

Meditation - A Journey with Carngrwn or Dormach

In this meditation we are going to be journeying with Carngrwn or Dormach to find out about their little known history and their relationship with Gwyn.

We will begin the meditation on the beach where Gwyn met 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 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 briny scent and the cries of gulls and other sea birds can be heard overhead.

As mist is drifting in and from it appears Gwyn riding his white horse, Carngrwn, and with his white red-nosed hound Dormach at his side. He dismounts, pats his stallion on the shoulder, strokes the head of his hound.

“Today,” he says to you, “I offer you the opportunity to journey with either Carngrwn or with Dormach to find out something about their history.”

In one hand Gwyn holds Carngrwn's reins and in the other Dormach's leash.

You have a moment to make your choice. Listen to your inner voice. Choose wisely.

Once you have made your choice you either take the reins or the leash and go with your guide to wherever they would like to take you to show you their history.

... 10 - 15 minutes...

Wherever you are it is now time to return with either Carngrwn or Dormach. Follow their guidance and come back with the mists to that familiar beach where Gwyn awaits in the mists and give thanks to them and Him for your journey. Gwyn remounts, with Dormach beside Him, returns into the mist, takes it with Him. 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.