut,” made Idun and her golden apples an essential goddess in Asgard. Bragi, the Norse god of poetry, was her husband.

As mentioned Idun’s most important assignment was to guard the magical apples of youth. All the gods were dependent of these apples.

The importance of the apples is illustrated in the story of what happened when Idun and her apples were kidnapped. As the tale goes it all started when Loki, the unreliable trickster god was captured by a frost giant named Thiassi. The frost giant only agreed to set Loki free if he promised to give him Idun and her apples. Loki was true to his promise and lured Idun to a nearby forest. He told the goddess that more and better apples grew there.

In the meantime, Thiassi had transformed himself into an eagle. He swooped down and captured Idun in his claws and flew away.

With Idun and her apples gone complete disaster and panic spread throughout Asgard, the home of the gods and goddesses. They all started to decline very quickly. Their hair turned gray and their skin became wrinkly. All the gods and goddesses were aging fast. To make matters worse they became very weak and many showed signs of memory loss.

Odin, the main god, heard what happened. He was furious with Loki. He threatened Loki that if Idun was not safely returned immediately he would use his magic to make Loki’s life a gruesome nightmare. Loki took the threats seriously and set out to save Idun. He transformed himself to a falcon and flew to Jotunheim, the land of the giants and trolls. After he located Idun he proceeded to transform her into a nut and flew back with her to Asgard.

Thiassi discovered what had happened and in the shape of an eagle flew after Loki with the intention of recapturing Idun. Loki landed safely in Asgard. Shortly after Thiassi reached Asgard. His flying ability came to a halt and he fell right down. The gods, filled with anger, killed Thiassi. Odin then ripped his eyes out and threw them towards the sky. His eyes magically transformed into stars. Loki transformed Idun back to her beautiful self. All the gods and goddess ate an apple each and restored their youth and strength.

## **Apples – Things you may not know**

- In ancient mythology, the Apple is one of the most sacred trees and symbolises good health and future happiness.
- In the Adam & Eve story in the bible apples were forbidden as they came from the tree of knowledge. Once Adam & Eve had tasted the apple they gained knowledge of good and evil and were expelled from the Garden of Eden.
- Apples were included in fairy tales e.g In Snow White the apple was poisoned.
- We are also familiar with the popular proverb “An apple a day keeps the doctor away”.
- Hidden within the apple we find a powerful symbol; the pentagram. Most people miss this as they cut the apple from top to bottom.
- The famous Apple Logo is a great example of the apple as a symbol of knowledge. The bite taken from the apple may represent biting into knowledge.

## Charms

We will be making health charms using oil bottles. We will be using sunflower oil as the carrier and the following aromatherapy oils:

Bergamot - stress relief, mood boosting, pain relief

Frankincense - anti-inflammatory

Rosemary – memory

Lavender – calming qualities

Peppermint – general health

## FULL MOON BLÓT IN ARIES

### Cleansing

As we move into the circle, we will cleanse through incense and adjust our thoughts and enter 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.**

### 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 Idun**

**Hail to the Goddess Idunn, fair goddess, we greet you, who grant The life-giving apples to mortals and gods restoring the youth of body and mind. That quicken our limbs, and brighten our minds with bliss we once knew, but which we forgot In the grey grinding days amidst all our strife. Let us find peace, and let us make peace with ourselves and each other, as you among Gods! You counter old age, which equals us all. With the essence of life, the gift we all share. 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 Thor and Idun, 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.**

## **Goddess Idun 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. An eagle flies above you. In the

distance you hear the muffled sound of a waterfall, falling, like music. Your heartbeat, your breath, and the water are keeping time with the rhythm of nature.

Soon the path you are on brings you to an apple grove. Intuitively you sense that this apple grove is a special and sacred place.

You walk the many pathways that crisscross this apple grove and you notice each tree has beautifully formed golden apples that give off an intoxicating sent of apples.

As you walk on one of the pathways you notice a woman tending to the apple trees. The woman waves to you and introduces herself as Idun, the apple keeper.

She radiates health and energy and she mentions that her health is attributed to eating apples which she grows for the Gods to keep them young. She carries a basket full of golden apples and she hands you an apple. Go find a tree to sit under and eat your apple and take your time eating it, think about your health and allow the apple's magic to heal and rejuvenate you.

The Goddess Idun comes and sits beside you. She says that the power of healing lies within you, when you need revitalising take an apple and inject your intent and love and when you eat the apple that love and intent will heal you.

It is time to leave this special place and you thank Idun for knowledge and her generosity. As you make your way back along the path once again you see the eagle 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.

## **Activity**

**We first drink the magical apples of youth. We will then make our charm bottles for wealth & health.**

## **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 apple cider, 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 Thor, Idun 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!, Thor, Idun & 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.**

