

# The Inner Grove – Seeking a Tool

A Dedicant Path Through the Wheel of the Year meditation

By Rev. Michael J Dangler

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

Watch your breath for a time. Pay attention, and 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 mists.

Again, first sense it before you see it. Let it flow into your senses, touching them, making itself known to you. Recall that it is cool, but not chill; light, perceptible; colorless, yet filled with color; formless, yet with shapes that arise and dissipate, fall away.

Shrouded in the mists now, it fills your world and your experience, and as you breathe here at your center, let it begin to draw back, that mist, and reveal to you your inner grove.

See here, the fire that burns brightly for you, the song of the earth that comes from the well, the tree that stands and supports both you and the cosmos. The symbol that you have drawn forth from the forest itself.

All these things are here for you to meditate on.

Take a moment now, and visit them.

[drumming]

Now, once again, see at the edge of your grove, a path that leads out. It may be marked by your symbol, it may simply appear and tug at your memory and your thought, but it compels you and draws you forth. Seek this path, once again, out from the Grove. Follow it. Let it carry you forth, winding through tree and stone, reaching the space before you.

Let it draw you deeper and further away.

Notice the path; consider how it feels beneath your feet. Look at what is on either side of it. What do you see here? What do you hear? What do you feel as you move through this space?

And now, come once again to an open space. Here, a simple stone altar rises at the center of this space. Approach it, and see that atop it, lying there, waiting for you, is a tool of some sort. Something that will aid you on this path. Something that you can draw from. Look closely at it. Touch it and feel it. Is it heavy in your hand? Is it lighter than expected? Does it shine with its own inner light?

Look carefully, study it well.

[drumming]

This is your tool to carry back. Hold onto it tight.

And as we know, the journey back is faster than the journey here. Find the path that draws you back to your inner grove. Follow it, and pay attention to the signposts along the way. When you reach your inner grove, take it to the altar. Hold that tool there, before the fire, before the well, before the tree. Hold it there, with your symbol, and know that these tools are gifted to you.

These tools, the symbol, the tool you have just received... these will help to guide you on your path.

They may be simple symbols, or they may be physical things that you will receive. Hold onto them, here in this space. See them clearly. Know that you have drawn them close to you, and that the work that you do is informed by them.

Now, once again, place your symbol down upon the earth, on the altar. Place your tool beside it or atop it. Prepare to leave this space.

Draw the mists around you. Know that you can always return here, for this is your space, your inner grove.

Let the mists roll in again, feel them surround you and support you, focusing your world into a slightly smaller space. Breathe for a moment in this mist, and feel yourself settled back into your body. Feel your breath in your chest, and 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 this world.