



## **OPENING Sacred Space – Northern Hemisphere**

This beautiful ritual designates the space you and the women will be working in as sacred. I have included some examples that I use but please adapt your wording to your locality and please refer to the demonstration video. It is important you find your personal connection during the 7 steps. Remember, it is the quality, depth and integrity of the INTENT beneath your words that Open or Close Sacred Space. You may use your hands to clap or sing or rattle/drum or whistle to 'call' to each Direction before speaking your words. As I can't whistle myself, I like to make bird/animal noises instead. Be creative, spontaneous and 'tuned-in'. Remember that keeping it short with a strong voice is better than long with a weak voice.

I start in the North according to the Celtic tradition synonymous with womb-time before birth, underground growth before sprouting, dreamtime before dawn. The North Star is our guiding light in the Northern hemisphere (in the South the Southern Cross the guiding Star constellation). You may start in whichever Direction calls to you. For example, if you follow the Druidic tradition then you may begin in the East, the time of the Dawn. Some vary this starting in the Direction of the current Season.

Please note that in the suggested wording below I have included many options so yours does not need to be this detailed at all. I simply want to give you examples of the various types of components. You choose which ones you wish to call in.

**The North** – Direction of the:

The Element of Earth, symbolised by our Bodies

The Season of Winter

The Archetype of our Ancestors, those who have gone before us

*An Cailleach* (On Cal-yack) - the wise Crone

The Wolf symbolising intuition and community

Gaelic words to call in this Direction:

*Neart Aduagh, Tar Chugainn* (Knee-art Ah-doo-ie, Thar Koo-ing) meaning

Energies of the North, Come to Us.

'Sea! Short for 'Is ea' (Shah!) meaning It is! and implying 'Yes, I have spoken!'

Everyone echoes back 'Sea! Meaning It is so! and implying 'Yes, we have heard you'

indicating that it is time to turn and open up the next direction. However, use

whichever resonates with you best e.g. Aho, Ho, Amen.

**The East** - Direction of the:

The Element of Air, symbolised by our Breath

The Season of Spring

The Archetypes of Goddess Brigid, Caretaker of the Land, Bringer of Springtime

The Eagle symbolising great vision and perspective on our lives

Gaelic words to call in this Direction:

*Neart Anoir, Tar Chugainn* (Knee-art Ann-oar, Thar-kooing) meaning Energies of

the East, Come to Us 'Sea! (Shah!)

**The South** – Direction of the:

The Element of Fire, symbolised by our Spirit

The Season of Summer

The Archetypes of Goddess Áine - the Sun Goddess

The Serpent symbolising healing, shedding skin, closeness to Earth

(The Southern Cross if in the Southern hemisphere)

Gaelic words to call in this Direction:

*Neart Aneas, Tar Chugainn* (Knee-art Ann-ass, Thar-kooing) meaning Energies of

the South, Come to Us 'Sea! (Shah!)

**The West** – the Direction of the:

The Element of Water, symbolised by our Blood

The Season of Autumn

The Archetypes of *Mamáí Mara*- Mother Sea/Ocean, also your local river and lakes

The Stag and Doe symbolising the Divine Feminine & Masculine and the balance, harmony and unity between both

Gaelic words to call in this Direction:

*Neart Aniar, Tar Chugainn* (Knee-art Ann-ear, Thar-kooing) meaning Energies of the West, Come to Us 'Sea! (Shah!)

**Mother Earth** – the Direction of:

All that is within the Land and Oceans, our Sacred Sites and Energy points that lie within

The stone circles, cairns, mountains, rivers, lakes,

The places of our birth and the places we choose to call home

All Mother Earth's children: the stone/plant/animals/fish communities.

The Archetype of Goddess Danu (Dan-oo) of abundance and fertility

The Lower/Under World - place of our Power Animals/our Shadow

Gaelic words to call in this Direction:

*Danu, a Mháthair, a Mhamáí, Tar Chugainn* (Dan-oo, a Wah-her, a Wam-me, Thar-kooing) meaning Earth Goddess, mother. 'Sea! (Shah!)

**Father Sky** – the Direction of:

All that is above our Solar System and Sun, the Stars, the Milky Way, the Galaxies,

*Seanmháthair Gealach*, (Shan-wah-her Gal-yack) Grandmother Moon star of us

Womenfolk

The Archetype of Sky God *Daghdá* (Dag-da), protective energies of the Heavens

The Upper World - place of Wisdom/the Angels/Spiritual Beings

Gaelic words to call in this Direction:

*Dagda, ár n-Athair, Tar Chugainn* (Dag-da, ar-nAh-her, Thar-kooing) meaning Sky God, father. 'Sea! (Shah!).

**The Sacred Centre** – the Direction/Place of:

Great Spirit, Source of All Love, All Creation, All Energy

Place of the Heart and connection with All that is One.

The Middle World – place of Na Sídh the Faery Folk (Naw-Shee)

Gaelic words to call in this Direction:

*Spiorad, Tar Chugainn* (Spir-id, Tar-kooing) meaning Spirit

‘*Sin é*’ To finish instead of ‘Sea! We say ‘*Sin é*’ (Shin-eh) meaning ‘That’s it/The end/The finish’.

