

Vernal Equinox Celebration

Altar

- Spring flowers
- North: soil; East: incense or tobacco; South: candle; West: salt water
- Binding twine
- Fire pot

Ingathering

- Introductions
- Centering

Invocation

- Seeds of Spring

Casting The Circle

- Calling The Four Directions
- Chant: Earth My Body, Water My Blood, Air My Breath and Fire My Spirit

Cleansing

- Sprinkling of salt water
- Be free of what binds you

Demeter and Persephone

- Reading myth

Breath Meditation

- Breathe in energy
- Return the gift to the green world

Binding and Release

- Black yarn around wrists upon identifying source of binding
- Obtaining release by moving to
 - o East (mind, insight),
 - o South (energy),
 - o West (emotions, courage),
 - o North (stillness, listening)
- Chant: She changes everything she touches, everything she touches changes

Burning What Binds Us

- Black yarn placed in fire

Opening Circle

- Farewell to Four Directions
- Song: Hail and Farewell

Things To Bring (select one)

- Flowers
- Beverage and cups
- Eggs (deviled or chocolate or jelly beans)

Invocation

This is the time of spring's return; the joyful time, the seed time, when life bursts forth from the earth and the chains of winter are broken. Light and dark are equal. It is a time of balance, when all the elements within us must be brought into a new harmony.

Demeter, the Earth Goddess, shakes off her winter cloak and rises to greet her daughter Persephone who returns from the Land of the Dead. Where They step, the wild flowers appear; as They dance, despair turns to hope, sorrow to joy, want to abundance. May our hearts open with the Spring! Blessed be!

Cleansing

This is the time to clear away the chatter and concerns that keep us from connecting to the earth. Salt and water are both cleansing elements. Water washes clean. Salt preserves from decay and is a natural disinfectant. The ocean, the womb of life, is salt water, and so are tears, which help us to purify the heart of sorrow. Let us sprinkle each other with the words:

Be free of whatever binds you.

Breath Meditation

Take a deep breath. The air we breathe is the gift of molecules living billions of years ago. They developed photosynthesis, breathing in carbon dioxide and breathing out oxygen. Without this oxygen, we would not be alive today.

Breathe in with gratitude to the ancestors and with appreciation for the great creative powers of life. Breathe out with love as a conscious gift back to the green world.

This air is a gift of the early ancestors. What you breathe in, this moment, originated billions of years ago. This air passed through the lungs of dinosaurs and mammoths and the earliest human beings. Is there a great teacher or hero from the past that you admire? You are breathing the same air that passed through her or his lungs, sharing inspiration. Breathe in with gratitude; breathe out with love.

Is there a problem you are stuck on, an issue that seems hopeless? A place where you have given up in despair? Just breathe in, taking in the creative power of the ancestors, of life, asking that power to infuse you and help transform your issue.

Breathe out with love and commitment, acknowledging your grief or pain or hopelessness, not trying to change it but just making space within, to breathe in again, filling yourself with creativity and power.

Continue as long as it feels right. Don't try to solve your problems instantly; just keep breathing into it and trust that you can shift the energies around it and open the space for inspiration to come.

Binding and Release

The Unbinding

Spring is when the seeds that have been germinating all winter, push stems up through the soil and pour all their energy into flowering. Our own seeds lie dormant, waiting to create something new or accomplish something important. We all have seeds that are waiting to sprout and flower. They could be decorating a room, building a deck, tending a garden, playing an instrument, learning a song, taking a course, teaching a child to fish or play a sport.

We all encounter obstacles that keep those seeds dormant. The demands of work, the infinite tasks of maintaining a household, the needs of church and family, the lure of distractions, and the fear of failing; are just a few.

In this season of new beginnings, let us take a moment to identify a seed that has been buried for too long and think of the obstacle that prevents it from sprouting and flowering. Once we have done that, we can call upon the powers that that will help us overcome those obstacles.

East: Mind and Knowing

The East corresponds to the element Air, to the mind, dawn, spring, to pale, airy colors, white and violet.

South: Energy and Spirit

The South corresponds to the element Fire, to energy or spirit, fiery reds and oranges, to the solar lion and the quality of will.

West: Emotions and Courage

West corresponds to the element of Water, to emotions, to twilight, autumn, to blues, grays, deep purples, and sea greens, to sea serpents, dolphins, fish, to the power to dare.

North: Listening and Patience

North corresponds to Earth, to the body, to midnight, winter, brown, black, and the green of vegetation. From the North comes the power to keep silent, to listen as well as speak, to keep secrets, to know what not to say.

Ritual

What binds you?

Hands bound with black cord.

What do you need to flower?

Knowledge (East), Energy (South), Courage (West), Patience (North)

Release: when all have found a direction

Chant:

She changes everything she touches.

Everything she touches changes.