

WALKING WITH THE GODDESS

Practical action... positive healing

FEBRUARY 2020



*'Do not be dismayed by the brokenness of the world.
All things break. And all things can be mended.
Not with time, as they say, but with intention.
So go
Love intentionally, extravagantly, unconditionally.
The broken world awaits in darkness for the light that is you.'*

L.R.Knost.

GREETINGS!

Welcome to our first month of 'Walking With The Goddess'!

FEBRUARY

This is the month, certainly in my part of the Northern Hemisphere, when the weather is wet – either with deluges of rain or falls of snow, even in an otherwise 'green winter'. The old rhyme calls it 'February fill-dyke' with good reason! But we need this water to replenish the aquifers deep underground which continue to provide us with fresh water, even in times of heat and drought. We need it to top up our lakes and ponds... fill our rivers and streams to overflowing so that all the natural detritus of autumn and winter is finally swept away and everything is left clear for the new spring growth.

So, it is to the element of water that we turn our attention this month. This blessed and most necessary element of our world which is so vital, so powerful, so beautiful and so frightening and destructive all at the same time.

We shall also be looking at Welsh archetypal divinities whom we can call on and work with. If you feel drawn to work with an archetypal deity local to your own area instead, please do so – we are all connected, related – we all have one goal in sight.

You can work through everything in one sitting or space the journey and activities out over separate occasions... or repeat the journey and activities as often as you wish. It is entirely up to you. Whatever you feel most comfortable doing.

PREPARATION

Choose an area within your home or outside in the natural world which you can use as a healing space and where you can work regularly – where you will not be disturbed and you can relax into what you are doing. It might be a good idea to have one of each so that you can work regardless of weather or time of day/night. This can be as elaborate or as simple as you wish. Inside, a windowsill or part/top of a bookshelf to hold your things and a chair or cushion thrown on the floor is all that is necessary; outside, a plank of wood,

slab of stone or slate on which to place your things and a log, folded rug, stone or cushion to sit on.

Identify some of the personal negatives in your life at present... the challenges, worries, stresses and pains.

Briefly, decide how you may be able to alleviate them. Write down on a piece of paper those which you are determined to discard and bring this paper with you to your healing space.

For those which cannot be discarded, imagine a safe place – a strong oak chest or a beautiful container – where you can safely deposit your problems and, at least temporarily, lock them firmly away, so that you are free to breath and to work with positive energies.

This is a regular activity where you reach out – forget yourself – and selflessly connect to the world around you for its healing. Yes, you will also ultimately benefit from the activity, but in this instance, this is not the goal. This is the time, place and opportunity to think of and act for others.

Bring to mind what is positive in your life – that which you are thankful for. This will begin to put you in a state of gratitude, thankfulness, joy and love. This in itself will immediately begin to heal and restore you and the world around you. It will also make it easier for you to reach out to other forms of life, to the natural world and elemental energy, and make your presence more attractive, more compatible with these elemental beings who exist at a higher vibrational rate than we normally do – the fairies, if you like - with whom you will be seeking to work.

(You may find it helpful to keep a gratitude journal; a notebook in which you write three different things you are happy about or thankful/grateful for each day. As a very positive focal point, you can then bring this with you into your circle.)

The candle used here is symbolic of the light from your own loving heart and will be as nothing compared to the blaze which streams forth from you with increasing intensity.

When I speak about ‘love’ I am, of course, referring to unconditional love which is without conditions or limits. It ranks higher than sympathy, compassion or empathy. It is the kind of sensation which you might recognise

as your emotion when looking at a tiny kitten or puppy or a helpless new-born baby – that special, unconditional, all-encompassing feeling which can suddenly engulf a person. It is also the most powerful force in our existence but will only work if used wisely and with complete selflessness. This is what I mean when I refer to you working with love.



COLLECT

- A candle and something with which to light it.
- Something which represents what is happening in the natural world around you just now.

- Something which represents what makes you happy and your heart sing. Your gratitude journal – if you have one.
- The negatives in your life which you have already written on a piece of paper – and a dish or something fireproof in which to burn them.
- Pens, coloured pencils and paper. Enter your special space and set out what you have collected.
- A drink of water and a snack.

IN PRACTICE

Cleanse yourself (see notes in the introductory section) and enter your healing space.

Seek support: each month, a Welsh archetypal deity will be suggested as a focus to help bring you inspiration and support. Do a little research and find out more about them.

This month we shall focus on the masculine aspect of **Llyr**, who is a Welsh god of the sea, and also of hidden depths. Working with Llyr will help to bring clarity to the importance of our roots, our ancestry and where we have evolved from -also to understand depths of emotion and the interconnectedness of everything, just as the sea connects all land.

Water is everywhere... our oceans surround the planet and water connects everything... even deep beneath the hottest, driest places on Earth, water can be found. Out of the primordial sea life slithered to develop lungs and legs. In amniotic fluid we develop in our mother's womb... it is our first element and natural habitat. It also represents emotion... the fluidity of our feelings swirl and wash around and over us, just as water does. Water can be volatile and unpredictable, just like our emotions can. But water also always finds its own level, its own form of balance and harmony, and in this we can take a lesson from it.

Follow the guided journeys which will help you to tune into the energies which Llyr represents so that you may call upon their strengths and inspiration in all that you aim to achieve this month.

For the journeys there is an audio recording followed by a printed version



[AUDIO RECORDING OF JOURNEY TO HEAL WATER](#)

JOURNEY TO HEAL WATER

Bring a large glass or jug of water and an empty bowl into your healing space.

Settle yourself comfortably... close your eyes and take three deep breaths and allow all the hurly-burly of your day to melt away... and relax...

Open your eyes again.

Place your hands around the glass for a couple of minutes and feel your love flowing out of your hands and through the glass into the water.

Take a few sips of the water in the glass. What does it really taste of? How does it feel in your mouth and as it slips down your throat?

Slowly pour the water from the glass into the bowl. As you do so, watch how the light catches the stream of liquid. Listen carefully to the sound of the water as it runs... falls... splashes...

Bend over the bowl and breath in the moist scent of the water.

Plunge your hands into the water and swirl them about in it... then simply rest them, submerged and still... What does water *feel* like?

Lift the bowl up onto your knee and wrap both your arms around it. Draw it to you as you would a small animal or child.

Look deeply into its depths and imagine a beam of softly glowing light above your head. This is the light of conscious energetic healing. Imagine it flowing down through the top of your head... down your spine... and back up through the front of your body to the crown of your head... and then back down your spine and up the front... and back down your spine... only this time, as the light surges up the front of your body, sense and see that you are also drawing healing earth energies up through the soles of your feet... up through your legs and into your body to join the upper healing energy as it travels back towards your crown...

When both energies have reached your head, feel or see them flowing back down through your head, your neck... and into your arms and chest (where they also collect your own loving wishes of gratitude and healing) and sense them spilling out of your heart and palms of your hands which you now hold over the surface of the water...

Stay in this position and activity for as long as you wish – for as long as feels right to you...

When you are ready to stop, feel the energies withdraw from the water and return back up your arms, through your chest and into your head – the higher energies disappear up out of the top of your head and the lower energies flow back down your body... into your legs and out through your feet into the earth.

Give loving thanks to All That Is for allowing and supporting you to do this loving, healing act. Give thanks to the god, Llyr, for helping to support you in this important work.

Breath deeply... open your eyes... move your feet... fully return to your present time and place.

Set the bowl of water down. When you are ready to leave your healing space, take the bowl of water with you. You need to carefully, gently and mindfully pour it away onto the earth, or into some other water source – even down the drain – knowing that the love and gratitude with which you have instilled that water will then connect with any other water it comes into contact with and communicate your loving intentions – and so your message will spread.

If you wish, now is the time to draw or write down anything from the experiences you have just had.



[AUDIO RECORDING OF JOURNEY TO CONNECT WITH THE GOD LLYR](#)

GUIDED JOURNEY TO CONNECT WITH THE GOD LLYR

Sit comfortably, with your back straight and the soles of your feet flat on the ground.

Take three deep breaths and allow all the hurly-burly of the day to drop away from you... and relax...

Imagine that you are on a beach. It might be a beach that you know in the real world, or a place you are making up in your imagination. For the purposes of this journey it does not matter.

Look around you... What do you see?... You are standing barefoot on the sand and can feel it between your toes... It is a warm, sunny day with a light breeze blowing...

Walk down to the very edge of the water where little wavelets are gently rolling in... the water catches and reflects the bright sunlight... you hear the sound of seabirds calling... you smell the salty tang of the ocean...

Walk a little further until you are standing in a few inches of water...

Feel the water washing over your feet and pulling at the sand beneath them as it rushes back out... Feel yourself deeply connecting to the sea in which you stand... to the air all around you... to the heat of the sun beating down upon you...

Call out to Llyr, ancient guardian and god of the sea... he who has the tides flowing through his veins, who holds mighty oceans as they roll and roil around the globe... He it is that connects all the land masses... the continents... each and every island, large and small, every rock, stone and pebble... and he who holds sovereignty over all the many lifeforms which dwell beneath the waves.

Turn to walk along the beach... up ahead are some large rock pools... small waves are rolling in over the edge and into the largest pool... walk into this pool... with each step the water gets deeper and the other side of the pool gets further away...

Slowly keep walking... down, and down and down... until your head dips below the surface of the water... but you can still breath... and the water feels wonderful... you can feel the rolling in and out rhythm of the waves above and around you... lulling you... cleansing you... feel your feet lift off from the sandy bottom of the pool and swim around in your new environment... look at all the different rocks... plants... fish... passing before your eyes... feel at one with this wonderful water... feel completely connected to it... and through it, feel connected to all that it touches... to other shores and other people living along

its coasts... reach your hands out to them in greeting... feel your heart swell with joy...

When you are ready, begin walking back to the edge of the rock pool, and with every step you take, feel yourself getting nearer to the surface... suddenly your head breaks free into the air and you feel the sunshine hot on your wet skin... and slowly keep walking...

Gradually you sense that you are not alone... someone is sitting on a rock at the side of the pool... a large man wearing a rough tunic... he is dripping wet... water runs from the tendrils of his long fair hair and beard... water droplets glisten on the smooth skin covering powerful muscles... the wet fabric clings to his body...

This is Llyr... mythical Welsh prince of the kingdom of the sea.

You walk towards him... he grins at you and his brilliant blue eyes twinkle mischievously... he asks you if you enjoyed your swim in his pool... Answer him, tell him exactly what it felt like for you...

Ask Llyr what you can do to help heal the polluted waters of his oceans... is there something you particularly can do to facilitate such healing?... Listen carefully... his answer may come as an emotion or a picture rather than in words... what does Llyr tell you?

Whatever he says to you, do you need to clarify or discuss it with him?...

Ask him if there is anything else that you need to know – either for yourself or the work, the service that you are offering? Again, listen carefully and pay attention... do not try to hurry things along... exercise patience...

Ask Llyr if you may come to his pool to bathe, cleanse and relax again?... Will you be welcome?... At this point, Llyr may give you something... gently press something into the palm of your hand and carefully fold your fingers over it... do not look at it now... just hold it...

When you feel that all has been said and heard that needs to be said and heard, on both sides, thank Llyr for his hospitality and his time... and bid him goodbye...

Turn again and wade out of the rock pool onto warm sand... take one more long look at the sea with the silver capped waves gently rolling in... smell the

tang of salt... hear the mournful cry of seagulls... and turn away from it all... walk back up the beach the way you originally came...

Before you open your eyes to return to your everyday world, open your hand and see what Llyr gave to you...

When you are ready, move your hands and your feet... stretch... open your eyes and be fully present back in your own space and time...

If you wish to write or draw anything to help you make sense of your experiences and remember them, do so now.

Have a drink of water and a snack... these will help to reground you back in your every-day existence.

Your task for the month:

Is to honour and send out gratitude and love to all forms of water in your daily life.

This may be as simple as mindfully stopping when you are bathing, washing up, putting laundry in your machine, making yourself a cup of tea or pouring a glass of water, and taking a few seconds to warmly feel love flowing from your heart, out through your chest and hands, towards the water you are working with.

Or you may step out into the rain, and, rather than feeling low because it is cold and wet, hold your face up to the weeping skies and smile... laugh out loud... feel joyful that we *have* water, and give deep thanks for it.

You may prefer to visit your local stream, lake, river, pond or beach, and sit or stand for a while, contemplating this great force of nature and pouring out all your thankfulness – just as you did with your glass of water in the previous exercise, for where would we be without it? You only have to look at areas of the world which are experiencing a shortage, (like Australia and California, parts of Siberia and even parts of Europe) to begin to understand the answer to that question.

Of course, there are other areas which will currently be suffering a surfeit of water – heavy and prolonged winter rains result in flooding. We have disfigured and distorted the countryside in our blind ignorance and greed. The trees which once helped to regulate the flow of water have been torn from the

earth; buildings now stand on flood plains; concrete covers areas where water could once have soaked away. Where we haven't managed to cover over, fill in, divert or otherwise inflict our cruel whims upon, we have seriously polluted and poisoned our water. The element of water is in pain. It is sick. In its stinking and disfigured state, it is lashing out in furious agony.

You can help to alleviate and stop this NOW. Hold out your healing hands and welcoming, grateful heart – allow the elemental energies of water to absorb your love and care and gratitude. They will then be able to transform the energy you send out to them into cleansing, healing and balance.

This is why it is so vital to acknowledge this precious element with your love and gratitude as many times a day as possible as we go about our ordinary lives, as well as making special times each week when we can focus more time and attention on this task – both individually and collectively.

Your challenge for the month:

Is to look at all the cleaning products you use in your home...

How environmentally friendly are they?

In our quest for cleanliness and purity we regularly use many products which are filled with highly damaging chemicals and corrosive ingredients.

We regularly use a whole plethora of cleaning products – wipes, disinfectants, sprays, de-greasers, agents to 'melt' burnt food from our pots and pans and ovens, – as well as fabric softeners, washing up liquid, laundry liquid and bathroom disinfectant. Many of these simply aren't necessary. A freshly sterilised (boiled) cloth and a little vinegar or lemon juice and water is equally as effective and does absolutely no harm to the environment, (and incidentally, costs a lot less).

A few drops of tea tree essential oil along with some drops of lemon and mint or thyme in a spray bottle of water is equally as convenient and just as effective.

Therefore your challenge is to identify what you use around your home. Ask yourself whether it is really necessary, and then investigate which eco-friendly products are available and (as far as you can tell) are also truly safe. What you can formulate to substitute for yourself? Scrutinise your supermarket shelves.

Go on-line. Ask questions. Don't be afraid of looking a bit silly or ignorant – this is OUR world and each and every one of us has a right to say what goes on in it!

I would be delighted if you would share your findings on our [Facebook page](#). (If you aren't on Facebook, you could alternatively send them to me via email and I will be happy to post the relevant information for you:

gillian@gillianmonks.com

It doesn't matter what part of the world you live in, or how much or little you manage to find out – pooled all together I aim to use the Facebook page as a general source of information, ideas, inspiration – and support too, as it is easy to begin to feel overwhelmed and despondent.

WHAT ELSE CAN YOU DO TODAY?

- You can change your own domestic practices to become more environmentally friendly.
- You can talk to other people and encourage them to do something similar.
- You can quietly send out love and healing
- You can begin to change your negative outlook into a positive one.



Anything to report? As you come to the end of your activities, now is a good time to write down – or draw – anything which you wish to particularly remember. Or you may wish to do this after each separate activity.

Mindfully burn the paper on which you have written your discarded negative influences by placing it in the fireproof dish (or whatever you have safely provided yourself with) and setting light to it. Really feel and know that whatever is written on that paper is being stripped away... destroyed... removed from your life...

Breathe deeply and recognise your freedom... and relax.

Blow out your candle before you leave your healing space.

WEEKLY HEALING SESSIONS

I originally thought of having a set time, once a month, for us all to come together to send out our loving and healing intentions and energies out to the Earth and every living thing upon it. But why limit ourselves? So, I have decided to make this a weekly activity.

Every Wednesday evening, beginning on the 5th of February, at 9.pm. G.M.T. for approximately half an hour.

You are welcome to join in every week, or just once a month or every so often – whatever fits best with you. Any time and effort is deeply appreciated and *will* make a difference.

Suggested form of distance healing – or any form of healing that you already use:

Hold your hands out in front of you and imagine there is a large ball between them. The ball is coloured green and blue. This ball is the Earth.

Imagine a beam of softly glowing light above your head. This is the light of conscious energetic healing. Imagine it flowing down through the top of your head... down your spine... and back up through the front of your body to the crown of your head... and then back down your spine and up the front... and back down your spine... only this time, as the light surges up the front of your body, sense and see that you are also drawing healing earth energies up through the soles of your feet... up through your legs and into your body to join the upper healing energy as it travels back towards your crown...

When both energies have reached your head, feel or see them flowing back down through your head, your neck... and into your arms and chest (where they also collect your own loving wishes of gratitude and healing) and sense them spilling out of your heart and palms of your hands and surrounding the green and blue Earth between them.

Stay in this position and activity for as long as you wish – for as long as feels right to you...

When you are ready to stop, feel the energies withdraw from the Earth between your hands and return back up your arms... through your chest... and into your head... the higher energies disappear up out of the top of your head and the lower energies flow back down your body... into your legs and out through your feet into the earth.

Give loving thanks to All That Is for allowing and supporting you to do this loving, healing act.



LASTLY

If you have enjoyed these activities and feel that you have achieved and accomplished something, please sign up again for next month – and perhaps even more importantly, pass the information on about what we are doing here... spread the word. To help you do so there is a short explanation of what Walking With The Goddess is all about which you are welcome to copy and paste anywhere and everywhere. Everyone who joins in this service to the Earth and humanity is doing something really wonderful and desperately important for us all.

Good luck with you searching, tasks, challenges and gifting,

With my love,
Gillian.

SUGGESTED INFORMATION YOU ARE WELCOME TO SHARE:

WALKING WITH THE GODDESS:

Do something different! Positive. Healing. Something totally enjoyable and beneficial. I am offering these activities as a way of bringing us all together – to stand firm, passionate and glorious in our united love for and care of life.

It is suggested that each participant create a sacred area in their home, garden or local natural environment in which they feel comfortable to think, journey and dream. They will be encouraged to cleanse and protect themselves. To positively identify each month's personal negatives and acknowledge joyfully their positives. They will be directed to call on the example and qualities of specific Celtic deities for inspiration and support, along with a couple of guided journeys to facilitate real active connection. They will also be given challenges: things to seek to do and achieve in the natural world and their day-to-day life. There will be a weekly healing circle, and a Facebook page where those who wish can share practical information and their thoughts, observations, concerns, ideas, inspiration and encouragement.

Do something which will make a very real difference to you and all around you... **come Walking With The Goddess!**

The next module of Walking With the Goddess will be released on March 1st 2020 – [Please visit this link](#) after March 1st 2020 to download the next module.