



Self Ceremony Steps

Theme: Water Witching with River Goddess BOANN

Thank you for hearing your soul's calling for Self Ceremony. This Theme is a wonderful way to flow into the Festive Season with a calm and joyous heart. For the best effect, gift yourself the time and space to take part in the fullest way your Celtic soul yearns for.

Flowing with River Goddess Boann

Our Theme this month invites us to create a new story of how we celebrate the mid Winter celebrations. If you are usually frazzled and stressed or bored and sad then let Boann gently guide you to create a different story, a new way to flow into the stream of harmonious living. This simple yet powerful Self Ceremony will gift you the opportunity to do so as we drift towards glorious hibernation time.

Boann (pronounced Bow-Anne) is the Celtic Goddess of the Boyne, the mighty River that flows past Newgrange where the rising Sun shines into this womb-like Cairn at the Winter Solstice. She dared to seek the knowledge of the sacred Well of Seigais and bravely crafted a plan to gain all she desired not knowing what lay on the other side. The waters of the Well rose up and she merged with them to shapeshift into the River. She is the Goddess of Water (also Boínn) and she gifts us the power to flow with our decisions.

Boann chose to take a lover – the Dagda and her story includes a night and day of passion that lasted one year to birth their son – the Irish God of Love, Aenghus Óg. If you wish to learn how to change old ways and craft new traditions of celebration with intention then follow these simple steps below.

You will need:

Your Moon Kit Bag containing your Centrepiece cloth and Element items.

A copy of your Sacred Space document for Opening and Closing Directions with a rattle/drum if you choose to use one.

A pen and journal.

Special Items:

A fancy bowl

Sacred water (ideally from a local River or Well or Holy Water)

A phone to play the Theme Chant on.

A frond of an Evergreen Tree (Christmas Pine Tree) for your Cleanse

Another frond of the Evergreen Tree for your Water Witching

Self Ceremony Steps

Opening Sacred Space

Using your printed out copy of the Sacred Space document welcome all including any particular Guides/Spiritual Helpers you may have and especially Goddess Boann.

Set Up your Centrepiece Cloth (Altar)

Place the fancy bowl in the middle.

Self Cleanse

Gift yourself an ‘Evergreen frond’ **Cleanse** enjoying the aromatic scent of the needles. Be careful to stroke in the natural direction of the needles so they do not prick your skin. Gently croon as you, with intent, softly caress them over your limbs, hair and front of body penetrating to your back and over your entire energy field as you release anything that no longer serves you i.e. stress/tension/an argument. Bask in this for a few moments and know that I am holding strong, safe space for you as you do this Self Ceremony. Gift this frond back to the Earth either now or later.

Boann's Story

Once again watch the video of Boann's story on your laptop/phone OR remember all that you can sitting quietly, if possible, outside or by a window facing Grandmother Moon, in a private place with your preparation items nearby.

The Insightful Question and Setting Your Intention

Now ask yourself: *what is the old story you wish to change this festive season?* This is an interesting question that you may not have considered before. Be gentle with yourself as you truthfully answer this in your journal. If you find yourself crying or upset then let your tears flow as a natural release.

Sit and meditate on anything that you feel blocks you flowing into restful hibernation. It might be thinking that everyone is having a fantastic romantic holiday time and you are alone. It could be all the rich food and drink you consume caught up in revelling at every Christmas event leaving you exhausted and unwell. When you know in your heart what that is, write it down. For example, "I let go the feelings of having to spend a fortune to please my family /party so hard to impress others so I can enjoy the simple pleasures of friendship, crafting, self love and rest."

Now based on your answer set a clear **Intention** for example:

My Intention is to gently ease into hibernation time and joyously celebrate the true meaning of the return of the Sun and Son – Light and Love.

Core Ritual

If you are in the Northern Hemisphere then it is the month of the Long Night Moon, the Winter Solstice and a pivotal time when the light begins to return ever so slowly bringing hope and gladness. **Play/sing the Chant** (recorded on your phone) as you prepare to call in Boann's water energies to help you know how to create a new way to celebrate this mid Winter time. I will be deeply connecting with Boann and attuning her energies to help you on the principle that 'all time is now'.

Sit comfortably beside your Centrepiece Altar and singing or humming, **pour the special water into the fancy bowl**. Watch how it sparkles in the light.

Take the second Evergreen frond and break off the needles into a little bundle of approximately 13. Call to Boann and closing your eyes for a few moments give yourself permission to **see/sense/hear her**. Breathe and wait patiently dropping from your head to your heart as she makes herself known. **Trust that this will happen**. She is a beautiful ethereal presence and has a ‘watery’ energy. In your mind’s eye she may be bluish or greeny and ever moving or even simply a presence with no visual at all. Now **begin to craft your intention before you begin your Water Witching** , tune in with me and the large circle of women around the world who are also resonating with Boann and the Moon this month.

A good Intention would be ‘Boann, I invite you to **help me know how to create** a flowing, joyous Festive Season with my Self Ceremony’. Slowly **take the pine needles in your hands** and breathe this Intention into them. Now your **Water Witching** begins as you cast the needles into the special water in your fancy bowl. You can drop them in one by one or throw them in together – your choice.

Now, look very closely at the **pattern of the needles in the water**. You are now **‘divining’** – working with the Divine and bringing into the ‘known’ what is already held in the ‘unknown’. **Notice how the pine needles have fallen**, do they make a particularly meaningful pattern or letter or symbol to you? If any fall out of the bowl then this is also part of **your ‘reading’**.

Take your time and **hear/sense/intuit any thoughts, ideas or insights** that come during the ‘reading’ some of which might surprise you. You will know your head is not ‘making this up’ if some of the answers are slightly unusual, something that your rational mind would never have thought of. **Write all of these into your Journal** and divine the answer to your question. For example if the needles are all clumped together this could mean that you need more spaciousness over the holidays. Perhaps the shape of a sleeping dog means you need to offer yourself the unconditional love of lots of sleep. Have fun with this and trust the Boann is assisting you to create a new way to celebrate.

If you can do this at a River or Stream or Well rather than at home, even better as Mother Nature will join in too with even more signs as you create a new way of being for your Winter celebrations.

For the final part of your Self Ceremony **visualise** Boann **taking away** whatever you wrote down to let go of in your Intention leaving space to create. No need to think about this issue/situation as this happens simply trust that it is all taken care of as you **simply breathe**. When you **feel a 'charge'** (a strong sense of well being/an inner knowing/a YES!) then you will know that this is done and your Intention is now being answered and integrating within your psyche. **Let this feeling wash over you**. Thank Boann and the pine needles and your special water. Now find a place to return them to nature in your garden.

Journal your experiences

Once you have had time to sit and integrate all your Water Witching and Boann has gifted you, then sit down and write, doodle or draw all you have experienced in your journal.

Gather up your Moon Kit items

Make sure to 'sweep your tracks' so the place is left as though you were never there.

Closing Sacred Space

Using your printed out copy of the Sacred Space document thank all including any particular Guides/ Spiritual Helpers and Boann.

If you can, look out at Seanmháthair Gealach Grandmother Moon and revel in her moonlight or sense her energies as you gently ease yourself into the rest of your evening. Perhaps even go straight to bed or a warm bath or shower - you will know what is best. Finally, look to your dreams and any synchronicities around this time of the Celtic New Year at Samhain.