

Guided Meditation Samhain 2009

By Gretchen Persbacker

Gather round, children of the earth, and sit at my feet. Make yourselves comfortable. Wiggle and stretch and make yourselves cozy. Feel yourselves at ease, for you are among friends.

And now...close your eyes and open your ears. And open your minds. And open your hearts.

Now is the time for seeking beyond the world that we know, to seek what lies hidden beneath and beyond it. Now is the time for magic.

Today we celebrate Samhain, when the great wheel turns again. It is a day that marks the end of one year and the beginning of the next. It is a day when the veil that separates the worlds thins, a day when we might be granted a glimpse of what lies on the other side.

There are many worlds. The one in which we live may seem to be all that there is, and death may seem to be final and absolute. But appearances can be deceiving. Other worlds exist all around us, reachable to those who seek them out, and while death may mark the end of one form existence, it is also the beginning of another. Through meditation, prayer, focus and imagination, we can reach beyond the mundane world. We can peer through the shadows and catch glimpses of what lays on the other side of the veil we call death, and we can once again feel the presence of our loved ones who have gone on ahead of us.

Every life has a beginning, and every life has an end. All that is born must one day die. Thus is the way of all things. What happens between the beginning and the end is the revelation. What happens between the end and the beginning is the mystery. Both have their purpose and both have their place.

It takes courage to look beyond the veil. It takes strength, and trust, and faith—and curiosity...the curiosity of a child, the wonder of a soul too new to this world to allow fear to hold them back from exploring the edges and from pushing the boundaries. It can be difficult, but as so many stories teach us, what is worthwhile is often difficult. Today, I call upon you to summon up your courage, so that together we may look beyond the veil.

Imagine that you are standing alone in a darkened room, holding a single candle. Let the light of that candle fill your vision. As the light dances in front of you, it spreads, casting more light than any candle you've ever held before. That small flame now illuminates the entire room, and as you look beyond the candle, you see your loved ones who have died.

You see them, dim at first, but growing more distinct. You see them smiling. You hear them softly whispering, wishing you well. You feel them draw near and their love envelopes you like a warm blanket. Take a few minutes to commune with them. Tell them how much you miss them, how

much you love them. Let them know that you will never forget them, that they will always be a part of your life—a part of *you*. Feel their warmth, their love, their joy.

Invite them to stay with you as we prepare to celebrate Samhain. Explain that they are the guests of honor—the patrons of our rite. Feel them settle in beside and around you.

Hold on to their presence as you blow out your candle.

Hold on to their presence as you once again return to this time and place.

Hold on to their presence as you feel the floor beneath you, as you hear the small sounds of the people gathered here with you.

Hold on to their presence, drawing them with you to the here and now as we begin our ritual, and when you are ready, still holding them close, open your eyes.