

Hestia



My general plan is to explore. I wish to fully meet Hestia and discover together just how the things that have been shown to me so far work in my spirituality and in my life.

These are: Commitment, Contentment, Consideration, Celebration and Continuity

Quotes that strike me deeply as resonating with Hestia:

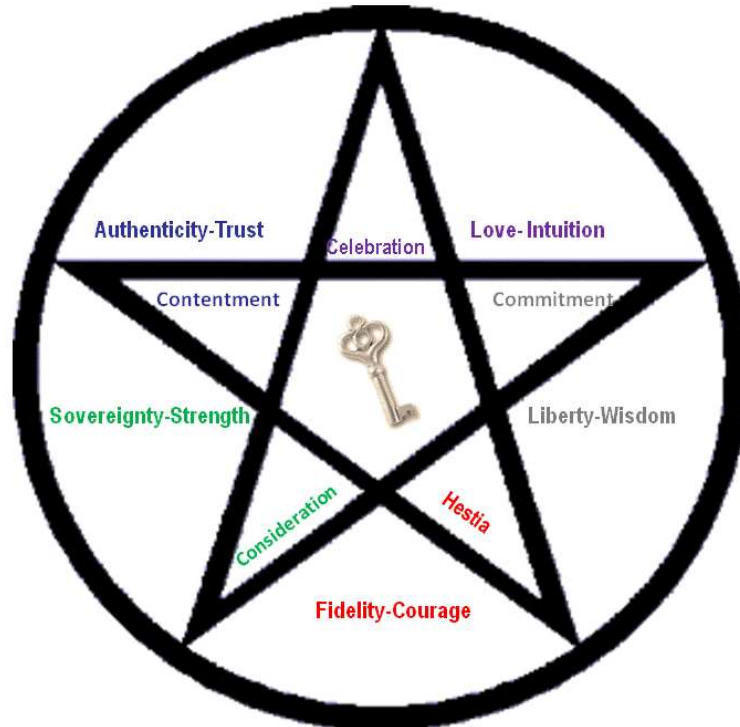
"As a woman I have no country. As a woman I want no country. As a woman, my country is the whole world." -Virginia Woolf

"The art of happiness is to serve others and the only tool you need is kindness"
- Attributed to Yogi Bahaan

MY THOUGHT SNIPS:

*Being of or in Service is not being submissive to others or a doormat for some. It is being empowered, honest, courageous, supportive, strong, and wise. Sometimes the best service we can offer another is that of the truth- even when the truth is harsh.

Hestia is not simply a kitchen Goddess...relegated to being "the hostess" . Hestia is all about family, friends, and community....but She is not the "help".



I want to know more about Hestia, more than what feelings I have within. I'm craving some general history. I also am looking to my personal pentacle as a guide in this journey- it's such an amazing device for growth and self-exploration.

Hestia is the Greek Goddess of the sacred fire. She is known as "Hestia, First and Last". So I begin with the circle, one of Hestia's sacred symbols. I place my finger upon Hestia's point on the pentacle. This point is what I consider to be a place that resonates with the element of Fire - where Hestia is sovereign. I trace around the circle clockwise with my finger, traveling around the pentacle and back to the Hestia point. As I circle around, I am reminded that the circle is often used to represent Hestia because She is viewed as a "complete" Goddess, "one complete within herself".

Am I complete? What, if anything is missing from me?

Whatever I may be missing, will be found within. Therefore, I am complete. I have only to ask myself and allow myself to be open to whole-ness.

Returning to Hestia's point, I pause and reflect on my own courage and fidelity.

Am I devoted to my spiritual path? How so? Am I courageous in my spirituality? In what ways?

Yes, I am. I live my path as best I can. My courageousness is in embracing all spiritual paths in a time where so many feel their way is the only way.

Then, I trace my finger from Hestia's point to the center of Hestia's pentacle. Hestia is known for Her welcoming qualities, never turning from those in need of Her calm, secure, stable and centered hearth. Hestia represents my center, my home, and community. Through my experiences with Hestia I truly know that in service, I have a great opportunity to learn about myself. I can be in service to myself, as well as in service to Goddess and others.

I listen for any messages Hestia may offer. She is an excellent listener, offering support as I answer my own questions. This, I feel is Her grand message to me. Listening is offering support. There is no need to fix anything for anyone.

The center of Hestia's pentacle is a place where I may return time and again to center myself in Hestia's graceful flames. Center is a source of stability; its completeness offering certainty of my service. This is where my feelings that 'all people are precious and are worthy of being served' are affirmed. Hestia welcomes me and I know that the key tools of service: Kindness, Love and Grace will always be available to me.

I consciously navigate Hestia's pentacle, because I feel it is a grand undertaking. I do not simply follow the circle around. Her sacred flames dance within the hearth just as I move through my life with the intention of living with the same grace.

I move my finger along the pentacle lines to the point of Contentment. I know that Hestia's name means "the essence", the true nature of things and I seek out connection to similarities. Water is within everyone, and this point I associate with the element of Water.

As I prepare to meet the essence of Hestia, I fill a small bowl with water and set a candle in the center. I light this candle dedicated to Hestia and my journey to the source of Hestia's fire.

In ancient times, the source of Hestia's sacred fire was thought have come from the center of the earth. It was also thought to be connected by an "umbilical cord" called the Oomphalos to the city of Delphi in Greece.

I receive and open myself to the flame, as representative of the Sacred Hearth. I center myself and envision Her presence with me. As the candle flame burns, I trace the point of Contentment and recognize that Trust and Authenticity are preludes to Contentment. Without trust of myself, I would lack contentment in being in service to myself. To find my trust, I must be authentic with myself, Goddess, and others.

Do I accept and love myself as I am? Do I trust myself? Do I remain myself, even when surrounded by others? Can I genuinely support others?

My answer is Yes. I love me and accept me...just as I am. I trust me to always be who I am and offer what I am able. I do modify myself at times; in a professional setting I am essentially me- but perhaps not as bouncy (if I try hard). I think Goddess and myself have many facets and to see and for me to express them all at once or for another to see them all at once would be difficult.

I have this feeling of Contentment as I am centering myself. Hestia's flame is so fine and She gifts me with the ability to ignite my own inner flame.

My finger traces its way to the point I identify with the element of Air, Commitment point. I am familiar with history enough to know that Hestia's Flame was tended to constantly and was not allowed to die out. It was referred to as a living flame, representing the energy of all life. Hestia follows a path true to Her nature. She is free, at liberty to choose and She's genuinely is dedicated to being present for Herself and Others.

Do I have that ability? Am I capable of finding Contentment in Service?

Yes. Yes, I do.

Hestia's greatest wisdom is that she maintains focus on her own personal meaning and not take part in other's drama.

How do I deal with the drama of others? Do I react or observe? Am I sympathetic, empathetic? Do I yearn to fix the drama for another?

I breathe softly across the small water-filled bowl and see the gentle ripples.

When I spend the time to focus upon my own inner landscape, I can be more present for others. I can step away from fix-it mode and simply be there with them in their moment without overly reacting or taking on what is not mine.

After journeying this far I feel that Hestia's sacred fire is warmth personified. It is Her Consideration that makes it so. I trace my finger along the pentacle to the point of Consideration. It is this point that I associate with the element Earth. Hestia's independence and sovereignty of Self is Her strength. Just as my finger traces this point I pause and give great Consideration to my own strength and sovereignty,

In my independence, what do I depend upon? Do I regard myself as Sovereign of my own inner lands? What are my strengths? ...spiritual and otherwise...?

I sprinkle a bit of earth into the small water-filled bowl that the burning candle resides in. I watch it float, sink and mix with the water.

I imagine that everything depends upon something else. I do, but those dependencies are not spiritual in nature I think, but rather more mundane. As example- I depend upon my car to allow me to travel easier. I do not depend upon my car to complete me as a woman. I do feel that I am sovereign of myself. I do not think I ever realized that until I gave myself in service to Goddess, myself and others. I feel that a sure strength of mine is that I know this now.

My finger is tracing its way to the uppermost point of the pentacle. This point I connect to Goddess in any and all of Her aspects. This is the point of intuition and love. It is here at this point that I also associate Celebration. In ancient times, each town center had a communal hearth and even right now people still gather near the hearth, in the home and in community centers around town to celebrate, commemorate, and honor the things that happen in life; Hestia brings sacredness into the everyday.

In what ways do I celebrate the ordinary?

I'm celebrating now. I celebrate softly, wildly, madly, and gorgeously. I feel that it's just a matter of me recognizing and acknowledging that the ordinary is sacred.

I watch the candle burn down until it is nearly out and take up another candle and light it from this now-sacred flame. I may not be able to keep the candle flame burning at all times, tending to it as the hearth was tended to back in the day, but deep within, the fire inside of me burns always.

Looking at all the places where I have traveled in Hestia's Pentacle, I now notice it as a whole. I realize the many gifts that Hestia offers. Goddess Hestia gives us security, peace, and comfort and helps us accept the truth of our lives with inner grace.

It's now, that I feel I am receiving the Key of Service from Her, and I look for an outward symbol of my journey. Perhaps a key to wear in Her honor.....

Update 10/2011

I was recently gifted with a gorgeous key pendant to wear in Hestia's honor; I performed a very special Key Dedication ritual.

Be Blessed!

Nessa CrescentMoon