**SUMMER SOLSTICE 2000 Grace, Wendy, Debby, Dawn**

**Things to bring/do:**

*Debby- tarps, cloth of sun colors, paper for books w/ saying, scissors, yellow cornmeal for base of mandala, roses, mortar & pestle, gold medallions to hang, white sheet, re-write outline.*

*Grace- history of Solstice papers put in a basket for the food table with a sign for everyone to take one, gods & goddesses papers, Blessing divided into 3 parts„ mugwort*

*Dawn-colored cornmeal in baggier for mandala, herbs for around outside of the circle, bells*

*Wendy-plant visualization for letting go, herbs, paper for book to write on.*

**One of us will wait down by the circle to stop them when they drive up, and help the take all but their food to the circle.**

**"6:00-6:45: Dinner-** During dinner each person reads the history information they took from the basket as we eat.

**6:45-7:00: Blessing-** Water- *Dawn;* staff of mugwort-Debby; Herb-*Grace /* Grace will instruct them to take a god from one basket and a goddess from the other, walk to the circle and begin drumming.

**7:00-7:15 Drumming**

**7:15-7:30 Releasing Visualization** *-Debby —see (attached)*

**7:30-8:00- Mandala Meditation-Dawn-** Instruct crushing their herb which holds that which they want to release within it; incorporate the crushed herb with the colored cornmeal to make a sun mandala;

spontaneously say what it is that you're releasing into the fire as we build/create it.

**When Mandala is done; *Dawn***

* By releasing, we created space. oft,
* Our fire is at the highest peak. We can manifest that which we want to-bring into our lives.
* Take time to visualize that which you want to manifest right now..

**8:00-8:30 *Grace-* Manifestation Walk/Reinforcement with ringing the bells/ Sending the wish down the river.** Instructs us to pick up a day lily or rose.

* We are going to walk over the bridge to the creek. Bring a bell and your flower and stay in the meditation on the walk, focusing on your wish.
* At the creek we will form a circle; one person will step in the center, say what she wants to bring into her life; we will repeat it out loud as we "ring" her wish in;
* When the bells stop, she will leave the circle and sending her wish into her flower, send it down the river.
* When we're all done, hold hands and walk back to the circle (Chanting?

"The air, the water, the fire, the body we burn, we burn, we burn, we burn The air, the water, the fire the body we burn we burn we burn.

* When we are at the circle, begin circling to the right, holding hands, then moving forward together, step in the center, mixing up the mandala, saying what we now have in our lives. Move out, go to the left, do it again.

**Closing:** *Debby*  "We gave our sorrows to the flame, the Goddess of Fire

consumed our pain. She is here in the , She is here in the

... She has given me , She has given me • • •

We give great thanks for all that we have received.

**Closing Song:**

**Summer Solstice-Healing/Releasing Visualization (Used in 2000 ritual) Focus: Male entity & Healing Herb**

Take the herb that was given to you and place it on your solar plexus. As you are assuming a comfortable position in your spirit / body spaces, I am asking that a few special Goddesses and Raven enter our healing circle. Raven as the guardian of ceremonial magic, guides the magic of healing and the change in consciousness that will dispel the blockages we are releasing and help to bring about our new realities. Raven brings in the new state of wellness from the Void of Great Mystery and the field of plenty.

Amaterasu, we honor you on this Summer Solstice, our Japanese Sun Goddess. Please be with us, warming our passions for creation. Pele, give us your fiery energy to jump-start our manifestations. Gwandusu, from our African sisters and Spider Woman from this continent-please lend us your strength, courage, passion of conviction, and abilities to accomplish great deeds.

Closing your eyes, imagine yourself in a landscape, which represents the masculine aspect of your being. Allow images to emerge that are connected with your male power. What are the dominant colors? What are the dominant elements, sounds, smells and shapes? Perhaps you find a bright sun shining, tall fir trees and high mountain peaks. Notice what plants are there.

Take time to explore this landscape, bringing in rich detail, opening all your senses. On your journey, discover a fire burning and a circle of men chanting and drumming around

it. There are men of all ages and colors. Move toward the fire, feel its light and warmth purify and energize you. Look into the faces of the men in the circle. They are the faces of your male ancestors; of men you have known; of powerful, wise men; of heroes and Gods. Take time to be with them and share something.

Now, focus on a specific man who is here to help you free the blockages that you've chosen to let go of this midsummer's eve. Have him stand in front of you and look into his eyes. Ask him how to access your male power and to help facilitate your letting go. Interact with him as long as and in any way you wish.

Before he leaves, he blesses you with a plant that is the symbol of your ability to let go of beliefs and feelings that no longer serve you. Look at the plant in his hands. Do you recognize it? You don't need to. It is the perfect texture, fragrance and shape to ease the transition. Are you to drink it as tea? Crush it for a poultice or use it as a pillow? When you take the plant, know you have released and have chosen to deliberately create and manifest your desires. After you turn away, your attention goes to a distant drumbeat. It seems so familiar and you are drawn to whence it come. As you drift toward it, it becomes louder and you see women lounging with their eyes closed as if dreaming. You find your body there and as you reenter your head the peace and excitement of creating your personal desires puts a smile on your face and a passion in your heart. Sisters, the freedom of abundant choice is yours!