

## Proto-Indo-European Cosmology Meditation

After each step pause a few moments until you have the idea clear in your mind. Ideally, you should keep your awareness of each thing, adding new ones as you progress through the meditation; you might want to take a second after each new one to envision the previous ones.

Nxrtóm

*Chaos*

(Hold your hands as far down as they'll go, with the fingers interlacing and facing down.)

Wódr xapo hésti.

*There is water there.*

(Visualize water made of particles churning around together in the space below you. Each particle is like an infinitesimal dot. Here and there some clump together temporarily, but soon break apart. As a whole, the water looks like a dark lead.)

Rég<sup>w</sup>es

*The dark place; the Well*

(Bring your hands up to your solar plexus, transforming them into a cup shape (right hand on top of left) as you do so. A bowl appears, floating on the Chaos.)

Rég<sup>w</sup>es Nxrtó hesti.

*The dark place is in/on Chaos.*

(Concentrate on the location of the Dark. It is very still.)

Rég<sup>w</sup>es saxyeti.

*The rég<sup>w</sup>es fills.*

(Some of the water seeps into the rég<sup>w</sup>es; it doesn't pour, its random movement just brings it the water particles into it.) The Dark fills, but does not overflow, even though the water keeps oozing in.)

K<sup>y</sup>érd.

*The heart.*

(Become strongly aware of your heart, as present beneath your breastbone.)

K<sup>y</sup>érd saxyeti.

*The heart fills.*

(The water from the rég<sup>w</sup>es seeps into your heart, again sluggishly. Bring your hands up to your breastbone, keeping them cupped.)

Hn<sup>g</sup><sup>w</sup>nis k<sup>y</sup>çrdí hesti.

*There is a living flame in my heart.*

(A fire is kindled there.)

Hn<sup>g</sup><sup>w</sup>nis tô' ghumné saxyetor.

*The fire fills itself with it (either the water or the heart) as a libation.*

(Visualize the fire reaching out to the water and bringing it in as you flatten your hands against your breastbone.)

Hn<sup>g</sup><sup>w</sup>nis tód heuseti.

*The fire burns it.*

(The water swirls around in the fire and begins to merge with parts of it.)

Hn<sup>g</sup><sup>w</sup>nis tód meyeti.

*The fire changes it.*

(The merging continues.)

Hn'g<sup>w</sup>nî' tód g<sup>w</sup>iqôti

*The fire brings it to life.*

(Almost there.)

Tód nektr'm bhûyeti.

*It becomes Nekter*

(The water is now completely changed; mixed in with the fire is a burning water, gold in color now, that moves with its own life.)

Deiwós.

*The Shining.*

(A point of bright light shines in the center top of your head.)

Nektr' Deiwóm brg<sup>y</sup>hyeti.

*The Nekter rises to the Shining.*

(Cup your hands, with open part downward, and pressed against your forehead.)

The Nekter flows up and fills them. It does not pour out downward because it is flaming.)

Nektr' Deiwóm g<sup>y</sup>hewetor.

*Nekter pours itself as a libation into the Shining.*

(Bring your hands together against your brow, just as you did against your heart earlier. The Nekter flows into the Deiwós.)

Nektr' déiwom dhçluseti.

*Nekter feeds the Shining.*

(The Nekter fills the spaces between its infinitesimal pieces of the light (photons, quanta, or however you wish to imagine them)).

Nektr' deiwóm bhûyeti.

*Nekter becomes the Shining.*

(The Nekter fuses with the bits of light, so that they are indistinguishable.)

Xártus.

*The Xartus.*

Deiwós Xártçu hesti.

*The divine is in the Xartus.*

(Separate your hands and move them to the side, so that your upper arms end up parallel to the ground, your lower arms at a right angle to them, and your hands with open palms facing front. (The orans position.) As you do so, imagine threads coming with your hands from the light in your brow. At each point along the way, infinite threads separate, and from each point of those threads, an infinite number again, and so on. As each thread meets with each other, they link, but remain separate threads, until by the time your hands are still there is a net that fills the universe with light.)

Nektr' Xártum g<sup>y</sup>hewetor.

*Nekter pours itself as a libation into the Xartus*

(The Nekter in your brow flows down the threads, running along them like water would run over the threads in a net.)

Nektr' Xártum dhçluseti.

*Nekter feeds the Xartus.*

(The Nekter flows into the infinitesimal spaces between each of the nodes of the net.)

Nektr' Xártum bhuyeti.

*Nekter becomes the Xartus.*

(The Nekter fuses with the nodes, so that they are indistinguishable.)

Xártus Nektrç' g<sup>w</sup>çiti.

*The Xartus lives through the Nekter.*

Xártus smç g<sup>w</sup>eiqoti.

*May the Xartus truly live.*

(You are aware of the living, changing quality of the Xartus. The threads move and swirl, and continue to grow.)

Heg<sup>y</sup>om.

*I.*

(Bring your hands together to touch your forehead. Swirling threads of the Xartus come along with them.)

Heg<sup>y</sup>óm Xartéu hesti.

*I am in the Xartus.*

Xártus mç' g<sup>y</sup>hewetor.

*The Xártus pours itself into me.*

(The threads enter into your body and being to move through it.)

Xártus mç´ dhçluseti.

*The Xartus feeds me.*

(The threads flow into the infinitesimal points between each of those that make up you.)

Xrtéus g<sup>w</sup>eimi

*I live through the Xartus.*

Xártum g<sup>w</sup>eimi.

*I live the Xartus.*

(Bring your arms back into the orans position. The threads come with your fingers again, interweaving with each other and with the ones already there.)

Xártum smç g<sup>w</sup>eyô.

*May I truly live the Xartus.*

(You are aware of the living, changing quality of the Xartus.)

G'lákt.

*Milk.*

(Bring your forearms down so that they too are parallel to the floor, with your hands cupped upward.)

G'lákt Xartç´u xaugeti.

*Milk grows in the Xartus.*

(Each point of the Xartus web begins to ooze with milk, so that the milk runs along the threads.)

G'lákt Nektr´ Xrtóus hesti.

*Milk is the Nekter of the Xartus.*

(The milk fills your hands.)

G'lákt Xrtóus g<sup>y</sup>hewetor.

*Milk pours itself as a libation from the Xartus.*

(Turn your hands so the milk starts to pour from them. No matter how much pours out, it continues to pour.)

Nériom nig<sup>y</sup>hewetor.

*It pours itself as a libation down into the below.*

(Bring your arms down, so that your hands are laid on top of each other as a bowl again, except this time with the left on top of the right. Draw the milk down with your hands.)

Rég<sup>w</sup>es.

(Your cupped hands are again the dark place.)

Deiwós

(Still holding the image of the rég<sup>w</sup>es in your mind, add the shining light in your brow. The Xartus twines through it, so that the two are intimately commingled, but still separate.

G'lákt Deiwosyó Rég<sup>w</sup>es g<sup>y</sup>hewetor.

*The milk pours itself from the Shining into the Dark.*

(The milk that is in the Deiwós (because of its place in the Xártus, pours down the axis which connects the Déiws and the Rég<sup>w</sup>es)

Deiwós g'lákt rég<sup>w</sup>esi dedôti.

*The Shining gives the milk to the reg<sup>w</sup>es.*

(The milk fills your cupped hands. It continues to pour, even when your hands are full, but doesn't overflow.)

Dednté ghóstçs bhuyonti.

*By the giving they become ghostçs.*

(Concentrate on the flowing downwards of the milk.)

Deiwósk<sup>w</sup>e rég<sup>w</sup>esk<sup>w</sup>e ghóstçs senti.

*The Shining and the Dark are ghostçs.*

(Concentrate on the vertical line which connects the Deiwós and the Rég<sup>w</sup>es.)

Nxrtóm.

(Bring your hands together at their tops so your fingers are intertwined. Again imagine the water below.)

Xártus

(Become closely aware of the network of threads again, with the milk running itself over them.)

G'lákt Xrtóus Nxrtóm g<sup>y</sup>hewetor.

*The milk pours itself into Chaos.*

(The milk begins to pour down the threads and onto your fingers.)

Xártus g'lákt nxrtí dedôti.

*The Xartus gives milk to Chaos.*

(The milk pours from your fingers into darkness.)

Dednté ghóstçs bhuyonti.

*By the giving they become ghostçs.*

(The milk mixes in with the water.)

Xártusk<sup>w</sup>e nxrtómk<sup>w</sup>e ghóstçs senti.

*The Xartus and Chaos are ghostçs.*

(Concentrate on the web that is the Xartus uniting with the darkness which is in the Chaos.)

Rég<sup>w</sup>es

(Cup your hands again. They fill again, but this time the water is mixed with milk.)

Deiwós

(Become aware of the shining in your head.)

Hn'g<sup>w</sup>nis .

(Become aware of the fire in your heart again. Bring your hands up to your heart, keeping them cupped.)

Rég<sup>w</sup>es Deiwí hng<sup>w</sup>ní' dedôti.

*The Dark gives to the Shining through the fire.*

(The liquid pours out from your cupped hands into the fire, which burns more brightly.)

Dednté ghóstçs bhuyonti.

*By the giving they become ghóstçs.*

(Concentrate on how the liquid in the vertical line which connects the Deiwós and the Rég<sup>w</sup>es is in constant motion.)

Hn'g<sup>wí</sup> ghóstçs senti.

*By means of the fire they are ghóstçs.*

(Concentrate on the line itself.)

Hn'g<sup>wnî</sup> pnk<sup>wû</sup>'s ghóstçs pnk<sup>wû</sup>'s senti.

*Through the fire all is ghóstçs with all.*

(Tendrils reach out from the fire throughout your body.)

Ghóstítât hn'g<sup>wnî</sup> hesti.

*Through the fire, there is hospitality.*

(The tendrils form a net, which holds the particles of your body, or is formed from the spaces between them. The net continues to move, though, as the flowing of the Nektar and milk mixture flows through the tendrils.)

Hn'g<sup>wnis</sup> k'ç'rdimoi hesti.

*The fire is in my heart.*

(Flatten your hands against your breastbone; the liquid pours from them into the fire.)

Rég<sup>wes</sup> deiwí k'ç'rdémoi dedôti.

*The dark gives to the shining through my heart.*

(Concentrate on how the liquid in the vertical line which connects the Deiwós and the Rég<sup>wes</sup> is in constant motion.)

Dednté ghóstçs bhuyonti.

*By the giving they become ghóstçs.*

(Concentrate on the line itself.)

K'ç'rdimoi ghóstçs senti.

*In my heart they are ghóstçs.*

(The liquid flowing from each end of the vertical line (milk from the Deiwós, fire/water/milk mixture from the rég<sup>w</sup>es) passes through the fire on their way to the other end.)

K'ç'rdimoi pnk<sup>w</sup>û's ghóstçs pnk<sup>w</sup>û's senti.

*In my heart all are ghostçs with all.*

(The liquids reach their ends, and fill them.)

Ghostítât k'ç'rdimoi hesti.

*Ghostítât is in my heart.*

(Concentrate on the flowing.)

Ghostítât g<sup>w</sup>çmi.

*I live ghostítât.*

(Your body as a living, growing process takes part in ghostítât.)

Ghostítât smç g<sup>w</sup>eyô.

*May I truly live ghostítât.*

Tód héstu.

*So be it.*