

## **Bull of Battle Meditation**

In this meditation we are simply going to hold the lines 'bull of battle' within our minds and see what comes. I invite you to ground yourself within your place, take a moment to focus on your breath, then begin to repeat to yourself 'tarv trin' and / or 'bull of battle', as a prayer, as an invocation and see who responds...

15 mins...

It's time to bring an end to any communion, conversation, dialogue you may have been holding, to thank the persons within, and bring yourself back to your body, to your place, to this gathering we are all part of.