



Self Ceremony Moon Ritual Steps

Theme: 20/20 Vision with Goddess Aisling

Thank you for hearing your soul's calling for Self Ceremony. This Theme is an exciting way to shift into the new calendar year with foresight and revelation. For the best effect, gift yourself the time and space to take part in the fullest way your Celtic soul yearns for.

20/20 Vision

At some point in life most adults have what is called 20/20 vision. This is a term used to express normal visual acuity (the clarity or sharpness of vision) measured at a distance of 20 feet. Having 20/20 vision means seeing clearly at 20 feet what should normally be seen at that distance. This ability fades as we grow older and so many of us yearn for this optimum sight all our lives. Our Theme this month invites us to enhance another important related skill to truly see with perfect *inner* vision. If you have reached a point where you yearn to glimpse more and feel that you are not really seeing the proverbial full picture in life then let Goddess Aisling whose name means Vision gently guide you open your 3rd Medicine Eye to see what must be seen. This simple yet powerful Self Ceremony will gift you the opportunity to do so as we rest at hibernation's dream time.

Goddess Aisling – the Vision

Aisling (pronounced Ash-ling) is an Irish Celtic Goddess of the mythical Tuatha Dé Danann (in Gaelic the tribe of Mother Earth) who, it is said, descended from the misty sky in great ships. She is an embodiment of the Faeries, Na Sídh (pronounced *Naw Shee*) or Shining Ones as they are also known.

In legend and lore, she allowed herself to be glimpsed by warrior Bran and his brothers who heard her magical silver branch of nine bells. She dared to reveal

herself to a human man envisioning an idyllic future together against all the odds. She saw what others could not see – that there is another way to live, to love, to be and she grasped it willingly. Entranced by her mystical beauty and otherworldly presence, Bran followed her to Tir na nÓg, the mythical Land of the Ever Young where they lived a very happy life together.

If you wish to learn how to see with epic *inner 20/20* vision 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 Wreath made of Nature (A Christmas one is ideal)

If making one specifically for this Self Ceremony you will need –

Brightly coloured berries, twigs, ever green twigs and leaves.

Wool or twine to tie your Wreath

A secateurs or scissors

A phone to play the Theme Chant on.

An extra soft twig (the base for your Wreath) for your Cleanse

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 Aisling.

Set Up your Centrepiece Cloth (Altar)

Place the Wreath items in the middle.

Self Cleanse

As this is the last month of Winter, gift yourself a soft 'twig' **Cleanse** enjoying the feel of the young woody bark. Be careful to stroke in the natural direction of the wood so you do not nick 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 twig back to the Earth either now or later (do not incorporate into your Wreath as it has the removed heavy energy you released in it).

Aisling's Story

Once again watch the video of Aisling'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 do I want to see intuitively tapping into my 3rd medicine eye?* 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 from seeing what you need to for example fear of seeing the Otherworld or of being who you truly are. If you want to experience the wonder and awe of Nature and the exquisite beauty of the Otherworld there may be some truths about your life that you need to face up to. When you know in your heart what that is, write it all down in your journal. Now based on your answer create a clear **Intention** for your Self Ceremony such as: My Intention is to see with my eyes the wonder of the Otherworld using the inner vision of my 3rd Medicine Eye.

Core Ritual

If you are in the Northern Hemisphere then it is the month of the 'Old' Moon, the last month of Winter. **Play/sing the Chant** (recorded on your phone) as you prepare to call in Aisling's energies to help you. I will be deeply connecting with you and attuning her energies to help on the principle that 'all time is now'.

Sit comfortably beside your Centrepiece Altar and singing or humming, **and begin to create your special visionary Wreath**. Fit the soft twigs around your head as a size guide and tie with the wool. Now add in the berries or leaves to decorate.

Walk outside or over to a window (it can be night or day or dusk). Call to Aisling 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 'faerie/Otherworldly' energy. In your mind's eye she may be bright and shimmering and light filled or even simply a presence with no visual at all. Now tune in with me and the large circle of women around the world who are also resonating with Aisling and the Moon this month.

Slowly **take the Wreath in your hands** and breathe your Intention into it. Now your **20/20 Vision Self Ceremony** begins as you look through the Wreath with your left eye into Nature. Remember this may be daytime, night or dusk. It is your choice. All of them will work.

Now, slightly close your left eye in a soft focus and breathing gently look through your Wreath. What do you see? Let your 3rd Medicine Eye intuitively guide your actual eyes. For example, the waving branch on the Oak/Chestnut in your garden might suddenly reveal the Tree spirit that lives inside. Perhaps the gust of wind that blows the clothing on your washing line depicts the shape of something that has meaning for you. Maybe the song of the Robin means your father who died many years ago is gifting you divine guidance. Take your time and **hear/sense/intuit any thoughts, ideas or insights** that come during your Self Ceremony some of which might surprise you. You will know your head is not 'making this up' if some of what you see is slightly unusual, something that your rational mind would never have thought of.

Write all of these into your Journal. Have fun with this and trust that Aisling is assisting you to see what must be seen. 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 Aisling and your Vision Wreath. Now find a place to return it to the Earth, perhaps hanging on a tree or a flower bush in your garden

Journal your experiences

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

Gather up your Moon Kit items

Close Sacred Space

Thanking all including any particular Guides/ Spiritual Helpers and Aisling. Gently ease yourself into the rest of the day/evening with a warm bath or shower or go straight to bed - you will know what is best. Finally, look to your dreams and know that Seanmháthair Gealach guides you with her archetypal energies always.

Self Ceremony Reminder (once you read through this document a few times)

Open Sacred Space (reading the suggested words or make up your own version).

Set up your Centrepiece space.

Twig Cleanse

Aisling's Story (remember it and ponder or watch the video again)

Set an Intention *What do I want to see intuitively tapping into my 3rd medicine eye?*

Play/hum the Chant and create/enhance your Vision wreath.

Call to Faerie Queen Aisling and see/feel/hear her presence.

Look through your Vision Wreath and soft focus your eye to 'see' what is to be seen.

Journal your discoveries.

Close Sacred Space thanking Aisling.

Gift your Wreath and twig back to the Earth.