

Solitary Hellenic ADF Ritual Template

By Diane Lynn “Emerald” Vaughn

A few notes about this rite. . .

This ritual is meant to be a starting point. Give it a shot as written, but feel free to change it and make it your own. And when you do, share it with the rest of us!

Everything can be done either standing or sitting. For example, when it tells you to crouch down and touch the floor during the Gateway opening, it will work just as well if you point toward the floor instead. I have not specified specific offerings. I have often offered bay leaves to Apollon and frankincense to Hermes; they seem to like that. But it’s just a suggestion. Typical ADF offerings to Fire and Well are oil and silver, but use what makes sense to you or what you can do. It’s hard to offer oil to a tealight, so I usually offer incense and waft to toward the Fire. I personally believe that it makes more sense to offer a coin to the Well that is not silver than some other random thing that happens to be silver. But that’s just my personal view. Olive oil was traditionally poured over the Omphalos at Delphi, but I have used other types of oil as well. For the Deities, pouring libations of wine or water into an offering bowl would work well and is quintessentially Greek. But use what you have, what you think the Kindreds will like, and what makes sense to you. The Web site Theoi.com is a great place to learn about specific gods, goddesses, and spirits. I usually light a candle for each Kindred when I do the invocations and blow it out when I say the farewells. This is nice, but not necessary. “Esto!” means “So be it!”

About the Omphalos. . .“Omphalos” means “naval,” and in this context, it means the Navel of the World. This stone sat in the sanctuary of Apollon at Delphi, and it was believed to mark the center of the world. It was said it marked the place where he killed the Pythian serpent which once guarded the sanctuary. It was also associated with the Titaness Phoibe, the grandmother of Apollon. Her husband, Koios aka Polos was the Titan of the North pole around which the Heaves appeared to revolve. In ancient times, the axis of Heaven was guarded by the constellation Drako, who once guarded the tree of the Hesperides, the tree of the golden apples, before it was slain by Heracles. Some have hypothesized that the tree of the golden apples corresponds to the World Tree found in other Indo-European cultures. I have tapped into this current to recreate the cosmos in a Hellenic ADF way. The Omphalos itself was a beehive shaped stone, big enough for a person to sit on. Do a Google image search, and you’ll quickly find it. I would suggest using a stone that feels right to you. My personal Omphalos stone is a small, round piece of clear quartz that can sit in the palm of my hand.

The Kindreds love us and enjoy our attention. Do this ritual with focus, attention, a pure intent, and an open heart, and you can’t mess it up.

Purification

Wash your hands in a bowl of clear water and dry them on a clean cloth. If you wish, you make take a bath before the rite, in which case you can skip this step.

Musical Signal: chimes, drum, tambourine, or other instrument.

Opening prayer: *I have come to honor the Blessed Ones! Esto!*

Acknowledging the Outsiders:

To the Titans who stood against father Zeus, and to all forces of Chaos. I acknowledge you as I ask you to leave this work in peace. Take this token as a sign of the peace between us and trouble me not.

Take the token to the threshold or boundary of the space where you are working.

Invocation to the Bardic Patrons: Apollon & the Mousai

*Apollon Musagetes! I call to you!
To bring the lively daughters of Zeus
Lead the dancers with your lyre
Their grace and beauty will inspire
The Mousai's song my soul enflames
Calliope fair, Clio proclaims
Euroto with her words of love
Urania shining from above
Catharsis from Melpomene
The pleasing sound of Euterpe
Terpsichore will dance and whirl
With Thalia the laughing girl
Polyhymina teaches the way
To the Kindreds I should pray
Bless my words to speak and sing
And accept my heartfelt offering.*

Make Offering

Honoring the Hearth Goddess: Hestia

Light hearth lamp.

*Queen Hestia, daughter of mighty Kronos,
Mistress of ever burning and peerless fire, you dwell in the house's center.
May you hallow the initiate of this rite.*

*You are the home of the blessed gods, and men's mighty buttress,
Eternal, many-shaped, beloved, and grass-yellow.
Smile, O blessed one, and kindly accept this offering,
Wafting upon me prosperity and gentle-handed health.
Hestia, accept my offering!*
(Orphic Hymn #84 – to Hestia, Apostolos N. Athanassakis, trans)

Make offering

Honoring the Earth Mother: Gaia

*Divine earth, mother of men and of the blessed gods,
you nourish all, you give all, you bring all to fruition, and you destroy all.
When the season is fair you are heavy with fruit and growing blossoms;
and, o multiform maiden, you are the seat of the immortal cosmos,
and in the pains of labour you bring forth fruit of all kinds.
Eternal, reverend, deep-bosomed, and blessed,
you delight in the sweet breath of grass, o goddess bedecked with flowers.
Yours is the joy of the rain, and round you the intricate realm of the stars
revolves in endless and awesome flow.
But, o blessed goddess, may you multiply the gladsome fruits
and, together with the beautiful seasons, grant me favour.
Great Mother, I honour you!*
(Orphic Hymn #26 to Hestia, Apostolos N. Athanassakis, trans)

Touch or kiss the ground/floor or any representation you may have of the Earth Mother.

Ground and Center:

Do the Two Powers Meditation. You can find some recordings on the ADF Web site at the following link: <http://www.adf.org/members/training/dp/audio/index.html>.

Statement of Intent

Why are you doing this ritual?

Recreation of the Cosmos

Place the Omphalos Stone in the center of your altar, at the base of your Tree or Sacred Pillar, and say:

*I place this stone as the Omphalos, the naval of the world, the sacred center of all the Cosmos.
(Pour libation over stone or anoint with oil). Like the sacred stone at Delphi, let this stone be the
place where Zeus's eagles did meet to mark the center of the world. Let this stone mark the
grave of the Pythian serpent, slain by Delian Apollon. Through this sacred center, let the World*

Tree grow, plunging deep within the earth to touch the Sacred Waters below and reaching through the sky to embrace the Sacred Fires above.

Make offering to the Well and say:

*I call Flowing Ocean from whom first arose both Gods and mortals,
Sire incorruptible, whose waves surround and encircle mighty Earth,
You are the Father of Earth's pure bubbling fountains,
every river and the spreading sea.*

*Hear me, Mighty Father
whose waters purify the Divine Powers,
Earth's limit, Fountain of polarity,
whose wide-spreading waves ever roll,
Approach gently, and be forever kind to Your mystics.
(Orphic Hymn #82 to Ocean, Virginia Stewart-Avalon, trans.)*

Dip your hand into the Well, and remember your connectedness with the Waters below. Touch the water to your head, heart, and loins saying:

*Feel the ebb
Feel the flow
Filled with the power
Of the waters below.*

Make offering to the Fire, and say:

*Primal Fire, ascend to me with the dawn, and rule the sky.
Glory of the Sun, with burning luster illumine even the silver Goddess Selene.
Aethereal Fire, radiant heat that inspires life,
Light Bearer, Power of Stars,
Cause now the blooming of the iris and the rose,
And to the grain be kind,
Hear my prayer of supplication,
And be thou ever innocent, serene, and gentle to our Land.
(Orphic Hymn #4 to Fire, Virginia Stewart-Avalon, trans.)*

Hold your hand over the flame, and remember your connectedness with the Fires above. Touch this heat to your head, heart, and loins saying:

*Feel the heat
Feel the might
Pulse with the power
Of the Fire's light*

*Sanctified I stand at the Center of the World
In the light of the Fire with the flow of the Well*

*I now call to Hermes, the Guide of the Gods
That I may open the Ways between.*

Gatekeeper Invocation: Hermes

*Benevolent Hermes, befriender of men
Lending your strength to mortals in need
Kind-hearted god, guider of souls
Hermes, Hear my call! (make offering)*

*Gracious Hermes, giver of joy
Passing time in rustic pleasures
Companion of nymphs, traveling the wilds
Hermes, Hear my call! (make offering)*

*Glorious Hermes, crafty and quick
Speeding aloft on winged feet
Herald of Gods, Traverser of Realms
Hermes, Hear my call! (make offering)*

*Hermes Psychopompos, guide me this night (day)
And grant me a measure of your power
As you help me to find the power within myself.*

Help me to:

*Walk between the worlds
Traverse the three realms,
And open the gates.*

*Great Hermes, be with me here!
Great Hermes, accept my offerings!*

Make final offering

Hermes Meditation

Know in your heart that Hermes is with you. Fix his image fast in your mind. As a citizen of the Western World, his image is seeded deep within your consciousness. Remember. . . the winged sandals. . . the short cloak. . . the wide-brimmed hat. . . the curling hair. . . the golden wand. He may appear to you as a beardless youth or as a man in his prime—the gods wear many faces as it please them. But more than any physical quality, there is one sense of him that seems to define him—a sense of movement. He seems as if he will take-off at any moment, and as the herald of Zeus, the god of travel, and the guide of souls, he is a god in motion. Light on his feet, quick and agile, he is a quintessential guide. And tonight, he is **your** guide. Being in his presence makes

you feel the same, light and quick and ready to move as if your feet too bear wings. You know that with Hermes as your guide, you can move between the worlds, traverse the realms, and open the gates. You have the power. And with his image firmly in your mind and this knowledge firmly in your heart, follow him.

Gateway Opening

Crouch down and touch the floor or ground with your dominate hand (you may want to use a wand if you have one). Draw a clockwise spiral on the floor, and feel the gate to Hades's realm open beneath you.

Say: *Let the Gate to the Underworld be open!*

Now stand upright and hold you hands out in front of you, palms facing forward. If you have a wand, hold it vertically next to your non-dominant hand. Pull your hands apart as if you were parting a curtain, and feel the gate to the hidden realms open before you.

Say: *Let the Gate to the Otherworld be open!*

Now stand up as straight as you can with your non-dominant arm reaching to the ceiling or sky. Place your dominant hand or wand just above the elbow on your up-stretched arm. Bending your elbow, raise your dominant hand or wand straight up so it is parallel with your other arm and feel the gate to bright Olympos open above you.

Say: *Let the Gate to the Upperworld be open!*

*With Hermes as my guide, I have opened the gates.
From below, from around, from above, the Mighty Kindreds draw near.
The Gates are open! Esto!*

Invocations and Offerings to the Three Kindreds

Nature Spirits

*Nature Spirits, Worldly Spirits, Spirits of Place
All the beings with whom I share this world*

*Naides splashing in a sparkling spring, unbound tresses cascade in silken falls
Or stream through waters whilst lounging languid in a hidden pool
A cave nymph sleeping where it's dark and cool, emerging to sing beneath the starry sky
A Dryad sitting in the braches of her oak, feeling its life-force as she can feel her sisters' all
nearby, laughing at rabbits playing in the mountain grasses
Anthousai decked with lush spring blossoms as they tread their lovely dancing grounds
Lasses heady with perfume of lilac and rose.*

Satyroi sporting in the mountain wilds, erect and seething though thick with wine,

*The flutes' urgent wails, insistent beat of the tambourine calling
All the Bakkhai to the orgiastic rush, dancing and falling exhausted in sleep
Even the Sileni, white-haired and wizened, heed the frenzied cry, still ready
Potamoi raging hard and deep, rivers bringing life to the surrounding lands
Panes roaming the rustic places, help to the shepherd, watching over flock and field
Hands outstretched in friendship to all who till the earth.*

*Nature Spirits, Worldly Spirits, Spirits of Place
I reach out to you in friendship and peace, that we may share our world in harmony.*

Nature Spirits, accept my offering!

Make offering

Ancestors

*To the Old Ones of my blood, Grandmothers and Grandfathers
Through your boundless perseverance and your never-ending love,
I now live upon the Earth*

*To ancient ones of hearth, whose ways inspire my ways
Through the beauty of your art and the example of your history
I now walk upon this path*

*To my Heroes, both shared with many and known to me alone
Through your great inspiring deeds and your kindness shown to me
I now know a better world*

Ancestors: Accept my offering!

Make offering

Deities

I call to the Theoi, all the Goddesses and Gods!

*Eos, Helios, and Silver Selene
All the Powers of the shining sky*

*Thetis, Triton, and Amphitrite Queen
All the Powers of the salty seas*

*Khloris, Ploutous, and the Horai of Time
All the Powers of the growing world*

Theoi: I call to you! (Make offering)

To the Khthonioi who rule below: Hekate, Persephone, and the Lord of the Dead

To the Titanes who stood with Zeus: Themis, Leto, and Mother Rhea

To the Apotheothenai whose deeds won divinity: Heracles, Asklepios, and Beloved Ariadne

Theoi: I call to you! (Make offering)

And to the Olympians, the Greatest of all

Father Zeus who rules on high, Stormbringer, Lightening Lord; Bestower of Justice and King of the Gods

Royal Hera, Heaven's Queen; Goddess of Sovereignty; Protectress of Women and Blessor of Marriage,

Lord Poseidon, ruler of the seas, Earthshaker, Horse Tender, Securer of Safe Voyage

Theoi: I call to you! (Make offering)

Rich-haired Demeter, Goddess of Grain; Nourishing, Bountiful; Sender of Gifts and Bringer of Seasons

Golden Aphrodite, Ruler of Night; Shapely, Heavenly Goddess of love and fertility; Mistress of passion and needful desire; Lover of laughter and festivity

Brazen Ares, Spear-Wielding, Shield-Piercing Destroyer; Bloody, Mighty, Courageous God of Battles

Theoi: I call to you! (Make offering)

Beautiful Artemis, Untamed Huntress, Queen of the Beasts, Warrior of the Wilds; Goddess of Girlhood and Leader of the Dance, Helper in Childbirth

Shining Apollon, Leader of the Muses; Far-shooting, Far-seeing God of Oracles; Brilliant Healer and Protector of Youths

Grey-Eyed Athene, Maiden of War and Wise counsel, Defender of Cities; Weaver, Worker and Goddess of Industry

Theoi: I call to you! (Make offering)

Renowned Hephaistos, Master of Fire and Shaper of Metals, Resourceful, Ingenious God of many Crafts

Glorious Hermes, Divine Messenger and Guide of Souls, Eloquent, Crafty, God of Travel and Trade; Patron of Athletes; Protector of Herds and Flocks,

Ivy-Crowned Dionysos, Lord of the Vine, Frenzied and Howling, Twice-born Giver of ecstasy, release, and primal catharsis, God of Indestructible life

Theoi: I call to you! (Make offering)

Virginal Hestia, Keeper of the Hearth, Mistress of the Flame of family and sacrifice; Sacred center of home and community—Receiver of offerings both first and last. (Make offering)

*To all the Theoi, Great Goddesses and Gods, Deathless Blessed Ones
Theoi: Accept my offerings!*

Invocations and Offerings to the Deity(ies) of the Occasion (Key Offerings)

For example if you are celebrating a High Day, you would invoke and offer to the Deity(ies) of the Occasion (DotO) and the Spirit of the Season here. In a non-High Day rite, this would be the appropriate time to make special offerings to your Patron Deities, special Ancestors, or allies among the Nature Spirits if desired. For Full Moon rites, I like to use the following prayer:

*Oh Horned Silver Goddess who walks upon the river of night with stars surrounded,
Ride now through the heavens with the reflected rays of your white torch.
The tides of Life, waxing and waning.
Mother of Ages, Birth Giving Moon, Selene,
Queen of Amber Night.*

*All seeing vigilance, your chariot drawn by pale horses,
in peace rejoicing, noble life blessing,
Fair lamp of Night, foe of Strife,
You are the bright jewel in the necklace of stars.
All-Mother, Queen of Heaven, all veiled in silver robes presiding,*

*Come, Blessed Goddess, shine on these sacred rites with your prosperity,
And accept the praise of your children (daughter/son).
(Orphic Hymn #8 to the Moon, Virginia Stewart-Avalon, trans.)*

Prayer of Sacrifice

*With the aid of Mighty Hermes, I opened the ways
I have given freely with devotion, love and praise
Here I stand (am) before you with my open heart ablaze
Holy Ones, Accept my offerings!*

Omen

Take omen by whatever method you feel most comfortable or most appropriate for this work to learn what message the Kindreds (or in the case of a High Day rite, the DotO) have for you.

Asking for and Hallowing the Blessings

(Hold your cup filled with water, wine or other beverage over the Omphalos)

*The Power of the Mighty flows through this place
From below, from around, from above,
Let the Power converge at the Sacred Center
With strength and wisdom and love*

Feel, see, and hear the Power of Kindreds and/or the DotO pouring into your cup at the Sacred Center.

Give to me the Waters of Blessing! Give to me to Waters of Life!

Affirmation of the Blessings

Drink of the Waters, knowing in your heart that they have been blessed. As you drink, think about any needs you have, and feel those blessings giving you the power to meet those needs. Visualize the end result you seek and/or speak it aloud, ending with:

Esto!

Any Work Yet Undone?

Yes, then do it. If no, move on. (Pencil in spontaneity here.)

Farewell to the Deity(ies) of the Occasion (if applicable)

Farewell to the Kindreds

Deities

*To all the Theoi, Great Goddesses and Gods, Deathless Blessed Ones
I thank you for your many blessings this night (day)
As our bonds of *ghosti grow ever stronger.
Theoi, Hail and Farewell!*

Ancestors

*To my Ancestors of blood and hearth, and all my Heroes
I thank you for your many blessings this night (day).
My love is yours, as I know yours is mine.
Ancestors, Hail and Farewell!*

Nature Spirits

*Nature Spirits, Worldly Spirits, Spirits of Place
I thank you for your many blessings this night (day)
As we continue to share our world in peace and harmony.
Nature Spirits, Hail and Farewell!*

Closing the Gates

Remember once again the feeling of being in the presence of Hermes Psychopompos, Guide of the Gods. And know that just as you had the power to open the gates, you have the power to close them as well.

Stand up as straight as you can with both of your arms reaching to the ceiling or sky, holding your wand if you have one in your dominant hand. Bend your dominant arm at the elbow, back to the starting position and feel the gate to bright Olympos close above you.

Say: *Let the Gate to the Upperworld be closed!*

Stand upright and hold your hands out to either side of you, palms facing out. If you have a wand, hold it vertically in your dominant hand. Pull your hands back together as if you are closing a curtain, and feel the gate to the hidden realms close before you.

Say: *Let the Gate to the Otherworld be closed!*

Crouch down and touch the floor or ground with your dominant hand or wand. Draw a counter-clockwise spiral on the floor, and feel the gate to Hades's realm close beneath you.

Say: *Let the Gate to the Underworld be closed!*

Stand back up and place your wand (if you have one) on the altar. Place your hands in some sort of natural and neutral position.

With Hermes as my guide, I have closed the gates. Esto!

Farewell to the Gatekeeper

*Hermes Psychopompos, Guide of the Gods
I thank you for your guidance this night
Thank you for helping me to find the power within me
And for granting me a measure of your own
Great Hermes, Hail and Farewell!*

Restoration of the Ordinary

Pointing with your dominant hand or wand

Let the Well be but water, let the Fire be but flame.

Take the Omphalos stone away from the base of the Tree and place it elsewhere.

Let all be as it was before, only better.

Regrounding/Centering

Take three deep breaths, and feel the powers of Earth and Sky that fill you now recede. Take a moment to reflect on the work you have done and the blessings you have received.

Thanking the Earth Mother

Divine earth, mother of men and of the blessed gods, I thank you for your support and sustenance. Earth Mother, I honor you.

Touch or kiss the ground/floor or any representation you may have of the Earth Mother.

Thanking the Hearth Goddess

*Queen Hestia, Mistress of ever burning and peerless fire
I thank you for your warmth, light, and protection.
Hestia, I honor you.*

Blow out candle.

Thanking the Bardic Patrons

*Apollon Musagetes! Lovely Mousai all!
I thank you for hearing and heeding my call
Within my heart you have woven your spell
Apollon and the Mousai; Hail and Farewell!*

Closing Prayer: *I have honored the Blessed Ones, and I have done the work well. Esto!*

Musical Signal

End of rite.

