

Elemental Wheel of the Year Meditation

Wednesday 14th March 2018

Today we are doing a journey through the wheel of the year. So many in our society today either live in ignorance of the seasons due to permanently living in air con between their cars, their homes and their offices. Or just bemoan the temperature rather than trying to understand the seasons and why it is that way. It is interesting to note that among many circles having to put on a jumper in winter instead of putting on a heater or reverse cycle air conditioner is 'Suffering', rather than acknowledging the conditions of the seasons. We are so out of commendation to real temperature that the constant temperature is actually a cause of weight gain among office workers, as temperature regulation is an inbuilt mechanism that burns up calories.

This disconnect is even worse among those who follow the patterns of the earth for inspiration as we need to know the wheel of the year and the energies to work with them. As I become more and more intertwined with the natural world even progress and events in my life seem to become one with the cycles. For this reason I think it is important to reconnect with this energy, the energy of life. Therefore this is the basis of today's meditation.

The Seasonal Waypoints, shown in the poetic meditations below, will be our waymarkers, They will show us where we will be stopping in our walk through the Wheel of the Year;

Poetic Meditations

Winter Highpoint (Solstice)

Water Meditation

*I am the rushing water
I am the vital force of life
I cleanse by flowing through
I can rush through when I need to
Going over obstacles as well as around
When I have to I can rush
When I can I meander
I can be noisy and fast or I can be silent and slow
I can help bring life through rain, mist and river
Or I can destroy through lack inn drought,
Flood and deluge
I am the flowing water
A vital cleansing force of life.*

Water – This is the opposite of Fire, the archetypal element of Anima. This is the primal dark, the primal cold, the primal dark, The opposite of light. For this reason this is ice, cold water, winter, and snow. This is the Archetypal dark that allows us to balance out the light, structure it and use it properly.

Spring Waypoint (Equinox)

Earth Meditation

*I am the solid earth,
The bedrock and the soil
The solid ground underfoot
A nurturer of plants,
Be that of land under forest, crop or garden
Solid and comforting,
nurturing and supportive.
But I can also be destructive making way for new
Through the avalanche, the earthquake,
my rise and my fall
I change over aeons
Shifting slowly with the times
I am the vital earth
Slowly dynamic and giving life.*

Earth – The solid element of the earth. Connected to spring, growth and renewal this is a solid, supporting and nurturing Anima element. This is a balancing element, a more balanced element that balances out the extremes so life can grow and thrive.

Summer Highpoint (Solstice)

Fire Meditation

*I am the burning flame
I can illuminate or I can destroy
I can be the camp fire,
I can be the Hearth fire,*

*I can power a blacksmiths forge
Or I can be the wildfire
Burning all around me
Destruction Incarnate
Use me or abuse me
It is up to you
Results come from intentions
And that is up to you
With good intentions I illuminate
Bringing light into the dark
Creating life and civilisation
Glowing warmth to light the spark.
I am the burning fire
The spark of light and creation.*

Fire – *This is an Animus element of change, growth and warmth. This is summer and the sun, this is fire and progress, this is summer, warmth, growth in all forms. This is also the closest to the pure, archetypal primal light that powers our world and our progress in the world.*

Autumn Waypoint (Equinox)

Air Meditation

*I am the Whispering Wind
I am the bubble of life
I allow life by my presence
I can sustain life or I can destroy
I can be the breeze or the Hurricane
I am as changeable as I want to be.
I can be life or death
I am an integral part of life
Though I am not often seen or thought of
I am the invisible element
You cannot do without
Trust me and respect me
Because if you do not you will perish
Invisible but not Immaterial
I am the free and free-wheeling
The bubble of life
The element of air*

Air – *This is a light, intellectual element, the element of Autumn, understanding and sentience. This is a balancing Animus element, allowing the change and contemplation required to move forward and grow.*

The two solstices and equinoxes are points that we will be visiting in the guided meditation in the next page. But to get you to understand this cyclic force I will first get you to meet it face to face through a poetic Meditation Below;

The Wheel of The Year

The Cycle of Life

*The Wheel of the Year
The never-ending cycle,
As old as the earth,
As constant as time.*

*From Winter,
To Spring,
To Summer,
To Autumn,
The cycles of life and growth.
From the Winter Solstice,
The cold start of the year,
to the Spring Equinox,
Where light comes into balance.
Then to the Summer Solstice,
The zenith of light and fire,
Through to the Autumn Equinox,
The dark balancing out the light,
Allowing it's products to be harvested.
Then back to the Winter Solstice,
The end and the beginning,
The zenith of cold and dark,
The Pause of the Earth,
To start again.
The flows of energy,
The Wheel of the Year.
The turning of the seasons
The Wheel of the Year.*

This poetic meditation shows how the four above give us our seasons and our lives in so many ways, even if we don't realise it. Our food all comes from this. Our weather, our seasons, the lot. For this reason it is important to understand it, going into the meditation below.

Wheel of the Year Meditation Wednesday 14th March 2018

- *Lie down or sit comfortably, if possible your tailbone grounded to the earth or floor. Relax, feel yourself leaving your physical body for your ethereal body.*
- *As you do so, feel yourself in the middle of a large stone circle, a mile around, with four major markers, twelve minor markers and a centre marker. As you appear at the centre marker feel the energy of this circle, feel it go through you, feel yourself feel the energy of this circle for ten breaths. As you feel the whole circle's energy take one deep breath before walking from the centre marker, to the southernmost major marker, Halfway between the southernmost two minor markers.*
- *As you get there feel the blue, water energy. Feel it frosern, feel it blue/white, feel it comfortable. Touch the stone, think of what winter means to you, the break in cycles, the beginning and end of cycles. Feel the weather you know, feel the cold. Welcome it. It is not burdensome, it is representative of the energy. Taking ten deep breaths, feel the energy permeate through you, combining with it's physical manifestation. Feel it as part of what this weather means, feel it with the breaths. Taking one final, deep breath take it within you as you thank it for the chances of endings and new beginnings, regeneration year in year out.*
- *With a final touch on the stone feel yourself walking the quarter mile, full awareness of the changing of the season, as the weather changes with the rising of the light, towards spring. Feel the energy of earth, fertile an abundant, go through you. While solid, feel the light balancing this out for growth. Feel it as you touch the stone, feel what the season means to you. Feel the light, feel the solidity of cycles as you take ten deep breaths, reflecting on the weather, the changes with the warmth. See the spring, thank it, remember how this manifests with the weather. Feel it, soak it in for one last breath, thanking the stone for the chance of growth and new beginnings year in, year out.*
- *With a fine touch on the stone feel yourself walking another quarter mile towards summer. Feel the weather change from balanced and pleasant to hot with the rise of heat and light to it's Zenith. Feel it in the colours of fire – Bright reds, yellows and oranges. Feel it go through you, enjoying the sensation of the height of light and the element of fire, empowering your seeds and intentions to grow. Feel yourself empowered, feel the power of these elements go through you as you think of the weather you associate with summer. The heat, the thunderstorms, the humidity. Do not be afraid of the discomfort, This is meant to be there, seasonal energies made manifest as you take ten deep breaths. Feel it, enjoy it, feel your understanding grow. Far from a mere discomfort, thank it for a chance to empower your dreams and visions with a final touch of the stone, year in, year out.*
- *Now start to walk the second last quarter mile to the next waystone, between two minor markers. As you do visualise how winter changes from summer to autumn, the falling leaves, the cooler temperatures, the march to winter. Feel the element of air take form in the Autumn winds, feel the dark start to take hold, making this harvest solid enough to manifest. Feel this as you take ten deep breaths, associating that with the manifestation of the autumn weather. With a final breath thank this energy for the chance to harvest plants, food and intentions, year after year, as you take a final touch of the stone.*
- *Now walk the final quarter mile of the march to winter, back to the winter solstice maker. Feel the Water and dark become predominant, the feel of the frozen water; the waymarker of the year; the beginning and the ending. As it was your beginning, it is now the end and the beginning of a new cycle. Touch it, thank it, reflect on the weather change of late autumn. Reflect on how this is important for a moment, taking a deep breath.*
- *Now, after your deep breath, walk back into your centre marker. Feel it all come together in you, your reflections on all of the cycles. Feel it come through you, this greater understanding. Take ten deep breaths internalise this understanding. With one final breath, look around, three hundred and sixty degrees, then with a final, deep breath come back into yourself with this knowledge.*
- *Take a few minutes to come back with this new awareness into the consecrated room and fill out the reflective worksheet for future guidance.*

Worksheet
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My Experiences of Winter and Water are;

My Experiences of Spring and Earth are;

My Experiences of Summer and Fire are;

My Experiences of Autumn and Air are;

My Experiences of the Total Wheel of the Year are;

Notes