

BLESSED
BE

ONE LUNAR CYCLE TO OPEN UP AND CONNECT TO GODDESS

MORGAN LE FEY

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WELCOME, DEAR FRIEND!

Before we start

You are so very welcome here. I am delighted that you have chosen to give yourself this opportunity to grow, to deepen your connection to Goddess and to make your spirituality a priority.

Just as the journey with Inanna, if you have done that one, this is a course that run for one moon cycle, but remember, you can do it over and over again. You can return to either the whole course, or just pick the meditation or ceremony that calls you.

As you do this course, be kind to yourself. I mean it.

It is not always easy.

You might "miss" a day or two or more! That is OK. You are doing this for yourself.

Goddess is not going anywhere.

To just stop, breathe and connect for just a few seconds is sometimes all we can do, and maybe all we need.

If you can not do the moon meditations on "the right" days, don't worry. This is your journey. Sometimes it is difficult to fit everything in. Breathe.

Know that things are as they should be and that you are talking one step at a time, when you can. A small step every day.

But at the same time, do your best to give yourself the time you need. This is for you. Your journey. Your choice. Do it with love. Be patient. Be kind to yourself.

What you will need:

An altar space (I will help you)

An oracle deck/tarot deck/runes (optional)

Time for yourself

A journal

YOU ARE HERE

You are Her and She is you

It is so wonderful that you are here!

To give yourself the time to meditate, to journey, to reflect and to slow down and listen inwards is the best gift you can give yourself. To set the intention to do this, to open up even more to Goddess, will allow you an even deeper understanding of yourself.

This can be the start of yet another new phase of your life.

That is magical!

And it is exciting, don't you think?

You should feel proud of yourself. I hope you do.

When we make the decision that our own wellbeing and our connection to Source is one of the most important things in life, apart from the basics such as shelter and food obviously, we can truly commit to making the changes necessary to make that our priority.

When we practice meditation regularly our brain actually changes and we will find that things do not bother us as much as they used to. And it is also easier for us to enter that magical state where connection to Her is almost effortless.

Well, the connection IS effortless, but sometimes we find it hard to slow down enough to be able to really experience the shift.

She is here. She is you.



MORGAN LE FEY

Welcome the Faery Queen!

The Goddess we are inviting in is Morgan Le Fay, the Faery Queen.

She is the Lady of Avalon. She is the Queen of the Mysteries, who resides deep in the underground.

She is a shape-shifter.

She stirs the cauldron of transformation and can turn our world a bit upside down.

She knows that you are filled with magic. That is why she can shake us a bit. Just to uproot us from our comfort zone a bit.

It is not always pleasant.

It can be very challenging.

It can bring up fears, insecurities and anxiety, but also feelings of empowerment helping us to stand up for ourselves.

Remember that She is love. She can seem scary at times, because of what She stirs up, and usually because we resist the change She brings. But remember that you are always safe with Her. There is no need to fear anything.

She holds you.



BEING PRESENT

Finding your magic

Again, you are so very welcome here and I am so glad that you have decided to do this course.

I say: Welcome *here*, because I really feel that we are in this sacred space together.

Being present is vital for this work. We need to slow down and stop and ground to be able to feel anything. Often we are stuck up in our heads and find it difficult to know what is going on in our bodies and hearts. We will practice presence here and I will guide you at the start of every meditation and ceremony to land, and to ground.

When I speak of Goddess, I can also use the word Source, the Universal life force or She, but any word that you resonate with is just as perfect. I also think it is important know that there are many nuances of Her, and however you see and experience Her is right.

The theme of this one month journey is:
Finding your magic!

You are going on a journey inwards. You are going to explore what Goddess wants you to know.

What does Morgan Le Fey, Queen of the Faeries want to share with you?

This month is about grounding and going inwards to find your own magic.

I have created this course so that you start at the full moon. If it is impossible to start on the exact day, then a day on either side is also fine.

If you don't have a moon calendar, then just look up when the next full moon is online by searching for "moon calendar".

Then, get ready!

YOUR ALTAR - YOUR SACRED FOCUS POINT

Creating a sacred altar space

You might already have an altar. If you did the journey with Inanna, you have already read this part.

If you already have an altar you might want to change it so that you make a clear intention of your work you are about to start.

A good thing to do is to take everything off, give it a good cleanse with some warm water, and then sage, and then re-decorate it.

If you do not already have an altar, I suggest that you create one. It does not have to be a huge thing. Just a place that you know is your altar space. It can be a side table with a candle on, it can be your bedside table, a shelf or window sill.

Somewhere where you can light a candle and spend time in front of. If you don't want to have a whole thing with statues, flowers, crystals or whatever, you can always bring out the things you want for each meditation/prayer/ceremony.

I see Morgan Le Fey's colours are all shades of purple and black, but feel free to listen to your own intuition.



Some suggestions for your altar

Goddess statues

Goddess images

Crystals

Incense/sage

A cup or chalice with water

A candle

Feathers

Stones

Leaves

Shells

STARTING UNDER THE FULL MOON

I have created this course so that you start under the full moon. If it is impossible to start on the exact day, a day on each side is also good.

The full moon is a time to celebrate, to truly take in Her energies!

I feel that it may be a time to, just like the Fool card in the Tarot, step off the cliff and have faith! You will be supported and held by Goddess. Take a step into the unknown without knowing where you will land!

Traditionally, it may be a time when we finish what we started at the dark moon, but I want this course, and the others similar I have created, to begin with power, with light, with activation and with confidence.

So take the plunge.

Jump!

If you do not know when the next full moon is, you can just search for "full moon and year / month" or "lunar calendar", or look in a regular paper calendar. It usually stands there too.

Then get ready!

CALLING GODDESS IN

She is here.

In this course I am inviting you to call in Goddess. You might call Her Source, the Universe or something else. She is the creative force, the one that flows through all beings, the whole planet, the whole universe.

She is always here, so we do not have to worry about if we call Her in in the right way. As long as we are centred in our heart nothing can go wrong. I never ask for protection, or help to keep any "bad" energies out. I have never felt the need to when Goddess is present.

Here I am inviting you to really call Her into your life and your very being. Speak to Her from your heart.

This is a personal relationship, so it can look different to all of us. Do not worry if you see Morgan Le Fey differently than someone else. We all have our own unique inner eye, and we see things in our own way. Trust yourself. She shows Herself to you just as you need to see Her.

She can teach your things, show you things, make you question things. She might take you to new places that might feel scary. I remember being scared of Her in the second three months section of my third year on my Priestess training. But obviously I had not even started to learn about surrendering. I had to learn how to let go. I had to stop resisting. And of course, She is not really scary.

She is love. In all her shapes, forms and aspects. Never forget. She holds you if you ask Her.



CAN YOU OPEN UP TO YOUR OWN MAGIC?

Go within. Listen.

As you journey with Morgan Le Fey this month, pay attention to the emotions and thoughts that come up for you. Be aware that you may be faced with challenges, but you know that this is because you are doing this deep journey, so be kind to yourself. Breathe. Rest.

IMPORTANT: Obviously, if you feel overwhelmed or extremely anxious and you feel that this is making you feel unwell in anyway, please contact your doctor. You are fully responsible for your own journey.

Use these questions to reflect on magic and Morgan Le Fey.

When you think of Morgan Le Fay, what feelings come up for you?

How much are you connected to your magic, your inner truth?

Do you find it easy or difficult to stand up for yourself?

If you think "I am a magical being", how does that look for you? What does that mean?

What would you feel like if you allowed yourself to live fully in your power and magic?



A DAILY PRACTICE

Daily magic.

Doing a daily ritual when working with Goddess is very powerful. It does not have to be elaborate or long. Just a few minutes at your altar, a few deep breaths in total presence, a short prayer, moving your body, whatever you have time for.

What is important is your presence.

You being totally there, in the moment so that the connection can happen.

So that you can feel Her.

When you do a daily practice you get to learn how She feels for you. You will experience Her energy in your body. It is truly magical. And the more you practice and call her in, the easier it will be for you to know Her and connect to her and open up to Her

On the next page are some suggestions for you to try. I have recorded them for you in case you feel that it is easier to stay focused that way.

I would suggest that you start by listening to them as that might help you go stay focused and go deeper. Then you can do them on your own if you like. You decide.

You may also want to pull a tarot card/oracle card/rune each week to see what message you get and what questions arise. You can ask the cards what you need to look at right now, what to be aware of, what can help you go deeper.

THE PRACTICES

Connect and open up.

Daily practice 1: Sit under a veil

You can use any scarf you have at home. But if you feel like buying a fancy one, go ahead! I like ones that I can see through, that make things a bit misty.

Imagine that you are on the sacred isle of Avalon. It is magical.

Just imagine you are there.

The mists swirling around you.

And just breathe.

Breathe in the magic.

Sit for a long or a short a time you like.

Daily practice 2: Call her in at the start of you day.

This can take a minute if you like, if you are busy, or you may have time to sit down at you altar and light a candle.

I have recorded an invocation, in case you find it easier to connect while listening.

But feel free to find your own words and ways of calling Her in.

Morgan Le Fey

Queen of the Faeries

Lady of Avalon

I ask you to be with me this day.

Walk with me.

Show me your mysteries and your magic

Allow me to open up to you, more and more with each step I take

With each breath, Lady, Morgana, I see youl hear you, I dance with you

Bless me and hold me on this day and every day

Blessed be

Journalling

Take some time to sit with your journal and write down any images, thoughts, feelings or messages that came to you. Write down colours, sensations and perhaps what it felt like sitting with the Goddess.

MORE...

Connect and open up.

Daily practice 3: Yoni/power centre breath

This is not a meditation/ritual that is that specific for Morgan Le Fey, but I was inspired to include it so I am!

In this meditation we draw power and energy from the earth up through our yoni or our root chakra/power centre up to our heart with the inhalation, and then release the energy again from the heart and down into the earth again with the exhalation.

Before you begin, you can ground yourself with the help of a few breaths. Make sure you are present. You can either just imagine that you are breathing in the energy where you are right now, or you can do as in the recorded version, and visualise that you are in a sacred and magical place.

When we do this breathing meditation, we breathe in the Goddess' energy and then give of our own so that they mix and become one. We get power and we give power.

I love it!

There are accidentally two versions of this! So ENJOY:

Daily practice 3,5!

Breathing in Her energy!

Same focus, but different from the one above!

Journalling

Take some time to sit with your journal and write down any images, thoughts, feelings or messages that came to you. Write down colours, sensations and perhaps what the rituals bring up for you. Do you have a favourite? If you pull a tarot card, what message does it give you? How do you experience the energy of Morgan Le Fey?

PLAN AND LOG YOUR PRACTICES/RITUALS

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Moon phase:
Ritual:
Mood/emotions:

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PLAN AND LOG YOUR PRACTICES/RITUALS

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HOW TO WORK WITH THIS COURSE

Start on a full moon with the Full Moon Activation Ceremony.

Traditionally one might want to start new journeys under the dark moon, but I felt intuitively that a journey like this wants to start under the powerful light of the full moon!

In this ceremony there is a part where those who have journeyed with Inanna say goodbye to Her and hello to Morgana. But if you have not done that previous journey you are totally fine anyway. Just listen, be present and enjoy.

She is here. You might already feel her stirring as you read this?

As you go through this month, try to do one of the daily practices each day, but remember, it does not matter if you miss a day here and there. Just a conscious breathe and a short prayer might be all you can do one day. That is perfect for that day!

But if you can:

Every day:

Do one of the daily practices or the breathing exercise/meditation.

Dark moon meditation

Prepare yourself for the meditation by perhaps smudging the space and yourself with sage or incense. Light some candles and make sure you are not disturbed.

Then listen to the recording of the meditation.

Next step

Maybe I will catch you in the next part: A one month journey with Freja!



MORE

Thank you so much for taking this course and journeying with Morgan Le Fey! I hope that you found your magic, and that She will stay with you for a long time. If that is what you choose.

Thank you for being a part of the world of people who walk this path.
A path of self-awareness.
Of practicing presence.
Of opening to Goddess.

If you enjoyed this you might want to take the next step:
A one month journey with Freja!
You can find the details on my website when it comes out.

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