

# The Inner Grove – Seeking an Ally

A Dedicant Path Through the Wheel of the Year meditation

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

Watch your breath for a time. Pay attention, but let your breath flow: in, and out. In, and out.

Let your body find its rhythm.

When you are ready, let your mind begin to see the mist.

You may again sense it before you see it. Let it flow into your senses, touching them, and once again making itself known. Recall its cool, but not chill. feel. It's light touch that is so perceptible upon the skin. Its colorless look is filled with streaks of color that flow within it. Its formless nature, with shapes that arise and pass away again, into that mist.

Let that mist surround you as it always does.

Let it fill your world and your experience, as you breathe here, at your center.

Now, feel the mist pull back, open as a curtain, or recede as the waves from the shore.  
And see it again, reveal your inner Grove.

See once more the flame upon your altar that burns bright for you.

Hear once more the sound of the well drawing up from the bosom of the earth

Feel again the shelter of the tree, rooted deep, crowned high.

See your symbol upon the altar, and the tool that you received last time still there, and still calling to you.

Take a moment now, and meditate in this space. Explore it, experience it once more.

[drumming]

And again, you are drawn to the edge, to a place where there is a place that leads out, perhaps marked by your symbol, perhaps your tool draws you there. However it comes to you, see your break in the grove, the path that leads out and down, out and away from this grove. And once again, travel that path.

As you do, take good note of your surroundings.

See what is in front of you, feel what is behind you. Taste the air, hear the sounds of the forest and this space. Experience all that comes to you as you move forth.

If the path winds, follow. If it forks and branches, look for signs along the way to help you know where to go.

Be drawn forth.

And as you walk, feel your heart getting lighter and fuller. Feel your work begin to take shape. Feel your path become firmer and more certain. And once again, break out into a new space, a space that is vastly different, but here at its center, there is a figure, a being of some sort. Maybe plant, maybe animal. Maybe elven or human, maybe god or goddess, but it is a spirit that stands before you, one with which you may seek an alliance.

Step forward to this spirit, the spirit who has come to your space, to a place where it knew you would be.

Come forth to this spirit, and spend some time experiencing it, meditating, conversing, or simply being, here in this space.

[drumming]

Prepare now to take your leave. Spend just a moment longer to say goodbyes, to say anything that needs said, or simply to be in this presence.

[drumming]

Prepared to depart, recall the magic of trance. Remember that the way home is always faster than the way here.

Take your leave of this spirit, this ally, and begin again, down your path, back to your inner grove. Take note of the way.

See what there is to see, and arrive again, back in your inner grove.

Here at the altar, the symbol and the tool remain. If your ally has returned with you, seek to understand how they interact with your Grove. If they have not, look around your Grove. See if there is something here that reminds you of them. See how that thing fits with the space that is yours.

Know that every time you return to your Grove, you are close to this new ally. It is your responsibility to build a relationship, to know how to make offerings, to make good gifts, to do good work on behalf of yourself and your friends with this spirit.

Now, prepare to depart from your inner grove with the knowledge you have gained on this day.

Let those mists once more roll in around you. Let them surround you and support you. Let them focus your world into that slightly smaller space.

Breathe for a moment in this mist, and then feel yourself center and settle back into your body. Feel your breath in your chest, and begin to move your fingers and toes. Let yourself come back to the physical world, and when you are ready, open your eyes and return to this world.