

By Gretchen M. Persbacker

## Ostara Mediation 2008

Opening Meditation:

Now, I invite everyone to close your eyes, and open your ears, and open your minds, and open your hearts.

Breathe slowly and deeply. Make yourself comfortable. Stretch if you need to. Allow yourself to relax and feel at ease. Let the cares and worries of the mundane world slip away. Focus on this moment, on the sensation of breathing, the feel of the air being drawn deep into your lungs and then released again.

Now, turn your awareness inward. Focus on that place within you that is the very core of your being—your essence. Cast aside the trappings that others use to define you. Shed the words and attributes that are but a poor attempt to describe the fullness of your being. Leave behind your history. Leave behind your name.

As you continue to draw your attention down into your center, you find yourself floating in dark, warm waters—the well of chaos from which all of existence emerges. You become detached from your physical form and all of its limitations. Here, you are nothing more than a mote of awareness, a bright spark of light and thought adrift on the currents of the unknown. You see without eyes, hear without ears, and feel without flesh. Sensation and experience are not limited in this place of imagination and dreams. In this place, all things are possible.

Here there are no restrictions—no calendars, no schedules, no deadlines, no clocks. In this place that is both more and less than a place, time has no meaning. Past, present, future—all are one.

You drift on the currents of chaos, dancing along on the waves of creativity, pulled into the whirlpools of a glorious madness. Here, in this place, there is no fear, no hesitation, no doubt. Each direction is very like another, yet no two are the same. This is a place that defies explanation. This is a place that resists definition. In this realm of the infinite, nothing is real, and everything is possible.

Feel the power and potential that surrounds you and draw a part of it into yourself. Fill yourself with its radiance. Embrace the creative energies that flow around you and through you. Take a few moments to savor the power that fills and surrounds you.

Now, slowly, gently, accept once again those limitations of physical form that you need to cross back into the world that we call real. Feel your body—your feet planted firmly on the ground, the air filling your lungs as you breathe slowly and deeply. Hear the small sounds all around you. Be aware, once again, of your brothers and sisters standing here with you in this sacred and protected space.

As you draw nearer to reality, bring with you that little piece of chaos that you pulled into yourself, allowing it to flow through your body, filling you with energy and inspiration. Now, allow the chaotic images of the primordial sea to fade. See the faint shimmer of light through your closed eyelids. When you are comfortable, when you are ready, open your eyes so that we may join together in this celebration of nature on this sacred day when we acknowledge the powerful forces of creativity, renewal and rebirth.

### **Closing Meditation:**

Now, I invite you once again to close your eyes, and open your ears, and open your minds, and open your hearts.

Breathe slowly and deeply. Relax your body, calm your thoughts and journey inward once again to the endless sea of possibility—the great void of chaos. Since you carry within you a piece of this source of all being, the transition is made smoothly, and you soon find yourself floating on the ceaseless, directionless currents.

Now, as your thoughts mingle with the forces around you, release back into the void the excess energies that you have drawn into your being. Keep only that which you can comfortably carry with you in the world of everyday reality—just enough to spark the fires of creativity and open your mind to inspiration. Allow the rest to flow away from you, back into the ever-churning sea.

Now, it is time to prepare once again for the mundane world. Once again, accept the limitations of flesh—be aware of your body—the feel of your breath flowing slowly, in and out, the rhythm of your heart beating within your chest. Feel the ground beneath your feet, the air against your cheek, the scent of the incense, the small sounds around you. Feel the presence of your brothers and sisters gathered together in this sacred space.

Accept once again the boundaries and restrictions with which we define the real world. Take back the trappings of that which we call reality—the passage of time, the burden of commitments and duty. Reclaim the words and attributes with which you define yourself. Take back your history. Take back your name.

But in the midst of all these things that rein you in and weigh you down, do not forget that you are still a child of chaos. You still carry within you the seed the infinite—the spark of potential that is your blessing—one that you have received, and one that you are called upon to bestow upon others.

As our rite draws to a close, and we end what we began, remember the lessons of chaos—of imagination and spontaneity, and carry them forth into your life, bringing balance to order and magic to a world in great need of it. When you are comfortable, when you are ready...open your eyes.