Visualization-Winter Solstice -Receiving a gift from the Goddess from in 2004 ritual

Close your eyes; relax and breathe deeply. Let your breathing become slow, deep, easy. Relax and continue breathing deeply and gently as…we enter the time of the greatest dark.

It is the dark of the longest night…

…the dark of the cold universe between the stars and planets.

…the dark of the sea,

…the dark of the womb.

Wrap this darkness gently about you like a comfortable blanket.

Float gently now in its depths. (pause)

Grow here nourished by an invisible cord that connects you to the Source of all life. Floating gently in the dark…Softly rocking in the dark…

And though it is dark, we realize that what surrounds us is not empty, but-like the womb-full of life. Take a moment now to sense the swirling, nurturing energy of the dark.

And now, as the energy increases, it gives birth to the smallest spark imaginable, the spark of new life. See that spark now as it glows, watch that spark now, and watch it as it grows. Glowing brighter and righter, it grows into a flame. As you look at this flame, its light fills you with warmth, with love. And as you feel increased love and warmth within you, the visible intensity of the flame slowly diminishes and as it does, in its place, slowly becoming visible, is the outline of a present. This gift becomes more solid until you can see its form clearly and see that it is wrapped in a glistening filament of light. This gift has your name on it, inscribed in the glistening material. Still from some distance, you see your name now on this gift. Even if you a near-sighted, you have no trouble making out the letters, for you now have perfect vision. Is your name written in a special color? Is the inscription special in any other way? Approach your wrapped present now more closely. What shape is it? How big is it? What color is its wrapping?

Pick it up: Is it light? Heavy?

And now you unwrap your gift. How easy or difficult is it to unwrap?

You finish opening it now and you receive your gift.

What is it? (pause)

Look at it carefully. Experience it fully. Accept it. Accept your gift with joy. Feel your heart warm with the love with which it has been given to you. And now, from your heart, send out gratitude for your gift. Send out thanks to the Goddess, Our Great Mother.

Sing: “The Giveaway Song”

Let us take what we have been given,

Let us take what we have been given,

Let us take it and give it away.

(verses) Let us bless what we have been give.

Let us hold what we have been given.

Let us love what we have been given. Let us take what we have been given.