



## Infos about Sun Ceremonie (Sonnenzeremonie)

### What is the origin of the ritual ceremony?

After a long study, the traditional marriage ceremony crystallised out of a series of ritual sequences, those that on the outside have their formal correspondents through rituals. Many peoples and cultures, including Shamans, the Aztecs, Sumerians, Egyptians, Greeks, Germans and Celts, have practised this ancient knowledge. Their rituals, construction and usage are still in our possession today and must only be revived. The Sonnenzeremonie is a specially developed marriage celebration adapted to our modern age. It represents the original ancient wisdom concerning marriage celebrations.

### The Meaning of Each Ritual

#### **Binding Ritual**

On the one hand, the binding band represents the invisible connection between a couple, while on the other, it signifies the interconnection between the body, mind and spirit. The band stands for the fusion, togetherness and unification of the male and female powers. It represents the promise, that both partners give one another.

#### **Ring Ritual**

After the binding ritual, the marriage rings are exchanged. These rings remind us of the holy armlet in the Temple, upon which all oaths are sworn. The rings are understood to be an external sign of the eternal circle and steadfast nature of one's vow. The ring ritual demonstrates the holy pact between man and woman, and the binding nature of their vows, which are later consummated.

The bride presents the groom with his ring and slides it onto his finger. The groom presents the bride with her ring and slides it onto her finger. With their beringed hands, the bride and groom seal their vows for one another and give one another their trust and devotion.

#### **Drinking Ritual**

As soon as the binding and ring rituals are finished, the real ceremony begins, whose first and most important element is the bride's drinking. The wife presents her husband with the drinking horn or the conical drinking glass. (This is similar to the Valkyries, who bring Mead to the dead warriors, who sit at Odin's table.) This task has a special background meaning. Generally speaking, a special power is attached to the woman, and after the first drink, whether during the marriage ceremony or at the party afterwards, something holy is actualised, that only a prepared person can execute.



## What is the significance of the ceremonial belongings on the ritual altar?

### **Fire and Water**

Fire and water are symbols for the original frequency, which resides in all living things. They both have purifying and invigorating properties and play a leading role in every culture and place of worship found around the world. They symbolise life in its original form and are the most powerful spiritual elements, that anyone can use in a ritual.

### **Pan Offering: Fruits and Nuts**

The fruits and nuts are an offering to Pan and Mother Earth, who both protect the ceremony. In Greek Mythology, Pan was the representative and protector of all natural beings.

### **Masculinity and Femininity**

The ceremonial altar contains many femininity symbols, such as the circle, the lily, the waxing Moon, and many more. These symbols not only represent female energy, but also emanate this energy. The same principle applies to symbols of masculinity, such as the arrow or the square.

### **Tree of Life**

The Tree of Life is often represented as a real tree or by the Irminsul (Celtic tree of life) in a ritual. It is a symbol of life in the here and now.

## How to contact you?

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