

## Faery Meditation

1. While sitting quietly, be aware of the inner flame that burns deep within you. As your awareness of the flame builds, reach within you and bring out a fragment of the flame, holding it before you. The fragment of flame lights up the space in such a way that you can see things that were previously hidden.
2. As you look around with your inner vision, you see tree roots growing out of the floor. In the center of the root growth is the hollow of a tree that vanishes down into the underworld. The fragment of your inner flame passes down the tree hollow and you are drawn to follow.
3. Climbing down the inside of the inverted tree, you become aware of many different scents that you recognize. They all evoke emotions, and yet the precise memory of these familiar scents evades you.
4. Deeper and deeper down you climb as you travel through the tree.
5. Just when you think your arms cannot take anymore, you emerge out of the hollow trunk to find yourself in the high branches of the tree.
6. Carefully, you climb through the branches, trying not to fall. The tree speaks to you, guiding you through its leaves until you find a branch that reaches nearly to the ground. Carefully, you drop from the tree and land in soft grass.
7. All around you is grass and flowers. Many trees hang down from the sky, reaching for the grass. The light comes not from the sky, but from the ground below your feet.
8. In the distance there are many hills and standing stones. One particular stone stands out for you and you set off walking towards it. Faint singing whispers all around you and as you listen, you hear that the song is advising you where to go.
9. On your chosen path, there is a stone blocking the pathway. Something tells you, deep within you, not to walk around the stone, but to touch it. Reaching your hands out, gently caress the stone which moves under your touch. A wild power emanates from the stone and you realize that this stone is special. Before you can draw a breath, the stone transforms into a tall muscular woman who blocks the path.
10. Her eyes bore into you, seeing everything that is hidden within. She looks at your intentions for seeking the faery realm. She looks for a deed that was done without selfishness. If she is happy with what she has seen, she opens her arms to you. Her body scent evokes memories, long since forgotten, of your babyhood. The nurturing of the mother's breast flows from her as she invites you to embrace her.
11. Stepping forward towards her, you pass through her and she vanishes. The mother of all being has awoken you to life and you now see the landscape through different eyes. All the plants, trees, flowers and bushes show themselves to you as tall beautiful beings that uphold the earth. Many creatures dart in and out of the forest that has appeared all around you.
12. The stones move and breathe as many strange and wondrous faery beings tend them. All around you is vibrant life in balanced communion. Reach down to the earth and scoop a handful up. The scent of earth is that of the Mother who stood in your path. The scent of nurturing fills you and you lie down on the earth to embrace your Mother.

13. All of the faery beings lie down with you and each one places an arm around another until one of them places an arm around you. The spirits of the plants, trees, flowers and stones all participate in until every living thing is joined, united in honoring of the Mother. A sense of communion and family flows strongly through you as you realize that all the beings assembled are your true brothers and sisters.

14. A gentle rain starts to fall. The community of beings starts to separate and enjoy the soft falling water. The faery beings dance with the rain drops, and all the plants and trees open themselves out to receive the life giving water. The rain falls all around you and also falls through you. Much that is incoherent, unbalanced, suppressed or inappropriate is washed from you by this rain. What falls from you is taken up by the earth and transformed.

15. When the rainfall stops, a hand reaches out from the earth, holding something out for you. The hand of your first ancestor holds out your imbalances: they have been transformed by the rich earth. Opportunities for learning from what you have relinquished are offered to you. Take the offering and place it within you, where it will unfold slowly throughout your life.

16. The assembled faeries are beginning to dance through the forest and they call upon you to join them. Holding out your arms, you follow, dancing and singing as you pass ever deeper into the forest. Someone grabs your hand and dances with you. A faery being has chosen you as a companion and should you choose to upkeep this friendship, it will be your companion throughout life.