SAMHAIN MEDITATION

Close your eyes and take some deep relaxing breaths. Feel the ground below you and the heavens above you. Feel the warmth of the fire in front of you. Feel its glow. Feel the warmth, love and acceptance surrounding you in this circle. Feel the presence of spirit here. Acknowledge all the spirits who have come to join us tonight. Welcome them, say hello. Now seek out your way to enter the underworld. Perhaps it is a knot in a tree or a cave on the side of a hill or a dark spot in a lake. Locate the entrance and go in. Keep on going. Go deeper and deeper. See the entrance distancing behind you as you go deeper and deeper inside. Notice the light fading behind you as darkness fills the area. Deeper and deeper you travel, down, down, down. Further and further. Keep traveling onward, further and further- deeper than you ever go. You are entering the underworld. In the distance in front of you, you begin to notice a glow. As you near it you notice a landing or an inner cave where a small candle is burning setting off a warm rich glow. It is very inviting and very safe. Go to this place. Rest. You feel very safe here. You rest and wait. Now call upon the crone. Invite her presence and ask that she guide you. You begin to sense her near. As she comes closer to you, notice how she looks. What is her form like. Study her wise old face. Look deep into her penetrating eyes. Greet her and thank her. Listen for her greeting. Acknowledge one another and the choice you have made to work together tonight Spend time interacting with her.

Now reach out to her and take her outstretched hands. You feel her welcome, her wisdom. She will lead you now into the dark underworld of your psyche. Go with her even deeper within. Share with her now your fears, the shadow aspect of your being. What is one of your greatest fear? Ask her for assistance. What needs to be released in your life. What needs to be transformed within you. Discuss this with her.

Ask her for guidance and the strength to help you make changes in your life. As you spend time interacting with her, listening to her words of wisdom for you, the crone of our circle will be her messenger in the physical world and will give you a sign. As the crone of our fire approaches you open your hands to receive her message for you. This is her oracle to help you unravel the secrets behind your fear and to help you find the wisdom and strength she is offering you to transform.

Feel the object the crone has given you. What does it say to you? Ask it? What significance does it have for you? What does this object represent for you. What is its message.

When you feel complete, set the object down in front of you. It will be there when you return and you will be able to take it with you as a reminder, as the crone’s message to you on this Eve of Samhain.

Now look into the crones eyes and say your last words to her. Thank her for her gifts and give her something in return. When you feel ready, say goodbye to her. See the space between you growing greater making separations. See her turn away and return to her place as you turn and begin to return back to yours. But you return with the gift of the crone and renewed strength and clarity. Get up and begin to travel away from this place and the candle. Begin to travel upward and notice the candle disappearing behind you. Travel up and up through the darkness till you see a small dot of light above you. You continue to travel up and up and as you get higher and higher, the light gets bigger and bigger, until you come to the entrance through which you entered earlier.

You pop outside again and notice the world around you. You look to the left and right of you. You begin to notice your body, your toes, your arms and legs. Feel the earth below you. Notice the fire in front of you. You take a big breath and another deep breath and start to stretch your body this way and that. You are once again here around the fire with this circle of women on Samhain Eve.

Open your eyes when you feel ready.