



How to Gift Rites

Now that you have had a chance to experience receiving Rites and Blessings from me, it is time to prepare to gift them to the women in your Circle.

Preparation

Take time to tune into the guardian and guide Goddess who is awakening these Rites within you and those who are receiving them. You may use a picture or symbol of their energies to help you. Take time to yourself before everyone arrives to do this and anchor the energies with the symbol/s.

Practise

Say the words for the passing of the Rites again and again and again especially the day before and the day of your Circle. Trust that you will remember what you need to or/and similar words will come in guided by the Goddess. They are gifting the Rites through you. Read the 'form' for each the Rite from your notes so you are completely comfortable with them. I often put the paper with the words/actions under the 'station' (the fancy shawl I stand on as I gift the Rites) or under my Malá Naofa/sacred bundle (if you carry one) and even sometimes on the floor/ground beside me so I can have a quick private glance if I need to.

Transmission

It is important to actually invite each woman to step forward in her own time onto the 'station' to gift her Rite. Then ask for permission to gift the Rite. When you receive that, thank the woman. We always include invitation, permission and gratitude in all we do so that the women feel empowered.

Note: If outdoors you can create a 'station' of stones or seaweed or flower petals.

The opening of your 8th Chakra over the recipient allows you to enter into deeper sacred space together and offers extra sensitive protection for you both. This is an inch directly above your 7th Chakra called your 'Goll' (Gaelic for your 'halo' or 'personal sun' pronounced 'Gol'). As you have seen in my video it is easy to do with intention by parting your palms to 'spread' this like a cloak over the woman.

During the actual Rite, remember to take your time, make eye contact – a key part of the gifting – and let your hands and arms be 'led' by the energies of the Goddess. Feel the energies transmit - it will be different for each woman and sometimes the transmission happens before or after in their dreamtime. Trust that you are turning up to be the channel. Take back your 'Goll' by reaching downwards and bringing back your invisible energetic cloak to your 8th Chakra. Give thanks and a hug. However not everyone is a hugger and if so, offer a simple bow instead.

Common Dilemmas

Don't try too hard – trust it is happening. Don't stress about forgetting the words or actions – you will remember what you need to. If you forget a part of the Rite, don't fret, the Goddess has you covered. However, do prepare well, never 'wing' it – these are precious sacred Rites to be respected.

Sometimes you will have a strong connection with the woman who receives the Rites and feel/see their tears of joy. Then the next woman might seem indifferent or you don't feel anything. Trust all is as it should be, give each of these types of experiences equal time and compassion.

It is such a gift to reach the stage in life where you have stood up to be counted as a woman who can offer sacred Rites safely and openly with discernment of course. However, I wouldn't necessarily be advertising this in the local church!! Acknowledge your life choices to be able to do this and enjoy the experience thoroughly.

Enjoy!