

The Inner Grove – An Introduction

A Dedicant Path Through the Wheel of the Year meditation

By Rev. Michael J Dangler

Take a moment, and find your center. Draw your breath in, hold for a moment, and exhale.

Watch your breath for a time. There is no hurry, there is no pressure. Pay attention, but let that breath flow... in, and out... in, and out.

Let your body find its rhythm.

And when you are ready, let your mind's eye begin to seek the mist.

You might first sense it, before you see it: let it flow into your senses, touching them, making itself known. Cool, but not chill; light, but perceptible; colorless, yet filled with color; formless, yet with shapes that arise and fall away.

Be surrounded by this mist. Let it fill your world and your experience as you breathe here, at your center.

Now, shrouded here, feel the mist begin to pull back, to open as a curtain, or recede as the waves from the shore, and begin to reveal an open space. As the mist pulls back, begin to see that you are in a clearing, a space between trees, a grove that is both familiar and new.

This is your inner grove.

At the center, there is an altar. Upon that altar, bright in the dissipating mist, a small fire burns, and you know it burns for you.

Beside the altar, shining in the earth, a well bubbles up from below, fed by a spring, pouring forth from the bosom of the Earth Mother. You know the song this well sings is sung for you.

Behind the altar, rooted deep within the earth, and with high branches that seem so strong that they alone support the heavens, a tree stands. It is alive, both of itself, and teeming with life as shelter for all. You know it offers shelter to you.

This place that you have come to is your inner grove, the place from which you will do much of the inner work of Our Druidry. It is a space waiting for you to fill, a place that you will revisit often. Here you can meet allies, gather tools, and meditated upon symbols that appear in your life or in your dreams.

Take a moment now to explore the space. In the future, we will move out from it, but for this short time, get to know it as it is.

[drumming]

Now, prepare to depart. There is a magic in trance, where the way home is always faster than the path to your destination. Know that you can always return here, for this space is your space, your inner grove.

Let those mists roll in again, surrounding you, supporting you, focusing your world into a slightly smaller space. Breathe for a moment in this mist, and feel yourself settle back into your body. Feel your breath in your chest. Begin to move your fingers and toes.

Let yourself come back to this physical world, and when you are ready, open your eyes and rejoin the world.