

# Spheres Of Light



## Imbolc & Full Moon in Aquarius ~ 4th August 2023

**Full Moon In Aquarius &  
Imbolc Ritual Zoom  
Friday 4<sup>th</sup> August at 8pm**

### **Imbolc and Full Moon in Aquarius**

Imbolc is the time of the beginning of beginnings, the time to consider carefully what you will do with the year and your life stretching before you. Imbolc brings the awakening of the life force when the first green shoots of bulbs appear. Life is stirring again, and the Sun is causing things to grow. It is a time to honour the feminine and get ready for spring.

We are like seeds who have been germinating in the darkness of Winter and who are now stirring awake. We are outgrowing the confines of what once felt safe and comfortable. We are yearning to break free and embark on a journey to new horizons to become who we must.

**Aquarius Full Moon** - This Full Moon occurs when the cooperative Aquarius Moon opposes the individualistic Leo Sun. This cosmic coupling allows us to see the difference between satisfying ourselves (Leo) and collaborating with others (Aquarius) and helps us understand the relationship between teamwork and individuality. The community-conscious Aquarius Full Moon reminds us that we are part of something larger than ourselves, and that acting on our ideas and ideals will benefit everyone.

**Activity – Aquarius Water Bearer Healing** - As human beings we are channels of light. Through water, the light of consciousness flows. We are aware that humans and the Earth can get clogged up with

toxins. When there is junk in the bio-system, light cannot channel clearly, and our health breaks down. We will be blessing a bowl of water. Each person will project their intent into the bowl of water in order to heal, clean the earth and also our own bodies, allowing ourselves to become beacons of light. This is a way we can restore ourselves thus restoring peace and prosperity on planet Earth. Place your crystal and hands within the bowl take on the power of the water which has been empowered by the crystal, absorb the energy it is emitting. Now bless the bowl as water bearers. After our ritual go outside and give the water to the earth so that it can be the channel of healing on a planetary basis.

### **Imbolc Meditation**

You are visualizing nothingness. You are standing within the nothingness. You are part of the nothingness. (Silence for a couple of minutes) The Void is that which is beyond all things, it is the nothingness out of which all things continually arise and dissolve back into; it is the quantum void or zero point field at the heart of every particle of matter, out of which all matter continually arises and dissolves back into; it is the giant black holes in the furthest reaches of the universe, continually creating matter then consuming and then regurgitating over and over.

Now bring your awareness to any sensations in your body and be present to them without trying to judge or change them; Bring your awareness to any feelings you are holding and be present to them without trying to judge or change them; Bring your awareness to your thoughts and be present to them without trying to judge or change them; Bring your awareness to the space between your thoughts and imagine the space expanding into silence; Enter into the silence, the emptiness, the nothingness; Sense your being-ness beyond thought, feeling and perception. Sense your nearness to the Divine. Sense the nothingness deep within you; Be with the nothingness for as long as you can; (spend at least 10 minutes in nothingness) Merged in complete nothingness you perceive a microdot of light, you concentrate on the dot and watch it becoming larger and larger, larger and larger. The light expands until it is a ball of light directly above your head.

The light is illumination from the Cosmic Sun. You see this light moving from the top of your head moving down your spinal cord, down into the solar plexus. You see the light expand in your solar plexus, and then spread throughout your body. You see the light spread out into your aura. You see your light expanding and connecting to each person in the room. The light from your solar plexus shines out to greet the Cosmic Sun. Your light shines out into the midnight darkness and becomes the beacon in the void. The light brings clear vision, and you see your journey in front of you. The light brings energy into your solar plexus, and it gives you the motivation to start your journey. The light strengthens your body, mind and spirit and prepares you for your awakening. Take time now to explore your new horizons and when it is time, I will call you back.

It is time to bring your awareness back to your thoughts, then to your feelings, then to your physical presence. Take four slow deep breaths and slowly open your eyes. Wriggling your fingers and toes.

### **Ritual**

By the Power of the Dragons, may this circle be blessed, cleansed and sanctified.

#### **East**

Guardians of the East, Element of Air, Bless us with your presence here tonight.  
Bring forth the wind of change and purification, to help uplift us to our full potential.  
Hail and Welcome

#### **North**

Guardians of the North, Element of Fire, Bless us with your presence here tonight.  
Shine your cleansing rays upon us and help burn away the negative energies that hold us back.  
Hail and Welcome.

**West**

Guardians of the West, Element of Water, Bless us with your presence here tonight.  
Bring forth the healing powers of water, moving us forward along the flow of our path.  
Hail and Welcome

**South**

Guardians of the South, Element of Earth, Bless us with your presence here tonight.  
Empower us to grow and change, helping us to manifest our new goals.  
Hail and Welcome.

**Invocation**

Hail Goddess Brigid, Goddess of Fire, Guardian of women, children and animals.  
We ask us that you join us in our ritual to help us celebrate and renew our lives.  
Help us to develop our creativity, progress through changes and inspire our purification of self.  
May your light guide us along our paths.  
Hail and Welcome

**Activity** (as outlined above)**Closing**

Brigid, we thank you for your presence here tonight.  
Thank you for guiding us through our creative transformations and for easing us  
through the process of change and purification.  
Hail and Farewell

**South**

Guardians of the South, Element of Earth, we thank you for your presence here this tonight.  
We thank you for helping us to grow, change and manifest all of our goals.  
Hail and Farewell

**West**

Guardians of the West, Element of Water, we thank you for your presence here tonight.  
We thank you for your guidance along our paths, helping us to learn to heal and love.  
Hail and Farewell

**North**

Guardians of the North, Element of Fire, we thank you for your presence here tonight.  
Thank you for helping illuminate our paths and helping us to release negative energies.  
Hail and Farewell

**East**

Guardians of the East, Element of Air, we thank you for your presence here tonight.  
Thank you for helping us to raise our potential, and helping us to emerge through all stages of change  
and purification.  
Hail and Farewell

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

