

Meditation - Gwyn's Descent

In this meditation we are going to be descending with Gwyn into the realms of the ancestors to find out from Him something we need to know about our ancestry. Here 'ancestors' can be used more widely to relate to not only blood ancestors, but to those of land or spirit, and they can be human or non-human.

We will be returning to the beach where Gwyn and Gwyddno met.

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 previous meditations - at that foamy edge where land and sea meet, where tide laps the sand, where sea weed and wrack are washed up. Savouring the salt scent and listening to the cries of gulls and other seabirds overhead.

Again, a mist is drifting in, cool, white you feel its dampness on your face and hands and breathe it in. From it appearing is Gwyn, and you see He is accompanied by other shapes-in-the-mist who have not yet coalesced.

Could they be spirits or ancestors waiting to walk alongside you to His realm?

You greet Gwyn and He tells you that He is here to guide your descent into the realm of the ancestors, a descent He has made Himself countless times. He has something that He needs to show you about your ancestry.

I leave you here to depart with Gwyn, into the mists, to descend into His realm.

... 10 minutes...

It is now time for your descent with Gwyn to come to an end. If you are conversing with your ancestors or other beings bring your conversation to a close and say farewell. You now make your ascent with Gwyn, perhaps by the way you came or perhaps by another, up into the mists, back to the beach.

Take a moment to say thank you to Gwyn and speak your farewell to Him. As the mist recedes it is time to return from the sands, from the lapping tides, from the salty scents, from where seabirds cry, back into your body and into your personal space where we gather joined by our shared experiences.