

Meditation - The Otherside

In this meditation we are going to be journeying with Gwyn to witness the battle of which He speaks with sorrow at Caer Fanddwy 'the Fortress of God's Peak'. This was an attack by Arthur upon Gwyn's fortress and His people 'the honoured and fair' from which only seven of the attackers returned.

We are going to return to the beach where Gwyn and Gwyddno met to meet with Gwyn and to journey with him to Annwn and to Caer Fanddwy.

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 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. The sand is soft on your feet. You can smell the sea-salt and the cries of sea birds can be heard overhead.

A mist is drifting in and in it you see Gwyn on His white horse gold-adorned and notice His carved ring. Today He looks sombre, sorrowful, for He has come to take you to witness an event of great tragedy and import in His realm. He has come to take you to the Battle at Caer Fanddwy.

You greet Gwyn and decide upon your means of travel - this may too be a white horse or a steed of another kind or you might choose to shift shape. You now pass with Gwyn through the sea mists to the site of this ancient battle.

10 - 15 minutes.

Your visit to the Battle of Caer Fanddwy is now at an end. You return with Gwyn from its location back through the sea mists to the beach where he and Gwyddno met. You give thanks to Gwyn for taking you to bear witness to this otherworld conflict of which he speaks with such sorrow. As he retreats with the mists you are once more aware of your feet in the soft sand, tides lapping coolly, the cries of sea birds. 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.