

# How to Create an Equinox Lemniscate

For both Northern and Southern Hemispheres

Here is a blueprint for creating a Lemniscate and a ritual for our Equinox Festival time together. Gathering greens, flowers, leaves, branches, stones and materials from the landscape around you with family and friends can be a very fun and meaningful project. If you do not have a group or want to simplify things, you can create a celebration space more simply with a Lemniscate pattern drawn on paper, made of stones or ribbons, or embroidered on cloth where you just trace your finger in and out to experience the gestures. It's up to you!

*Note:* A Lemniscate is a mathematical term denoting a closed plane curve consisting of two symmetrical loops meeting at a node - think of the infinity sign or the number 8 lying sideways. The word itself comes from the Latin "lēm̄niscātus," meaning "decorated with ribbons", from the Greek λημνίσκος meaning "ribbons." In our movements we are indeed creating ribbons or loops of connection - drawing experience from the past and potential from the future into the present moment.

First: Decide upon your celebration space. It can be indoors or outdoors, depending on the spaces you have available to you. You will need enough room to walk a figure 8 pattern - the Lemniscate – starting at the central point (the Threshold/Doorway) in the middle of the two loops, then looping backward, returning to the center, and looping forward, returning to the center Threshold/Doorway.

Materials needed to create a Lemniscate:

- Gather materials from your landscape to represent the season just past and the new season emerging. Gather enough so that each person participating can walk out from the center and gather one item from each direction.

If this is your Spring Equinox, gather elements that represent the winter season - an evergreen branch, a leafless stick, an exposed

stone, a bowl of snow or ice. Gather elements that hold the promise of spring - a bud or new leaf, a bit of moss, an egg, a new shoot emerging from the soil.

If this is your Fall Equinox, gather late blooming flowers, a leafy branch or dry parched plants - anything that represents the summer passing. For Fall, gather leaves turning colors, seed pods, gourds, berries/fruits and harvest.

- Outline in some way a small circle that is your center node for the ritual. You might use stones or scarves or a small wreath for example, to designate this center point of the figure 8 pattern.
- Place a candle, chime or bell in this circle.
- You will be creating a thing of beauty from your ritual walk – it will emerge from whatever comes to you to do with the natural items you will be collecting from your travels backwards and forwards around the lemniscate. This creation will adorn your central node, your Threshold/Doorway. Some items will be from the “completing” loop, some from the “emerging” loop. Together they will capture the gifts that Gaia’s changing breath brings, and the ebb and flow of Life/Light at the point of balance and equilibrium at Equinox time.

## **The Ritual Gesture**

❖ Begin in the central circle of your figure 8 pattern. Light your candle or ring your bell. Spend some time in the center before you begin, standing in the light of your Identity and Sovereignty. Try to feel a sense of equilibrium and balance. (You could extend your arms and legs like

Leonardo da Vinci's famous Vitruvian Man if you wish.) When you are ready, invite any subtle colleagues, allies or Sidhe to join you in your ritual and Equinox celebration. Wait a moment for that connection and alliance to form. Ponder for a moment: *Where you are in your life right now? What have you tended and held close in the season since Solstice? What new shoots in your life are rooting or emerging now?*

❖ Face and walk slowly outward in the direction of the season you are leaving, the area you have designated as “past.” Be aware of the qualities of the season just ending, with its emphasis on Inner Focus and Core Presence/ Hidden Seeds in the winter or Growth and expansion in the summer. Breathe in these qualities in your life, and celebrate the gifts of your winter or your summer, as you walk and pick up one of the items that you have placed in that area.

❖ Loop back toward the center circle creating one turn of your pattern. Take your time, and pause in the center for a moment as you place your item in the center area. Connect with those in the opposite hemisphere who are mirroring your path, and with all those who walk with you on your journey. Connect with your Identity and Sovereignty.

❖ Turn and walk slowly back out in the other direction, the direction of “emerging potential.” *What gift of knowing do you welcome (bring), strengthening the balance of light at this time of the year?* Breathe in the gifts of the coming season - rain and warmth and increasing sun or inner focus, stillness and hidden seeds as you walk and pick up one of the items you have placed in that area.

❖ Loop back inward again to the center circle. Take your time, and pause in the center for a moment as you place this item in the center area. *What gifts of potential do you welcome into the balance of light at this time of the year?* Connect again with those in the other hemisphere who are mirroring your path, and with all those who walk with you on your journey.

❖ Complete by spending time holding Gaia in her Equinox rhythms of widening, inviting and focusing. Link with the life of your opposite hemisphere, which is also honoring Equinox,

and its patterns. You could use ribbons or streamers to bring in a dancing, weaving movement. Choose colors that represent the season you are leaving, and the season you are welcoming. Examples: Pink and blue for cherry blossom or spring crocuses, orange, red or gold for autumn leaves and pumpkins. Let yourself feel the flow that links these two Equinox points together as a regenerative wholeness.