

A Proto-Indo-European Cosmological Mediation

The purpose of this ritual is to increase your connection with the Xártus. It may be performed on its own, or at the beginning of a ritual to set yourself in accord with the Cosmos. It performs a function similar to the Two Powers Meditation.

The ritual is in Proto-Indo-European. This will help you to get into a Proto-Indo-European mindset. Also, Proto-Indo-European is highly inflected, which means that endings are added to words to show what they do in a sentence, whether they're the subject or direct object, for example. Because of this, you can often rearrange the words in a sentence and it will still make sense. That meant I could make the ritual more poetic, more beautiful, and therefore more like the Xártus. I've spelled the words phonetically rather than the usual phonemic way, so they may look different than you're used to.

You can use the English translation, except for the word Xártus, but I think you'll find the Proto-Indo-European version to be stronger. Because it's short and has a repetitive structure, it's not really that hard to memorize.

The ritual:

Begin by standing erect, but without tensing your muscles or locking your joints. The idea is to be relaxed but ready for action. Put your hands out like you're preparing to receive something.

Concentrate on your body's existence and say:

Íi ʔesmi.

Here I am.

Settle in, setting your feet firmly:

Íi stistāmi.

Here I stand.

Envision the Xártus as a net connecting every event in the Cosmos, but not rigid. It wraps about you. Remember that it's living and moving, not rigid.

Íi, Xártū per moí.

Here, with the Xártus about me.

The net enters into you, flowing between every particle of your body.

Xártus mé ghéutor.

The Xártus pours itself into me.

The process is completed.

Xártus mé sáxyeti.

The Xártus fills me.

The Xártus strengthens all of your parts, filling them with life.

Xártus mé dhidhēti.

The Xártus feeds me.

It is this strength that allows you to live.

Xartú g^wéimi.

I live through the Xártus.

You are aware of your intimate involvement with the Xártus, your every action feeding into it and being fed by it.

Xártum g^wēimi.

I live the Xártus.

You commit yourself to continuing the process and awareness.

Xártum smē g^wēyō.

May I truly live the Xártus.

And now you emphasize this commitment by expressing a wish that it be so.

Tód ʔestū.

So be it."

There is a video of me performing this ritual at http://youtu.be/l5Bv3y59_KM. Not that on the video I pronounce "ʔestū" and "ʔesmi" as "hestū" and "hesmi." My understanding of the pronunciation of the beginning sound has changed since making the video. What I had thought to be pronounced as an [h] I now believe to be a glottal stop, [ʔ].