

Outline for Lammas
July 29, 2007

- 30 minutes Shuttle participants to houseboat.
Peruvian music will be playing as they arrive.
Food baskets and sit things will be brought up stairs by the team.
Indian flute music will be playing. Smudging can occur at this point as they arrive on the houseboat.
- 20 minutes Anointing with sea water - Bonnie
"Welcome to Lammas, a celebration of the earth and its bounty. I anoint you with water from the sea. It is the birth water from which all life emerged."
Women will take their places on the top deck.
- 15 minutes Creating Sacred Space - Calling the directions
Sandy
- 60 minutes Purification and facial - Jean with Bonnie passing the clay pot.
Time for each woman to share using the talking stick. Time to wash off facial and cool off in lake.
- 60 minutes Feast - Passing out of the star headpieces
Blessing for the feast - Bonnie (See attached)
Passing the baskets to each other. We will need cutting boards, knives. The first basket passed could contain the plates and eating utensils. This includes clean up time.
- 30 minutes Guided meditation -Inspiration- Wendy
- 10 minutes Dancing and closing the circle
- 30 minutes Return shuttle

Song

We are the daughters of the moon
We are the sisters of the sun.
We are the mothers of the earth
We are women, we are one.

Before we pass the baskets of food to each other in a clockwise direction let us sing this song.

LAMMAS

BLESSING BEFORE MEAL

Today, we have been blessed with sea water, the birth water from which all life emerged, we have had cleansing facials with the clay from the earth. And while we had on these clay masks somehow we were able to touch our souls and identify areas in our lives where we needed to be touched by the cleansing power of the spirit within each of us.

So now we continue to celebrate and show our gratitude to mother earth, by sharing the fruits and vegetables so beautifully abundant on our altar today. We are so grateful for all these things and grateful that we can be together to share this magnificent day.

For a moment now lets visualize ourselves on the back of a crow, flying over fields bright with sunlight. People are singing as they rake the hay into mounds and you are so close you can smell the fresh hay and hear the harvesters' song. As you alight in a nearby oak tree, there is a sense of peace and security as you are wrapped in the wings of the crow; Rest you are in her arms, the wings of the Mother, basking in the warmth of the sun. We bring fruits and vegetables and baskets of bread to the table today. Let us eat and be merry for today we are together in this magical place.

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Just sit back, lie down, get comfortable and start to relax your body. You are now going into a deeper state of relaxation before entering the star light. Check in, beginning with your feet, letting go of tension and starting the wonderful feeling of giving up any need for attention to the outer world. Move your breath into your ankles then legs, letting your inner healing power work within to clear unwanted distractions. Find yourself again in the candle lit ante-chamber in the great pyramid. Notice the flickering candlelight on the limestone walls.

Frog has been called and graciously accepted my plea to be with us and help guide us to the Queens chamber. First Frog will heal us of any illness or negative energy left over from our purification.

As you continue up into the trunk of your body, breathe deep cleansing breaths and replace any stale and heavy oppression with the clear energy of frog medicine. Hold the thought of frog firmly in your mind so that healing may occur and you may be replenished with positive energy. Frog speaks of new life and harmony through its rain song. Except frog's guidance and find peace in the joy of taking time to give to yourself. A part of this giving is cleansing you of any person, place or thing that does not contribute to your state of serenity and replenishment. Take the time now to let go of that and those who do not contribute to your state of well being. Pay special attention to your circulation; let yourself flow safely, peacefully and easily.

Many of our inspirations may come to us as visions, ideas, goals, dreams or imaginings but we must quiet the outward, searching mind in order to receive the inner messages. Through quieting the mind and sitting or laying in meditation, we can create a greater peace and stability that will open many doors for us. Our divine inspiration will have room to be heard and blossom when we withdraw from what others have set up and provided in our outer known worlds.

Frog is now guiding you to the Queen's chamber deep inside the Pyramid. The corridor is candle lit, so notice the soft golden glow as you walk down the corridor. See frog ahead of you hopping along, showing you the way. He may appear to you as big as a man, or small like a boy, or perhaps as a tiny frog hopping in front of you. Follow him as he guides you down the dimly lit path.

You now see a beautiful rainbow at the end of the corridor. This is the light of Isis, the star. Walk slowly into the light and allow yourself to be washed in love. Allow yourself to float in the embrace of Isis. She is flooding you with inspiration and rejuvenating your old dreams and giving you new dreams. What are your dreams? You are now harvesting the results of your dreams, but what is the

next step? Allow her to speak to you. Or just let her flood you with hope and power. Does she have a message for you? (pause for at least a few minutes)

Our inspiration for today comes from the major arcana of Tarot- the Star. The Star, ruled by Aquarius, is the key of mediation and hope. We wear blue today symbolizing receptivity, inner reflection and intuition. Our red under garment shows our vitality and our will which is guided by our inner wisdom. Being surrounded by water we touch the inner life that reveals the answers from the divine spirit.

The Star represents the return of hope, inspiration and radiant energy. The Star illuminates-always. While visible in the sky at night, it also shines on us during the day hours. It is from the lesson of the Star that we are able to pick up the pieces and start over again. The warm spirit and the glow of hope surround us. We are now ready to embark on the acceptance of the comic consciousness.

Life is calm and peaceful after we have cleansed and begun to rebuild. How happy it feels to live the true essence of our heartfelt desires. What a momentous time this is that puts us in touch with the very essence of our soul. During our Star meditation we begin to create the inner confidence we have been seeking. It will gather together our experiences and shape them into a cosmic force. A force that will propel us forward and upward. Visions and dreams will become reality, just as hopes and wishes will gain the assistance of concrete actions. It is through the recognition of our true inner desires that we will be able to move forward to their fruition. How else do we get what we want? We must face the truth and go after it with all our heart and soul.

With our dedication to giving our selves time to quiet our minds, we appreciate this personal tool and utilize its full scope. Mediation will allow us to harmonize our physical self with our mental self. It will then permit the physical and mental to integrate with the spiritual.

Sit up now in your mediation and dance in the light of the Star. Feel her giving you the power and compassion to take your dreams to the next level.

There is comfort and pleasure as we carry out even the most difficult task. The idea is to experience joy and pleasure in all things without over doing it. This is possible through inner peace. A calm attitude will allow us to stay clear regarding the path we must travel. Let your star shine. Let your love burn bright. It will show you the way.