



Cosmic Birthday Ritual for All Ages **Developed by Lael and Adele Morgan for Jennifer Morgan's 60th Birthday**

This ritual is based on the Montessori Cosmic Education Birthday ritual in which the child holds the earth and walks around a symbolic representation of the sun, one time for each year. I had no clue what my family planned for me when I turned sixty. We ate dinner and, without saying a thing, they turned down the lights, cleared the large round coffee table, covered it with a black table cloth, and brought out sixty tea lights on plates. Lighting those sixty candles required all hands on deck. I could see that drums were being brought into the room, but no one said a thing. As soon as all the candles were lit, the drums thundered into life. As the drums pounded all around us, the candles were distributed around the room symbolizing the Big Bang. My sister Lael brought in a remarkable sun cake she made and had placed on top of a board that she carefully sawed into the shape of a sun. See the picture. Labels for the months and candles were distributed around the sun. My other sister, Adele, created a song to the Donovan Leitch song "Happiness Runs." Adele's lyrics are below. Adele created images of all the planets which were handed out. Then she handed the earth to me and told me to walk around the sun sixty times while they sang the song. Afterward, everyone else's creativity exploded with a rap song, poems, pictures, recitations, and much more. What a way to cross the 60 year threshold! *Jennifer Morgan*

Supplies

Tea candles, as many as the age being celebrated.
Dark fabric to cover table
Representations of the Sun and planets
Drums (as many as possible) and/or other percussion instruments
Universe Song (See one possibility below)

Steps

1. Darken the room (if possible) and position as many drums with assigned players around the room.
2. Optional: Cover table with dark cloth
3. Light number of tea candles representing the age being celebrated.
4. As soon as the candles are lit, start high energy drumming.
5. Distribute the candles around the room during the drumming.
6. Ceremonially bring in a representation of the sun.
7. Hand out representations of the planets to participants and the earth to the birthday person.
8. Stop drumming.
9. Invite the birthday celebrant to walk around the sun, one time for each year while singing a song, such as the one below.

Sung to the Tune of “Happiness Runs” by Donovan Leitch

The Universe was set in perpetual motion.
Life is but a movement in the symphony.
Orbits set the rhythm as we dance to the beat of time.
Whirling through the cosmos as you let yourself be.