

The White Moon Gallery Presents

# Selene {Greek: Σελήνη}

by Ahes

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Selene driving Pegasus-chariot, Athenian red-figure kylix (5th B.C., Antikensammlung, Berlin)

Selene is the Greek Moon Goddess. She is daughter of the Titans Hyperion and Theia and therefore, precedes the Olympic pantheon. Her brother is the sun, Helios. Her sister is Eos, Goddess of the Dawn. She is sometimes portrayed as a Triple Goddess with Artemis being Virgin, Selene as the Full Moon, and Hecate as the Crone.

She is often depicted as a beautiful woman with a fair complexion riding a silver chariot pulled by white oxen, horses, or serpentine dragons. Sometimes she is shown riding a horse or bull. She wears robes and a symbolic moon upon her head. She is often carrying a torch.

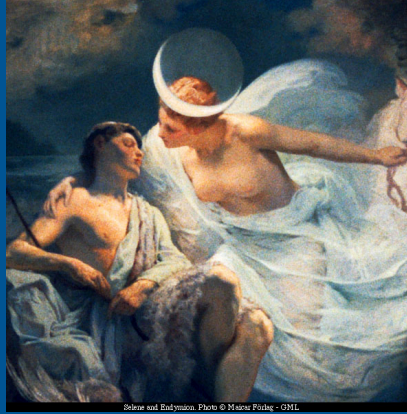
The white oxen that pull her chariot were given to her by Pan.

When her brother, Helios, has finished his journey across the sky, Selene begins hers. Every night she bathes in the waters of Oceanus before rising.

Selene fell madly in love with a mortal shepherd named Endymion. Because of her love for Endymion she began to wane in the sky and abandon her duties through the heavens altogether. When she was finally missing from the night sky the gods decided something should be done. Zeus called Endymion to Mount Olympus and gave him a choice, death or eternal sleep. Endymion chose to become immortal and remain young and beautiful by being put into an eternal sleep in a cave in Mount Latmos. Selene came to her lover in his dreams and bore him 50 children. In this version of her story you can see her waning in the sky before disappearing all together as is reflected in the phases of the moon.

Another version of the Selene/Endymion story says that Selene put the spell upon Endymion to give him unending sleep resulting in unending beauty and life. This version says Selene could not abide his succumbing to the cruel fate of mortals; Death.

Either version is a good representation of our relationship with the phases of the moon and dreams. Her having so many children with her human lover through his dreams illustrates the fertility of ideas created within dreams.



## ☆ *Homeric Hymn to Selene* ☆

*"Muses, sweet-speaking daughters of Zeus Kronides  
and mistresses of song, sing next of long-winged Moon!  
From her immortal head a heaven-sent glow  
envelops the earth and great beauty arises  
under its radiance. From her golden crown the dim air  
is made to glitter as her rays turn night to noon,  
whenever bright Selene, having bathed her beautiful skin  
in the Ocean, put on her shining raiment  
and harnessed her proud-necked and glittering steeds,  
swiftly drives them on as their manes play  
with the evening, dividing the months. Her great orbit is full  
and as she waxes a most brilliant light appears  
in the sky. This to mortals she is a sign and a token."*

☆ Symbols of Selene are the Moon, white oxen, and a chariot.

☆ Colors for Selene are Silver and White, colors of the Moon.

☆ The day to honor Selene is February 7th.



*"Selene rising from Oceanus"*

Oil on Canvas © 2010  
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## ☆ *Nighttime Ritual Meditation to Selene* ☆

Before your ritual you should bathe in a salt water bath as Selene does before rising each night.

### ☆ *Materials* ☆

Candles: White tea lights (one or as many as you like)

Incense: Jasmine

Decorate the altar with white flowers

Done during the Full Moon, outside if possible. Near a moonlit window is the next best thing.

Cast your circle and call elements as is your practice.

Light your incense

Center yourself and take a moment to attune to the power of the Moon before lighting a white tea light and calling Selene to your circle.

Visualize yourself surrounded by Selene's White or Silver light. See the Moon and her bright moonbeams shining upon you. A moonbeam will focus on you. Bathe in its light. Feel it filling your every cell with every breath. Feel it carry you up to Selene. You may find her in a cave or a garden. Just notice your location. Feel Selene's presence. Feel her peace. Ask Selene for her presence in your dreams. You may ask her to bring you good dreams, prophetic dreams or inspirational dreams. You may simply ask her for a peaceful night's sleep. Listen to and feel Selene once more. She may have a message for you.

When you feel it is time say your farewells to Selene don't forget to thank her. Travel back down with the moonbeam shining upon your physical body. When your awareness is back with your body (and take your time here) put out the candle. Close your circle as is your practice. Take a moment to ground and center before going to bed. You may wish to keep a dream journal beside your bed after your ritual so you can write down all of your dreams as soon as possible so you don't forget them.