

Meditation - Journey to the Land of Many Battles and Many Deaths

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. Next picture in your mind's eye that you are again walking on that beach we visited in our first meditation - at that foamy edge where land and sea meet, where tide laps the sand, where sea weed and wrack are washed up. Savouring the briny scent and listening to the plaintive cries of the gulls.

You have returned here long after Gwyn gathered Gwyddno's soul yet little has changed. The sand is still soft and the air is still damp and haunted by mist. The mist begins to thicken, begins to gather, growing whiter and whiter and from it you see the approach of the Gatherer of Souls, the Bull of Battle, who also has not changed since you witnessed their conservation.

As he approaches picture Him as you will and make your greeting. Gwyn is here today to speak with You and he has an offer to make - He says "Would you like to journey with me to the Land of Many Battles and Many Deaths?"

If you choose to go with Him give Your consent. He summons His horse, the white stallion, Carngrwn, and he summons for you a steed. This may be a horse, another animal, or a bird, you may decide to shift shape to fly with Him.

He takes you up into the skies, up above the misty beach, I will leave you with Him now to take you to 'the Land of Many Battles and Many Deaths.'

...Fifteen minutes...

Gwyn's introduction to the Land of Many Battles and Many Deaths is complete. It is time to get back on your steed or shift your shape and fly back with Gwyn to the misty beach where he once met with Gwyddno Garanhir. You are back in Thisworld now, listening to the gull cries, with the scent of the sea, your feet on the soft cool sand. Give your thanks to Gwyn then slowly bring yourself back into your body, back into your personal space and into this virtual online space that we all share.