



The Sovereignty Rites of Ériu Template - Local Circle

This Template is a suggested Running Order and Time Management plan for the Sovereignty Rites of Ériu Theme (Air-oo). Please use this document in conjunction with the Foundation Theme Template where you have a guideline script for sections such as a Cleanse, Fire/Water Ceremony explanations etc. Specific information for the Sovereignty Rites of Ériu is offered below and the sample script is in italics, please 'translate' into your own words. This is a Theme for anytime of year but the Summer months when Ériu's island of Ireland is blossoming is ideal for an outdoor Circle.

Things to consider before the Circle

A few days prior, be conscious of holding your Moon Mná Circle and the content of the Theme. Please be well prepared and make sure that you have thoroughly worked through any issues that may have come up for you during your own Sovereignty Rites. Take time to meditate/spend quiet time with the archetypal energy of Ériu. This is important to do as you begin to collect the items/materials that you will require for your Circle in addition to your Moon Mná Lunar Kit.

Theme Related Items:

- *Your Rites clothes (shawl/piece of jewellery/fancy top).
- *Items for your Rites station such as a blanket/shawl on the floor/ground.
- *Symbols of sovereignty for the Centrepiece/Altar such as pictures of women in their power, a symbol of the island of Ireland, perhaps diploma certificates or medals etc.
- *A few extra cushions and throws/wraps.
- *Pens and paper in case some women forget to bring their own.

For the initial and closing sections if you need a recap please refer to the Foundation Theme Template again.

6.00pm Venue Preparation

Open Sacred Space privately and call in your Guides and whatever protection method you use (refer to the Protection for Gifting Rites document) to help you prepare calmly and thoroughly. Place your notes by your seat discreetly (and your Mála Naofa or Mesa if you carry a sacred bundle). Also have whatever you need to create your Rites station such as your shawl nearby. Arrange your Centrepiece/Altar Cloth attractively with everything to hand. Leave enough time to settle yourself before the women arrive.

6.45pm Registration and Tea

Consider asking a friend to oversee this and welcome newcomers as you prepare.

7.00pm Fáilte/Welcome

Include a brief introduction to the Circle's running order.

7.05pm Opening Sacred Space

Particularly invite in the energy of Sovereignty Goddess Ériu at the sacred centre.

7.15pm Hand Casting a Safe and Confidential Circle

7.20pm Earth Cleanse

This is Cleanse performed by each woman themselves which links in with the ethos and movements of the Sovereignty Rites of Ériu. Having described a Cleanse and what it is for, explain that this time you will demonstrate and then everyone will offer themselves a Self Cleanse at the same time. As you demonstrate explain that both hands, in an empowering way, are gathering up the energies of the Earth – Ériu's precious land before wafting these over the whole body to remove anything that, as the saying goes 'no longer serves'. Of course intention is everything so initially everyone consciously and privately pledges to invite the Earth energies of Ireland to cleanse some specific and/or some general issue/s. Afterwards 'release' whatever has been gathered by the hands back towards the Earth with thanks. If not in Ireland you and the women can still tap into the energies of the Irish land plus the land that you are currently on.

7.35pm Theme Introduction and Ériu's Story

This is where you tell Ériu's Story (see separate document). Try to remember as much as you can in your own words OR read a printout inviting the women to close their eyes.

Below are 'script' examples of comments relevant this Theme, add/subtract to your liking.

"How do you honour or indeed know your own sovereignty? Is it how you carry yourself – head high, looking people in the eye? Do you speak your truth with discernment? Do you learn to fight the 'battles' worth fighting and ignore the petty ones wisely? Goddess Ériu, a symbol of the Irish feminine, invites us to know our wild aspect, beautiful inside and out, proud of our heritage and the ancient wisdom that lies in her earthy domain. This is very relevant whether we live in Ireland or elsewhere tapping into our Celtic soul and our lineage. Ériu teaches us that there is always a way forward and to face challenges with wisdom and long-term vision. She embodies the sacred landscape and holds the gift of sovereignty inviting us to know and hold our own. As you embrace this aspect, Ériu will be your guide and your guardian if you invite her in.

The Moon is a quintessential symbol of the Divine Feminine, with her gloriously complicated cycle, she mirrors the stillness of our innate being. So, we meet monthly to discuss aspects of life important to women. Each Moon Mná Theme itself has a direct link to Grandmother Moon. Sovereignty Goddess Ériu brings an awareness of the Moon in her power and glory sailing through the skies with sovereignty."

7.45pm Talking Full Woman or Symbol/Stick

"What does sovereignty/being in your full power mean to you?"

You answer first to start and set an example. The women will copy you so make sure you keep to the amount of time you have set for this for example around 3 minutes.

Remember to explain your 'thank-you-please-come-to-an-end-as-you-have-exceeded-the-time-limit' sign if the women in their excitement share too long (hand on your heart/Namaste sign/T sign for Time). If you have a small Circle, there is a lovely opportunity to have a longer in-depth sharing here.

Be mindful that someone in your Circle may have, for a variety of reasons, never been in their power through emotional or verbal or any type of abuse. Perhaps also because of their upbringing as their parents/care-givers did not know what it was or how to call it in. As the Circle Facilitator we are inclusive of everyone and all their experiences.

8.05pm Core Theme - The Sovereignty Rites of Ériu Preparation

“This Rite is the opportunity for you to claim your personal sovereignty – to be in your full holistic power. Ériu is the Irish Goddess who found a way to prevent war and envision peace on this island through immense difficulty. She teaches us that no matter how great the obstacles, there is always a way forward and we too can face challenges with wisdom and long-term vision. Feisty Ériu had a quick and fierce temper when insulted and did not allow herself to be slighted by others. May we learn to call out anyone who does not respect us and demeans our abilities and/or those of other women. Our precious freedom was hard won by our fore-mothers and it is ours to treasure.

As Goddess of Ireland, Ériu invites us to ask ourselves if we honour or indeed know our own sovereignty. It may mean different things to different women but trust that you will know when to stand up for yourself and when to believe in your gifts and abilities against all the odds. She will awaken this ability within us with these Rites and be our guide and guardian as we bring this important aspect into our lives.

8.10pm Solo Journaling

Invite the women to journal for 5 minutes to privately note what sovereignty means to them and who any role models may be who symbolise this for them. Give out paper and pens. Play some soft Irish music as you prepare your Rites Station and read your notes.

8.15pm Preparation

“For these Rites, we work with three precious vessels within our being which carry our life energy capable of transformation as we age and learn. We know of these from a medieval Irish manuscript ‘The Cauldrons of Poesy’ (Poe-see) said to be written by Amergin (Am-er-ginn), the Milesian Bard and Nede MacAdne (Ned-eh Mack Aa-Dah), Chief Ulster Poet. The first one, Coire Goiriath (Gore-ee-ah) the Cauldron of Warming is at our Sacral Chakra – our Womb space. The second one, the Coire Ernma (Ern-mah) the Cauldron of Vocation is at our Heart Chakra and the final one the Coire Sois (Corr Sos), the Cauldron of Knowledge/Wisdom is positioned at our 3rd Eye Chakra. These sacred energetic vessels analogous to Chakras are said to be turned upside down, then on their sides and finally upwards as we progress through life. I personally translate this to mean that the Cauldron of Warming facing down mirrors our Womb receiving from the Earth initially then turning sideways to contain life at pregnancy and finally upwards to receive energy after menopause.

The Cauldron of Vocation reflects our hearts facing downwards initially to receive from our mother and Mother Earth then sideways to open to the world giving unconditional love and finally facing upwards to receive from Spirit. The Cauldron of Wisdom/Knowledge faces downwards empty as we begin our life's journey, turning to the side as we educate ourselves throughout life and filling upwards as we become awake and aware of our soul's calling. We and we alone can bring about this transformation as we live our life in the best way possible.

To receive your Sovereignty Rites of Ériu, simply be open to the experience with the intention of awakening this precious way of being within your heart and Celtic soul. You will see me pause to tune into my holding of these Rites, my connection to Goddess Ériu and my Moon Mná Guides. When I say 'Who comes to receive her Sovereignty Rites of Ériu?' each of you, who wish to receive, in turn will approach me and reply 'I _____ come, daughter of _____, granddaughter of _____ and _____' (to honour your Lineage if comfortable). Give me your permission, when asked with a nod or 'yes'.

Then I will open my 'Goll' energy field over you. As you look into my eyes, I will sweep my hands and arms to the Earth gathering Ériu's energies and the wisdom held in the land of Ireland. Firstly, I will bring these to your Cauldron of Warming at your WombSpace Sacral Chakra. Hold my gaze as you 'see' Ériu through my eyes. Again I will reach down and gather her energies this time to your Cauldron of Vocation at your Heart Chakra and finally with more gathering then to your Cauldron of Wisdom at your Third Eye Chakra. You will hear me say special words invoking her gift of Sovereignty. To finish I will offer gratitude for this honour and close my Goll. Simply be open to receive her profound gift to awaken your feminine power within."

8.30pm GIFTING the SOVEREIGNTY RITES OF ÉRIU

Remind everyone that the Rites are often transmitted before or after the actual evening itself, in the form of a dream or a 'knowing' or during the witness sharing.

*Put on your Rites shawl/fancy top/piece of jewellery and stand on your Rites Station. Trust that you will remember the energy of what you need to say during the Rites having memorised the words as their meaning is highly significant.

*Before you start, take time to tune into your holding of these sacred Rites while asking Ériu to come through you to awaken their holding of empowering sovereignty energies.

*Remind the women to be quiet/respectful observers while others receive their Rites.

*Ask 'Who comes to receive her Sovereignty Rites of Ériu?' with arms spread wide.

*As the first woman approaches clasp her hands and offer a warm welcome onto your 'Station'. She will say "*I ___ come, daughter of ___, granddaughter of ___ and ___*".

*Ask the recipient of the Rites to move forward (still on your station shawl/mat) with feet shoulder width apart, hands by their sides.

*Now ask for permission to awaken the Sovereignty Rites with a nod or yes.

*Open your 'Goll' by reaching up into your 8th Chakra with your hands and spread your energy field/aura over both of you to create an extra safe and sacred space.

* Invite the recipient to look deep into your eyes through the whole Rite.

*With strong intent, sweep your hands and arms to the Earth gathering Ériu's energies and the wisdom held in the land of Ireland.

*Bring these in your hands to her Cauldron of Warming at her Wombspace Sacral Chakra. Hold her gaze as you 'feel' Ériu through your eyes and say:

"Claim your Sovereignty"

**Again* with strong intent, sweep your hands to the Earth gathering Ériu's energies.

*Bring these in your hands to her Cauldron of Vocation at her Heart Chakra. Hold her gaze as you 'feel' Ériu through your eyes and say:

"Open your Heart"

*Finally with strong intent, sweep your hands to the Earth gathering Ériu's energies.

*Bring these in your hands to her Cauldron of Wisdom at her Third Eye Chakra. Hold her gaze as you 'feel' Ériu through your eyes and say:

"Live your Destiny"

* To finish say:

"I offer gratitude to you for the honour and privilege of awakening your Sovereignty and feminine power through Goddess Ériu."

*Reach down and gather up your Goll/energy field/Aura back to your 8th chakra.

*Hug if you and she are comfortable. If there are tears let them come so that the woman can savour this special time.

*Then initiate cheers from the women to celebrate!

*Take a stretch break and when you are ready repeat from the first step.

The maximum number for this Theme is 15 women. Anymore and the whole evening will be longer than 3 hours which is too much for all of you. Of course, you can always invite in an Anam Cara (Gaelic for Soul Friend) from our Moon Mná Facilitators Tribe to help you gift the Rites if they live locally OR host another evening.

Depending on how many women are in the Circle you may need to explain to them that if they are new to Rites that there will be a natural 'boredom' factor that will inevitably set in after the first few and especially after they have received their Rite. This is normal. Explain that to watch how the Rites are given and received is a gift to behold. Each will be subtly different as the energy shifts within each woman as the Rites take place.

Also please remember you are gifting the Rites with Ériu alone. She has not given her permission for you to teach anyone else how to do this. If someone does want to learn I am very happy to teach them when they join the Course themselves.

Group Share

If you have a small group, this is a lovely time to share their experiences. Keep in mind it may be too soon to talk about it so remind them to share as much or as little as they are comfortable with. You will need to manage the time carefully here depending on your numbers perhaps only 3 or 4 women will be able to share.

9.15pm Fire/Water Ceremony and Chant

It is your choice whether to facilitate a Water OR Fire Ceremony. It may depend on your venue as if it has fire alarms/water sprinklers then you will have a Water Ceremony.

You may record this Chant on your phone and play it at the Fire/Water Ceremony so everyone can hear it and pick it up easily. Also, you may decide to use a different Chant/play music instead. However, the power of women singing together is amazing so I highly recommend this. Explain that:

"This is your opportunity to let go/welcome in any aspect of being in the full power of your sovereignty. For example: 'I let go playing it small and I welcome in standing up for myself.'"

Chant: “I claim my power, my sovereign power, Ériu, Ériu. She wisely guides me find my way, Ériu, Ériu.”

9.35pm Soul Moment

9.45 pm Uncasting the Circle, Closing Sacred Space

9.55 pm Notices and Photographs with permission

This is a good time to take a photo of the group asking for permission as not all women will want to be on your social media page. Take another photo or a short video of your Centrepiece Altar. Please consider posting these on our private Fb Page so your tribal sisters can see all you have created.

10.00 pm Close Venue

Thank Sacred Space, Goddess Ériu and your Guides privately. Enjoy this immense opportunity to host like hearted women who yearn to honour this important and necessary Theme in our modern world today.



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