

Leaving of the Ego

Upon entering this space, we are all equals. Please leave your ego behind as you join us as equals.

Opening Meditation

As we gather together, let us ground ourselves in the earth, and seek our centers.

Close your eyes and open your spirits.

Draw your focus inward. Breathe slowly and deeply. Turn aside all distractions.

Be aware of your body, of your breath, of your heart beating in your chest.

With each breath, relax your body. Make yourself comfortable. Move and adjust your body as needed to feel balanced and at ease. Release the tension in your head, your neck. Relax your shoulders, your arms. Let your stomach soften and relax. Adjust your position until your spine feels comfortably aligned. Release the tension in your hips, relax your legs, your feet. Feel any aches and pains fade away. Be at ease.

Be aware of your spirit, your inner self.

Observe your thoughts, your feelings. Let them wash over you, through you. Let them settle as you continue to breathe slowly and deeply. With each breath, set aside the many worries and cares that fill your mind. Focus on the calm and peace of this moment. Feel safe and protected.

Be aware of the earth beneath you.

Feel yourself firmly anchored to the earth, to the planet that supports you, in body and spirit. Focus on your connection to the earth. Feel the tug of gravity, drawing you close, binding you to the earth. Be aware of the substance of the planet – the soil and the water and the air that comprise our world. Be aware of these elements within yourself: the earth that makes up your flesh, the water that flows in your blood, the breath that fills your lungs. Feel the magic of that connection – the power that links you to the larger whole.

Be aware of the spirits around you. Feel your connection to the other beings that support you, in body and spirit.

Be aware of the web of life that surrounds you: the beings that inhabit this world with you. Feel your connection to the plants and animals and others that you depend on for life – for food, for shelter, for the very air you breathe. They are a part of you. You are a part of them. Feel the magic of that connection – the power that intertwines your life with the greater web of all life.

Be aware of your ancestors, of their role in shaping who you are. Feel their presence in your life – their history and teachings living on in your memory, their legacy moving forward through your words and deeds. They are a part of you. You are a part of them. Feel the magic of that connection – the power that connects you to the past, to your own history and the history of all humanity.

Be aware of the deities, of their role in the shaping of the world and civilization. Feel their presence in your life – their guidance and support and power. They call to you and invite you to learn from them. They gain power from your love, and in turn, they grant you the power to shape the world through your words and deeds. They are a part of you, and you are a part of them. Feel the magic of that connection – the power to create something new and wonderful.

Be aware of the others gathered here. Feel their presence in this sacred space. They are here in common purpose with you, to celebrate and strengthen their connection to the earth, to the spirits of land, to the ancestors, the deities, and to one another.

As we gather in common purpose, let us do so with full awareness of the connections we share and the power it grants us.

As you breathe, deeply and slowly, focus once again on this place, this moment, where we come together in fellowship and worship, and when you are ready, open your eyes.

Honoring the Earth Mother

As we gather here in this place, we honor the Earth we stand upon. We call to the Earth Mother who surrounds and supports us. We call to the Earth Mother who feeds and nourishes us. We call to the Earth Mother who shelters us and gives us a home to live in. Without you, we would not be here. Without you we would not survive. Without you, we would not be. We honor you. We love you. We respect you. We all work to make you healthy. We now give to you these offerings in a token of our appreciation. Earth Mother, accept our offerings!

Statement of Purpose

Today, we're celebrating the summer solstice. The sun is at her fullest power. The crops have mostly been planted, and the growing season is starting to go full ahead. We're starting to get some of the first fruits of the year like strawberries and blueberries. So, today, we're celebrating the longest day and the life giving light and warmth. Today we do that through Sumbel!

Recreate the Sacred Center

As we stand here in our circle, we see the hallows as our sacred center, each with its role in the cosmos.

The well serves as our connection to the underworlds. This is our pathway to the ancestors. We offer this silver to the well to connect it to all the other wells in the world. As we offer this silver, our well becomes all wells, becomes the well.

The fire serves as our connection to the upper-worlds. This is our pathway to the Deities. We offer this incense to the fire to connect it to all the other fires in the world. As we offer this incense, our fire becomes all fires, becomes the fire.

The tree serves as our pathway between all the worlds. This is our crossroads, through which all worlds can be reached. We offer waters from our well to connect this tree to all wells, to the well. We offer smoke from our fire to connect to this tree to all fires, to the fire.

Through the well, our tree's roots intertwine with the roots of all trees, through the fire, our trees branches intertwine with the branches of all trees. As we make these offerings, our tree becomes all trees, becomes the tree, and becomes our pathway through all the worlds.

Outsiders

All of you who do not stand with us for the purpose of this rite. All of you who only wish to cause harm. All of you who are beyond our light. We call on you, and we recognize you. We ask that you do not disturb us in our work. as recompense for leaving us in peace, we will make you an offering of this beer when our rite is over.

Purification

As we gather, let us once again focus on our ritual purity.

Let us wash ourselves with the waters from the well, letting the waters carry away all cares and worries.

Let us smudge ourselves with the incense from the fire, inspiring us to higher thought and purpose.

As we so cleanse ourselves, our circle is made pure and united.

Description of how the Sumbel works

The Sumbel will be four rounds. Everyone will have their own drink of choice, and will be given an opportunity to speak each round. You do not have to speak, you may just raise your cup and say hail instead. The first round will be to the Ancestors. The second will be to the Land Spirits. The third will be to the Deities. The fourth round will be open where you can make the traditional toasts, boasts, and oaths.

A word on oaths. We view oaths as binding between you and the beings, but also between you and all those who witness the oath. The oath-takers wyrd and all those who witness it are bound together. It is up to the the oath-taker to fulfill the oath, but it also up to those who witness the oath to support them in fulfilling it. All oaths will be challenged, and a high price will be set if the oath is not fulfilled, and the oath-taker will be held accountable.

Round 1, Ancestors

Let us now hail the Ancestors!

Round 2, Land Spirits

Let us now hail the Land Spirits!

Round 3, Deities

Let us now hail the Deities!

Round 4, Open

Let us now share our toasts, boasts, and take any necessary oaths!

Shared Meal

Behold this bread! We break this bread in half, that we may share this sacred meal with the beings we called. As we eat our portion and offer the other portion to the beings, let us feel true communion with them.

Blessing of the Waters

We have made our offerings to the spirits. We have honored them on this, the longest day of the year. We call to all those we have honored today to bless these waters. Spirits, fill these waters with your blessings! Behold the blessed waters!

Thanking the Beings

Thanking the Deities

Deities! We have made offerings to you and you have given blessings in return. For all you have done for us, Deities, we thank you.

Thanking the Land Spirits

Land Spirits! We have made offerings to you and you have given blessings in return. For all you have done for us, Land Spirits, we thank you.

Thanking the Ancestors

Ancestors! We have made offerings to you and you have given blessings in return. For all you have done for us, Ancestors, we thank you.

Acknowledging the Outsiders

Outsiders! At the opening of this rite, we asked that you leave us to work in peace. You have done so. We will honor our end of the bargain and pour you the beer we offered you earlier.

Thanking the Earth Mother

Earth Mother! We have given to you, and we have honored you. For all that you have done for us both today and throughout our days, Earth Mother, we thank you.

Closing Meditation

As we conclude our ritual, let us once again seek our centers and ground ourselves.

With spirits open, close your eyes.

Breathe slowly and deeply. Draw your focus inward.

Feel the threads that connect you to the others gathered here today – threads of common purpose and devotion, of fellowship and mutual caring.

Feel the threads that connect you to the deities – threads of power and faith, of wisdom and trust.

Feel the threads that connect you to the ancestors – threads of lineage and history, of lore and memory.

Feel the threads that connect you to the spirits of the land – threads of life and sustenance, of beauty and wonder.

Feel the threads that connect you to the earth – threads of life and sustenance, lineage and history, power and faith, love and existence itself.

As you feel these connections, know them to be ever present. But for now, relax your focus of these bindings. Let your awareness of them soften, but never fade as you go about your daily lives. As you breathe, deeply and slowly, focus once again on this place, this moment, as we prepare to go forth into the world, and when you are ready, open your eyes.

And so the rite is finished, go now in wisdom and peace.