

Candlemas 2017

(Having two facilitators for this meditation was really powerful. Hearing a new voice as we greeted a new goddess enhanced the experience. Also, the preparation part of the visualization, connecting to the Mother and Divine Light, activating our throat chakra and connecting to the altar in our circle, completely prepared us to journey within. It was an incredibly rich experience for all.)

Candlemas meditation

E: Say with eyes open: We'll be going on a journey today, looking at what is true for us in several aspects of life. We'll be calling on goddesses to assist and guide us. Take a minute or two to settle comfortably (okay to lie down if you prefer). Allow your eyes to gently close.

H: Taking several deep, slow cleansing breaths. Now take a moment to send a grounding cord from the base of your spine to the center of the earth, anchoring you to the heart of our Mother.

Be aware of your crown and now connect with the divine light that is always flowing down to us from the higher spheres.

With your imagination, let your throat chakra, your communication center, radiate outwards in natural expression around the front and back of your neck area.

Now focus on your belly—your center, your dantian. Send a cord from this place into the center of our altar, anchoring it into the energies we have set through our invocations and blessings today.

You are embarking on a journey to look at different aspects of your life and ask assistance from the many faces of the goddess. Continue breathing deeply, staying connected to the Earth and open to the wisdom and energies of the celestial realms.

Now, in your mind's eye, picture yourself in a beautiful, serene and safe place, where you can greet your visitors.

H: From this place of beauty and peace, you call the African Goddess, Oshun (ocean) to you. She is the goddess of the fresh waters, Love, Beauty, Fertility and Prosperity. She heals the sick and protects the poor. Take a moment to gaze at her, and know you are worthy of receiving her guidance and wisdom. Oshun asks you, "What is true for you right now, about your financial well-being?" Let your intuition answer, rather than your mind. (30sec) Now you ask Oshun, "How can I align with what needs to happen next for my financial well-being?" Listen deeply to her response. (30sec) Take a moment to thank Oshun and receive her blessing. Let her know that you have heard her, and as your offering to her, you will take this exchange to heart. You look deeply into one another's eyes, mirroring the goddess in each other. Her image gradually fades as she takes her leave.

E: Next, you call the Nepalese Goddess Shakti to you. She harnesses the universal energies of power and creativity. She glows with radiance and well-being. Take a moment to gaze at her, and know you are worthy of receiving her guidance and wisdom. Shakti asks you, "What is true for you right now, about your physical well-being?" Let your body answer, rather than your mind. (30sec) Now you ask Shakti, "How can I align with what needs to happen next for my physical well-being?" Listen deeply to her response. (30sec) Take a moment to thank Shakti and receive her blessing. Let her know that you have heard her, and as your offering to her, you will take this exchange to heart. You look deeply into one another's eyes, mirroring the goddess in each other. Her image gradually fades as she takes her leave.

H: Next, you call Kwan Yin, Chinese Goddess of compassion to you. Kwan Yin. She is the Mother of Mercy, who hears the cries of all beings and eases their suffering. She radiates serenity and fearlessness. Take a moment to gaze at her, and know you are worthy of receiving her guidance and wisdom. Kwan Yin asks you, "What is true for you right now, about your emotional well-being?" Let your heart answer, rather than your mind. (30sec) Now you ask Kwan Yin, "How can I align with what needs to happen next for my emotional well-being?" Listen deeply to her response. (30sec) Take a moment to thank Kwan Yin and receive her blessing. Let her know that you have heard her, and as your offering to her, you will take this exchange to heart. You look deeply into one another's eyes, mirroring the goddess in each other. Her image gradually fades as she takes her leave.

E: Next, you call the Navajo deity Spider Woman to you. She is ancient and she is new. She is the weaver of all that is. Take a moment to gaze at her, and know you are worthy of receiving her guidance and wisdom. Spider Woman asks you, "What is true for you right now, about your spiritual well-being?" Let your deep knowing answer, rather than your mind. (30sec) Now you ask Spider Woman, "How can I align with what needs to happen next for my spiritual well-being?" Listen deeply to her response. (30sec) Take a moment to thank Spider Woman and receive her blessing. Let her know that you have heard her, and as your offering to her, you will take this exchange to heart. You look deeply into one another's eyes, mirroring the goddess in each other. Her image gradually fades as she takes her leave.

H: Now, with peace and gratitude, allow your heart to melt open and shine forth in all directions. Breathe into this space of love and acceptance. Breathe into this moment. Slowly, with each breath, come back into awareness of your body, the room around you and the present moment. Begin to wiggle your fingers and toes, or stretch your body slowly. Now focus on the cord that you sent from your belly into the central altar and with your awareness, gently bring the cord back into your core, your center, your umbilical region. Now focus on the cord grounding you to the Mother. With each breath, come back into the here and now and slowly, gradually, allow your eyes to open.

E: When you are ready, you may spend a few minutes journaling this experience or simply stay in this place of expanded awareness for a few more moments.