

# *Midsummer Solstice/Litha/Alban Hefin '14*

*Treibh na Tintean*

## **Meditation:** Lead by Dave

Close your eyes. Take a few deep breaths and relax. At this time of greatest light, we meditate on light as a symbol of spiritual energy. Breathe now gently and deeply and with each breath become aware of the light that surrounds you and the light that is within you- the light that is the energy of Our Great Mother. The light can be any color. It is often imagined as white- like bright sunlight. But it can be any color, any intensity that is best for you. Blue, green, yellow, purple, rose; we know that light can also be black. The light may stay the same color for you during this meditation or it may change from color to color, or become a blend of many colors. See the light now in your mind's eye. The light is all around us, we are bathed in its brightness, energy and warmth. (Pause) Focus on the light until you sense that you and the light are one. This will be your signal that you can bring the light inside you. (Pause) When you bring the light inside you, one way is to let it stream through your crown chakra at the top of your head ( if it's already entered another way, that's okay.) The light- this healing energy- flows through you now, from your crown, down to your third eye (between your eyebrows) to your throat, your shoulders and your arms and your hands, to your heart, your stomach, shining brightly at your solar plexus just above your navel, to your sex organs, shining too at your tailbone. The healing light travels down through your legs, your knees, your ankles and your feet. Feel the warmth of this healing energy now as it travels through your body. (Pause) Now sense the one part of your body where the light can shine the brightest and imagine the light there. See it shine. (Pause) Now extend your light out from your body just a little more, then a little more, until the light extends a few feet from your body. Now, if you like, extend your light to reach your brothers and sisters. Our lights meet and we are connected by this great light, connected by our renewed knowledge of Our Great Mother. Take a few moments now to sense this energy and this connectedness. (Pause) Now take from this light the energy that you need, and know that there is plenty of it for all. For the Source of this light is endless and ever abundant. Take a moment to experience Her abundance, and know that as you partake of Her light and Her love, so do you give your light and your love. And as you give energy, so do you receive it. And thus does the circle of life continue. (Pause) And as we come back now to this time and place, let us give thanks for the return of Our Great Mother, and for our return onto Her.

**Cleansing :** Cauldron smudging/ Water blessing

**Fae circle blessing: Dave** (Cast while lighting candles around the Fae circle)

'We open the veil and call upon the Fae kin, join us in our celebration of the Solstice. Take our blessings on your journeys and bless us in kind, our little Brothers and sisters of the moon. So mote it be!

## **Calling the Directions:**

**Richard/East:** Spirit of the East, Wind of Midsummer, refresh our minds and bodies as you guard this circle, So mote it be.

**Shae/South;** Spirit of the South, Flames of Midsummer, relight the passion within us as you guard this circle, So mote it be!

**Jenna/West:** Spirit of the West, Cascades of Midsummer, cleanse and charge us as you guard this circle, So mote it be!

**Mark/North:** Spirit of the North, Mountains of Midsummer, strengthen and guide our path as you

guard this circle, So mote it be!

**Dave/Spirit:** Spirit of Above and Below, entwine us in love and harmony as you encompass and guard this circle, So mote it be!

**Casting the Circle: ALL:** Closed may this circle be under the protection of the Goddess and of the Horned God. Protect and guide us, O Great Ones, for all who are within shall be between worlds until such time as it be broken. O Great Goddess and Horned God, we invite you to be with us and ask that you bless us with your presence at this rite.

**Covenant: ALL:** As we gather here in our sacred space, a circle is formed and we are connected in spirit.

**Invocation: All Ladies:** Father, Son, and Brother / Who wears a cloak of bright blue sky / Whose breath stirs the forest / whose love draws the harvest from the soil / I hear Your call in the wolf's song. / Teach me the holiness of joy, the sanctity of living. / I join You on the hillside / To dance in Your light / To reach for Your hand.

**All Men:** Mother, Daughter, Sister, / Let all that is needed to be done, be done well. Let us sing of Your glory under the moon. / We are the arm that does Your work. / We are the mind of Your thoughts. / We are the conductor of Your power. / we are the heart of Your love.

**Richard/East** - We celebrate Life on this Midsummer day! Sadness is set aside and joy flows within as the High Summer begins.

**Shae/South** - The Light of the Sun, the God of Life, shines around us and in us for the entire world to see.

**Jenna/West** - The Lord and Lady of the Greenwood have made their pact. The Oak King turns his face to that of the Holly King, so He may wed the Queen and pass into Her care.

**Mark/North** - The Life that enters the Lady's care is sanctified and purified in Her love. So mote it be!

**Rededication: Richard:** Together let us rededicate ourselves this solstice in the eyes of the God and the Goddess.

**ALL:** We serve and revere the Great God and Goddess. We are pagans, druids, witches and seekers; Stones of the ancient circle. Standing firmly balanced on the earth,  
Yet open to the winds of the heavens, And enduring through time.  
May the Old Ones witness our words – So mote it be!

**Rune Blessing: Shae:** On this Litha, where we celebrate the longest day of the year, we look to the rune Sowilo- the sun when, for the blessing of the summer sunlight, Sowilo exemplifies the finest aspects of the perfect summer days. We look to enjoy warm breezes, blue skies and the ultimate victory of the darkness- of which today is the shortest night of the year. The blessings of success, fertility, fun and playfulness are but a few of the joys that the summer sun brings us. May your joy be complete, your summer fun be safe, and may the light of the Sun God over warm you and illuminate the path before you. Hail Sowilo, happy Litha! So mote it be!

**Communion:** Jams & Crackers

**Thanking the God : ALL:** Lord of all the wild lands / warrior and poet, the rising grain and the shining blade, as I have partaken of Your strength and surety / so may I carry them with me and share

Your blessings with all the world. / Father of the Daybreak, Divine Friend, I am, as always, in Your service.  
/ Blessed be.

**Thanking the Goddess : ALL:** Thank you for being here in the soft buzzing grass, /  
Listening among the flowering gardens, / shining from the most royal blue sky. Thank you for granting  
our wishes: healthy lives rich with purpose, / true partners to share joys and tears, / wisdom to hear Your  
voice, / wealth to give to others as You have given to us. / Blessed be.

**Thanking the Directions:**

**Richard/East:** Spirit of the East, we thank the winds and timeless powers. Depart in peace. Blessed Be.

**Shae/South;** Spirit of the South, we thank the fire that comes from our God's eye. Depart in peace.  
Blessed Be.

**Jenna/West:** Spirit of the West, we thank the fair moon and the sea tides. Depart in peace. Blessed Be.

**Mark/North:** Spirit of the North, we thank our precious hearth, our blessed earth. Depart in peace.  
Blessed Be.

**Dave/Spirit:** Spirit, we thank our precious hearth, our blessed earth. Depart in peace. Blessed Be.

**Opening of Circle:** The circle is open, yet remains; around us flows its magical power. Merry meet and  
merry part and merry meet again!