**Beltane 2018- (*Teresa*, Sandee, Marty, Debby)**

May 5th, 2018 / (11:00-3:00) **Note: The timing on this did not work. Perhaps Reflection room and Goddess room should have each been 7 ½ minutes not 15? It gave all a chance to socialize though. Also, it went late.**

**Ritual**

**11:00**: Women arrive and congregate on the driveway. A curtain is at the top of the steps to the deck.

**Blessings: Each blessing leads them deeper into the “Veil Between Worlds”.**

***1st Blessing:* (Steps on deck, before the curtain.) Marty**

**“Welcome to Beltane. Opposite on the wheel from Samhain, Beltane is also the time of year when the veil between worlds is the thinnest. As seeds spring forth and grass grows green we invite you to step between worlds, to explore the roots, stems, flowers and seeds of your own life. Within the veil, you will unveil your life’s journey. Are you willing to step between the veil?”**

***2nd Blessing:*** ***(Other side of the curtain on deck.) Teresa***

***“*You are entering the between world’s place- not life, not death. Lifting yourself into the void, release all that’s come before, all that could come after. Take a moment to just be in between the veil. As you walk forward, connect to your spirit self. She has held you since before and continues to hold you now, in her arms, guiding you, supporting you. Connect, let go, trust. You are here now in the Veil between worlds on this Beltane day. Are you ready to step forward into the unknown?”**

***3rd Blessing: (Before front door-Asks them to remove their shoes)* Debby:**

**“As you step through this door, this portal, consider your body’s life on hold. For this time that you are between worlds, your corporal body is suspended. You are the grass, you are the wind, you are the river, you are the sun. Open to the essence of life. This connection will guide you, as you are given a gift to see through the veil and reflect on the past, present, and future of the body you were given to guide.”**

**4th Blessing – Sandee:** (Inside the front door.) **“Welcome to the temple of the world between the Veil.”**

*(Guide them to put their food onto the table, then sit in the circle. Take her robe and place it on the bed in the Reflection Room)*

**11:25: CALLING IN THE DIRECTIONS**

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| **Teresa**  Spirits of the east, spirits of air Open our minds to the promise of summer Fill our lungs, carry our thoughts Help us to understand our place in the great circle Even as we offer to you a place in our circle here  **Debby**  Spirits of the south, spirits of fire Inspire us to seek out our own rebirth Warm our blood, excite us to action Help us to experience the passion of living As we invite you here to remind us of your place in our lives  **Sandee**  Spirits of the west, spirits of water Guide our roots to the source of life Nurture our compassion, bathe our wounds Help us to heal the world by our love As we ask you here to share in the healing of our hearts  **Marty**  Spirits of the north, spirits of earth Keep us safe in the arms of our Mother Be firm in our youth, and gentle in our aging Help us to find the wisdom in nature As we welcome you here to guide our steps on the path of the wise | **Teresa**  Goddess of the flowering earth With you we feel the blooming within us As the world once more is wrapped in warmth and light We thank you for new birth For a world awash in fertility and creation Come into our circle, as we celebrate you And greet you in all that lives.  **Debby**  God of the summer sun With you we feel the light within us As the world once more explodes with life We thank you for your passion For the glory of the lengthening day Come into our circle, as we celebrate you And greet you in all that lives.  **Sandee**  The circle is cast, the ritual begun May the power of the Ancient One Source of all creation May the powers of the Goddess, bright Lady of the moon And the God, horned hunter of the sun May the powers of the Guardian Spirits Rulers of the elemental realms May the powers of the stars above and the Earth below Bless this time, this place, and all who gather here. |

**Marty**: “Today we welcome Molly, our sister that has passed through the Veil…(anything else you’d like to add.) And we welcome all of you here today, to the Veil between Worlds where spirit, goddesses, gods and earthly beings have an opportunity to interact freely with each other. Today you are being given a gift; for this moment in time, you will have the opportunity to pause and reconnect with the fundamental aspects of why your higher-self chose to embark on this life’s journey. Time on Earth swiftly passes. Making conscious decisions on how you wish to live your life, affirms how precious life is. Within the veil, spirit’s voice can be heard. Valuable guidance is at hand. A magical journey has begun.

**1:30- Debby**

I’d like to explain the logistics of your journey throughout the ritual.

There are 7 stations you will travel to. Each station represents a different aspect of your physical and spiritual life. There is a number above each station telling you how many women that station supports. There isn’t a particular sequence for each station; simply move to a new area, where there is a space.

You will take with you one of the maypoles on our altar. There are 6 ribbons. You will find a pen and a piece of cardboard at each station, to support the ribbon as you write. (This will also keep the pen from bleeding through onto the surface of the table.) Writing in capital letters is the best way to keep the ink from spreading. The cardboard is color coded telling you the color of the ribbon to be used for that station.

**Sandee:** There will be 15 minutes for each station with 3 minutes for travel time in between. I will beat the drum to let you know when it’s time to change stations.

You’ll carry your journal to each station. A few of the stations will use the journal, others won’t. Sharing may be brief or lengthy, depending on the activity.

We won’t be having a specific time for eating during this ritual. Instead, you can choose a bit of this and that to take with you to your station. If you need a new plate, simply put your old one in the soapy bin in the sink and take a new one. The bathroom is behind this curtain, straight ahead. If you have any questions, I will be roaming to help in any way needed. Please remember, 15 minutes isn’t a very long time so use your travel between time efficiently.

So, simply move between stations, eat when you want to eat and follow the directions at each station. It’s important to remember throughout your journey today, that you have entered a temple in the veil between the worlds. This gift of time, this opportunity to reflect on your personal journey, is precious. To begin, Teresa will lead you through a visualization.

**11:30**- **Teresa Visualization:** **“Victory”** by Luke Anderson (8/24/14)

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| **What do you want more than anything, deep in the heart of your being? What do you want?**  **If you surveyed your time on this earth from a deathbed, what would really matter to you?**  **What are the memories that would engender the peace of nothing essential left undone- a life well lived?**  **Never forget what is most important to you.**  **Allow yourself for a moment to imagine a you who has held steadfast to the clarity of your vision,**  **who has overcome all obstacles on the path, who has vanquished all doubts,**  **composted all darkness,**  **to feed the radiant jewel of a life-giving tree, your unique offering to the world.**  **Invoke this liberated, potent, version of yourself. Right here. Right now.**  **Any time you feel the fog**  **of fragmenting voices,**  **the hypnotic sleep of superficial agendas;**  **anytime you lose faith in yourself**  **and your commitment or capacity-**  **invoke the one who has already made it through to the very end.**  **Let your every cell resonate**  **With the frequency of victory,**  **And know that this is no arrogance.**  **For if you truly listen**  **to the deepest aspiration of your heart,**  **then what you discover is that your core desire is a note that serves an evolving harmony.** | **Your love seeks above all**  **to give itself fully to the world,**  **with nothing held back.**  **When you recognize that you, and only you, are responsible for your choices, for mastering your experience,**  **for the life you weave,**  **for delivering your gift,**  **then no-one, no dark force,**  **no human insanity, no sickness of body or soul,**  **can hinder you.**  **We are at all times surrounded,**  **Permeated, By a great intelligence.**  **Creation moves unstoppably toward healing, the ultimate revealing of our magnificence in the beauty way.**  **Countless allies come to the aid of all who align themselves with this light.**  **So, offer your willingness to every step, however faltering, with all the sincerity, strength, and courage you can muster.**  **Though you might be daunted by all that would tear you down,**  **Though your willingness might seem insufficient for the task ahead,**  **give everything you are.**  **Your small willingness will be met by an infinite supply, and you will rise up,**  **and we will all rise beside you.** |

**Moving to stations:** Sing: “I will Believe the Truth about Myself”, 3 times.

**11:35**-2:00 **Stations-** *(First round there won’t be anyone in the Goddess Room-3 outside)*

* **Sandee, change the #3 on the outside of the front door to a #2 after the first station is complete.**
* **Then, at the 2nd rotation, knock on the Reflection room door and when she opens it, guide the woman waiting into the Goddess room.**
* **Once she’s in the room, guide the woman waiting outside the curtain into the chair in the Reflection Room. Point out the directions laying on the chair.**

*(Station descriptions are at the end of the outline)*

**2:00: Sing as we gather to share and weave: “I will be Gentle with Myself”**

**Back** in the circle/ ***Debby:* Model weaving. /Share while we weave**

**2:50: Marty /Reading: The Summer Day by Mary Oliver**

Who made the world?

Who made the swan, and the black bear?

Who made the grasshopper?

This grasshopper, I mean-

the one who has flung herself out of the grass,

the one who is eating sugar out of my hand,

who is moving her jaws back and forth instead of up and down-

who is gazing around with her enormous and complicated eyes.

Now she lifts her pale forearms and thoroughly washes her face.

Now she snaps her wings open, and floats away.

I don't know exactly what a prayer is.

I do know how to pay attention, how to fall down

into the grass, how to kneel down in the grass,

how to be idle and blessed, how to stroll through the fields,

which is what I have been doing all day.

Tell me, what else should I have done?

Doesn't everything die at last, and too soon?

Tell me, what is it you plan to do

with your one wild and precious life?

**2:55:** Sandee: ***Release Directions***

Lady of the Moon, of the fertile Earth and rolling seas,

Lord of the Sun, of the of the sky and the wild,

Thank You for Your presence in our circle today.

Powers of the West: powers of Water;

Thank You ,

For sharing your deep mysteries and intuition

Powers in the South; Powers of Fire;

Thank You,

For sharing your inspiration and courage

Powers of the East; powers of Earth,

Thank you

For sharing your stability and growth

Powers of the North; powers of Air,

Thank you

For sharing your wisdom and knowledge

All spirits who have joined with us on this day

Stay if you will, go if you must,

But know that you are ever welcome in our hearts.

We bid you hail and farewell.

Our circle is open

and yet unbroken.

May the peace and the power of the Goddess be with you.

Blessed be.

**Closing songs**

**Stations/Rooms:**

At each station, prompts are written, and rooms/stations are decorated to go with that attribute.

Women can get food at any time and carry their plates and drinks to each station.

(**15 min. @ stations, 3 minutes travel = 18 min)**

**Reflection Room**: (Private**,** mirrored room)-

*Regarding rotation: One woman waits outside the curtain in front of the alcove, preparing to enter the Reflection room- (there’s a note on the curtain). The woman in the Reflection room waits to be escorted into the Goddess room.*

*After the bell rings, a Goddess knocks on the door of the Refection Room. When the door is opened, she leads the woman into the sanctuary, then leads the outside woman into the Ref. room.*

***Prompt in Reflection Room****-(yellow):*

***(On a clipboard, on the chair)***

**A human Be-ing enters life without clothes, pure and formed perfectly for its journey on the earth. At this station, we want you to take notice of your physical body. Therefore, we’d like you to remove your outer garments and place them in the basket. You can don your robe at any time during this station. You are in a safe, private space. When the drum begins, there will be a knock on the door. Please open the door when you have your robe on. (Please place these directions on the chair when you leave.)**

*(Hanging from the left mirror)*

1. **Gazing into the mirror, consider that you have been this body’s caretaker on its life’s journey. Are you content with your stewardship of this physical form? Is your spirit prompting you in any way to adjust how you care for it?**

**Use your ribbon to write a message you’ve received; a reminder for when you leave the Veil.**

*(Hanging from the right mirror)*

1. **Your body was the vehicle you were given to travel throughout your life’s journey. We’d like you to reflect on the path your soul took as it inhabited this body. Closing your eyes and softening your inward gaze, discover the intention or primary purpose of your journey on this plane. Is there a thread that connects all the points upon your journey? As you find those connections, clarify your primary purpose or intention for your life.**

***Goddess room:*** *Decorated in white & gold:*3 facilitators as Goddesses. Clock with rotation times to post up high for reference.

*Having been led into the Goddess room, the woman is seated on the couch. The 3 Goddesses are in chairs facing her.*

***Goddess #1/ Marty:***

**“Welcome to the council of Goddesses. (Name), (daughter) of \_\_\_\_\_\_\_\_\_\_\_...you were born into a world filled with opportunities, challenges, and connections that helped and guided you on your life’s journey. Each connection was a conduit to becoming. Each experience provided valuable knowledge.**

**The purpose of our visit with you today is to give you an opportunity to acknowledge and deeply connect to the intention your soul made for this life’s journey.**

***Goddess #2/ Teresa***:

**Do you feel you have fulfilled your Be-ing’s main purpose for living in this life time? Is there more you wish to do?**

***Goddess # 3/Debby:***

**When returning to the world outside the veil, what gift will you bring to other souls that you encounter?**

***Goddess #1/ Marty (Step forward and help her to her feet, holding her hands):***

***“Know that you have our love and guidance whenever you call for us.”***

***Goddess #2/ Teresa***

***“With the gift of time, you are given an opportunity to rise and meet any goal you choose to reach for. We know that you have all the tools you need to accomplish your intentions. We thank you for the gifts you have brought to this world and the people connected to you on your path.”***

***Goddess #3/ Debby (Leading her to the alcove where she will dress.):***

***“You came to us having shed the outer garments of the physical world, which helped you to connect to your primal self. As you put on your clothes and dawn the outer world’s coverings, we ask you to notice how it feels to cover yourself. She is behind the dressing screen now***

***Goddess #1/Marty:***

***“Recognize that what you show on the outside through actions as well as your physical being, mirrors your* soul’s *well-being. And your soul’s well-being radiates out to those you touch as you pass through this life.”***

***Goddess #2/Teresa:***

***“We see the beauty of your immortal soul. And now we ask you to see yourself through our eyes. Behold your own grace and effervescent light.***

***Let us know when you are finished dressing.”***

***Goddess #3/Debby:***

***“Look in the mirror and stand tall. Take a deep breath. With each breath, allow spirit to fill and swirl throughout your body. Does your body look different, as spirit permeates all the between places from toes to crown? Continue breathing. Connect with your soul’s intention for your journey ahead. During this time between the veil, we invite you to open your heart, listen to messages you receive, and revel in the gift of life you’ve been given.***

***Move the dressing screen back.***

***“May your journey be fruitful. Blessed be.”***

**Wonder Woman station (Mental)** (red)**:**

Reflect on any or all of the questions listed below:

* What are your best qualities that are displayed in this life?

-that serve you well

-that serve the world and others well

* What are you most proud of?
* What do you do well?
* Using your powers of discernment, what are you wanting/willing to let go of as unnecessary burdens to your life?
* Write on the red ribbon what would be a “bumper sticker or title” that summarizes your experience here.  If there is time, share with the other person.

***Social/Emotional station*** *(orange)****:***

Which emotions were allowed full physical expression in your time thus far?

Which emotions were hidden, and where do they hide in your body today?

How have you connected physically to other beings in your time thus far?

How have you physically expressed your love?

How will you tend your emotional world in the times to come?

What new forms of physical expression will tenderly bless your emotional world?

**Shadow station (**green):

Reflect on and journal about any or all of the following questions:

* What are my worst qualities?

Can I forgive myself for these? Am I willing to?

* If life could start over, was there a better decision or path to be taken? How would taking a different path have changed life?
* Changing \_\_\_\_\_\_\_\_\_would have \_\_\_\_\_\_\_\_\_\_\_\_.
* People who love me, say my best qualities are\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Write on the green ribbon what would be a “bumper sticker or title” that summarizes your experience here.  If there is time, share with the other person.

**Physical/Sensory** (blue)**:**

Muscle testing-choosing scents to create personal lotions.

Questions:

**Passion/Spirit** (purple)**:**

Each participant reads out loud the poem, “I am an Emotional Being*.” (see end of outline)*

Then, they pull a card and share with their partner.

**I AM AN EMOTIONAL CREATURE by** Eve Ensler

|  |  |
| --- | --- |
| I love being a girl. I can feel what you’re feeling as you’re feeling it inside the feeling before.  I am an emotional creature. Things do not come to me  as intellectual theories or hard-shaped ideas. They pulse through my organs and legs and burn up my ears. I know when your girlfriend’s really pissed off even though she appears to give you what  you want. I know when a storm is coming. I can feel the invisible stirrings in the air. I can tell you he won’t call back. It’s a vibe I share.  I am an emotional creature. I love that I do not take things lightly. Everything is intense to me. The way I walk in the street. The way my mother wakes me up. The way I hear bad news. The way it’s unbearable when I lose.  I am an emotional creature. I am connected to everything and everyone. I was born like that. Don’t you dare say all negative that it’s a  teenage thing or it’s only, only because I’m a girl. These feelings make me better. They make me ready. They make me present. They make me strong.  I am an emotional creature. There is a particular way of knowing. It’s like the older women somehow forgot. I rejoice that it’s still in my body.  I know when the coconut’s about to fall. I know that we’ve pushed the earth too far. | I know my father isn’t coming back. That no one’s prepared for the fire. I know that lipstick means more than show.  I know that boys feel super-insecure and so-called terrorists are made, not born. I know that one kiss can take away all my decision-making ability and sometimes, you know, it should.  This is not extreme. It’s a girl thing. What we would all be if the big door inside us flew open. Don’t tell me not to cry. To calm it down Not to be so extreme-to be reasonable. I am an emotional creature. It’s how the earth got made. How the wind continues to pollinate. You don’t tell the Atlantic ocean to behave.  I am an emotional creature. Why would you want to shut me down or turn me off?  I am your remaining memory. I am connecting you to your source. Nothing’s been diluted. Nothing’s leaked out. I can take you back.  I love that I can feel the inside of the feelings in you, even if it stops my life even if it hurts too much or takes me off track even if it breaks my heart. It makes me responsible. I am an emotional I am an emotional, devotional,  incandotional, creature.  And I love, hear me, love, love, love being a girl. |

**Supplies:**

* Chime/bell
* Clips (Marty)
* Maypoles for each woman
* 12 ultrafine sharpie pens
* Flowers for altar
* Sign of each station saying how many women that station supports (unless there are for sure 2 at each station)
* Cards for goddess room with each woman’s full name and their relative’s name and relationship
* Prompts and decorations for each station
* Goddess images
* Clock with rotation times to post up high for reference in the Goddess room
* Stop watch for time keeper
* Robes
* White material, gold stuff, Goddess images etc. / Decorations for Goddess Room
* Drinks, cups, glasses, napkins, plates
* Tension rod for curtain on deck
* Battery candles
* Salt candles
* Material for altar
* Flowers, vases, trays to put flowers on so they can weave the flowers into the braids of the ribbons at the end if they want to
* Dressing divider for privacy

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