

Léargas

Transformative Meditations & Rituals for The Reflective process

Transformative I: Water

The first task is to choose a location with a stream, river, lake or pond. The location in question must bring a feeling of contentedness and serenity into being for the initiate; a place where their will to survive would confidently stroll into the eternal dark sunset with no regrets, hand-in-hand with the acceptance of their personal Wyrð.

Once a suitable location has been found, settle down for a time, and take in the auditory, visual, and kinaesthetic parsements of the chosen location; introduce skin to its waters; observe the animations of the trees; receive the sound of rural bird-song, whatever is needed to build an empathetic connection with the location. Before departing, draw the sigil of Luna on whatever material is at hand, crouch by the water and place the material on its surface while still holding onto a corner. Listen to the ebb and flow of the water and release the material when it is deemed that the time is right.

The next step is to allocate more time than usual to family, partners, friends and pets. Once again, when the time is felt to be right, when contentment is solidified and moments of happiness become frequent, resume the previous allocation of time. The initiate must then commence a meditative process in a graveyard of their choosing, visualising and focusing on all the pain and suffering, kept alive only by loved ones of decomposing cadavers; read the inscriptions upon the headstones of the corpses, learn the names of those who once inhabited them. Visualising the silent, parched aftermath of the death of someone loved can also assist in the overall process. As with all rites thus far, honesty is an integral part of this phase. The initiate must deactivate their ego and allow uncontrollable emotional responses to possess them. An additional amount of time should also be sacrificed to post-contemplation before departing.

The final phase will see the initiate return to the first location, carrying the numbed weight of the previous event. At the last location, place all electronic devices in a safe location, stand in front of the water and induce hyperventilation, concluding with one last great inhale and exhale. On the exhale step forward into the water without the removal of clothing, close the eyes and wade in as calmly as possible. When the water level is felt to be at the waist, resume wading but slowly start lowering the body with each step until fully submerged. Once submerged, the initiate must contemplate nothingness, silence, and stillness, feeling it internally and externally. As with the previous phases, rise out from the water when the time is intuitively felt to be authentic, and leave the area.

Transformative II: Earth

It is through this working that the need for ostentatious adornment, in a bid to make the self feel unique, special and important, is put to death. Much like monastic teachings, the initiate's body and mind will adapt to the hard and cold nature of their environment, culminating in the ability to connect the A:O no matter the location. The logical presumption would be that a working up from more forgiving ground, such as a cushioned floor, would be part of the routine, but the mind and body adapts more efficiently under harsh conditions or breaks entirely.

Assume a comfortable seating position and light a petrichor incense stick or rub petrichor oil into the skin. Begin meditation by closing the eyes and breathing in a normal pattern. As the body inhales, visualise the mind exhaling, and when the body exhales, visualise the mind inhaling, allowing the petrichor to enter the body and be absorbed by the mind. It will take some time for the initiate to get used to the pattern, but it is one of the most efficacious methods, used by Taoist monks, for entering meditative states.

At least 5 days should be spent meditating in this environment for as long as is comfortable, before moving onto the next. Repeat the previous steps but find a location with an even stone ground

Placing a large flat rock in the middle of a field and sitting upon it will provide the same effect for the initiate if a suitable location cannot be found.

Spend three days meditating in this environment for at least 15 consecutive minutes on the first two days of this phase, followed by 30 minutes on the third day.

The final phase is situational and will only take place over one day. The initiate may choose between a cave or an open field during a rainfall for this phase. Minimalistic clothing is to be worn during the final phase, in the form of a robe or long shirt with no trousers or footwear, or all clothing is to be stripped entirely; the decision lies solely with the nature of the initiate.

Once prepared, proceed to meditate using the previous system for a minimal of three hours. A break can be taken no less than every 30 minutes, and meditation must be resumed no less or more than 15 minutes after a break to ensure the maintaining of a consistent and detached state from the world.

This should not be too difficult as the mind should instinctively know the minimal amount of time that is to be allocated to each meditative session by now. If any problems should occur with this however, an associate can, upon request, remain a short distance away to assist with timings by coming close and tapping them on the shoulder, removing the need for the initiate to track analogue time with a watch.

On the passing of the third hour, the initiate may choose to remain longer or depart from the area.

Transformative III: Fire

The rain is of comfort to some, but to others it is dread: and so follows, the same pattern amidst a sun-filled day or a snow-canvassed night. While holding awareness of this, it is through this stage that the initiate will begin to obtain a knowing of their dormant empathy with Terra.

On the first night, set aside a large space on hard ground, followed by the extinguishing of any unnatural light and the placing of one ignited candle in the centre. Pierce the finger, and on a piece of non-lined paper the size of a letter, previously stained with tea, so that the colour and texture resembles that of an ancient parchment, paint the fuþorc rune: ūr, in blood, and place it in front of the candle. Assume the position of meditation that now comes naturally and track the candlelight as it moves over the rune.

After roughly a minute of tracking, disconnect the self-awareness by holding the breath and focusing on the rune with intensity for approximately 20 heartbeats – placing one hand on the chest in order to feel the beats – then exhale and relax the eyes. Within a short amount of time a feeling of calm ecstasy will occur. Remain in that state for long enough and the rune will begin to blur, branch out, and finally mirror itself, signifying its opening. When ūr has been opened, close the eyes and experience the skeleton of the aurochs, glowing blood-red in the darkness of the unconscious. When the aurochs has faded, extinguish the candle's flame with the thumb and forefinger, and retire to bed.

The next morning, pack a rucksack with food and water, and head out into the rural land with the parchment. Should any highland cows be seen along the way, take some time to interact with them if possible.

Find a large hill or mountain overlooking the vast wilderness or countryside, deploy the rucksack, and feed and water the body while taking in the vista. Take the parchment out after the water and food has been consumed, focus on ūr, and then begin meditation.

Gently release the parchment into the custody of the wind when lineal time is felt to be non-existent.

Transformative III: Fire (Winter Version)

Venture into an isolated, snow-blanketed woodland at night, strip to the waist, and find two trees opposite each other with a medium-sized space between. With a piece of white chalk, draw the large inversion of the Ƶ rune on each trunk, taking care not to bend the drawing around the tree so the lines are as straight as possible. Make sure they are facing the same direction and are of similar width and height, and pace backwards until the space between the trees is at its darkest but the chalk markings are still visible. Take a seat on the floor and open each Ƶ. Once they are opened, focus on the dark space between the trees and disconnect the gaze. Visualise Ƶ burning in the darkness within the space and listen for the sound of the aurochs coming from the woods.

The initiate may choose how long to stay at the location at this point, for the ritual is concluded the moment the spirit of the aurochs is absorbed back into nature.