

Week One Meditation - The Meeting of Gwyn and Gwyddno

I invite you to close your eyes and bring your attention to your breath - the breath which connects us to all beings, to the Gods, and to the Deep. Now I want you to picture in your mind's eye that you are walking on a beach at that foamy edge where land and sea meet, where tide laps the sand, where sea weed and wrack are washed up. You can smell the briny scent. Hear the plaintive call of the gulls. The sand is soft on your feet. Behind you your footsteps are washed away by the tides. There is a mist coming down, or is it approaching from the sea? Softly at first, damp on your face, soon you can see hardly anything but this whiteness, its swirling eddies, figures within it. At once you know where you are but could be utterly lost. It is somewhat reassuring and somewhat disturbing to hear a pair of voices - old, deep, resonant.

“Fierce bull of battle, awesome
Leader of many, slow to anger,
Of trust unfailing, who will protect me?”

“From the man who leads the conquest
Invincible lord, strong in anger,
You who ask shall have protection.”

You can just make out these two figures through the mist, awesome figures, from a time beyond ours... I now invite you to spend a little time watching their conversation unfold...

10 - 15 mins

...Their conversation is now at an end. Slowly they dissipate into the mist from whence they came taking the mist with them and you are walking again on the beach, feet in the soft sand, tides lapping coolly, listening to gulls overhead. I invite you now to return, bringing your focus back to your breath, to your own body, grounding yourself back into the place where you sit, ready to open your eyes and rejoin our gathering.