

The SWORD & CHALICE



MYSTERYM

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CREATIVE VISUALISATION

THE SWORD AND THE CHALICE

Please note - this guided journey is inspired by the works of Ian-Gordon Brown and Barbara Somers and my love for the quest of the Holy Grail.

For access to the original guided journey, please see their exceptional book "The Raincloud of Knowable Things!"

I now invite you to come on a journey with me. Find the place within yourself that is grounded and centered and make sure your feet are planted firmly on the ground.

Take a few deep breaths...

Find the natural rhythm of the breath. It will act as an anchor for you, keeping you in the present moment. As you follow your natural breath, start to notice the sounds taking place in the external world. The sounds in the room, or even further away outside, try and listen to the furthest external sound. What can you hear? How far into the external world does your awareness go?

As you continue to follow your natural breath start to move your awareness inwards and notice any sounds or sensations taking place within the internal spaces of your body.

As you deepen into the internal space, start to bring your awareness to the Minds Eye. This is the space that sits between the eyes and is the seat of the imaginal. As you continue to breath, you start to notice that you are standing next to a cliff. The wind starts to dance with your hair and the air is fresh. Take a moment to center yourself and notice that you feel drawn to the edge of the cliff and below you see a vast and beautiful ocean. It seems to be calling you from deep within the fathoms. You take a moment to breathe and notice you feel safe in this unknown space. As you walk towards the edge of the cliff you find yourself lifted up and slowly start to fall into the ocean below. It envelopes you in a loving and compassionate embrace and you surrender to the depths as you fall deeper... and deeper...

Soon you are touching the ocean bed and here you find so many wonderful sights. Take a moment to look around. Are there any creatures here? What sort of sounds can you hear? As you become familiar and comfortable on this seabed, you notice something shining in the rocks. It sparkles with an ethereal quality and you feel compelled to swim towards the rocks.

As you uncover what is sparkling you notice two objects lying beneath the rocks. A chalice and a sword. Take a moment to notice what they look like, their size, any markings or their colour. You feel as if they were made for you. As you reach out to pick them up, notice which one you choose first. Which hand do you use to pick them up? And which hand do you place the sword? Which hand do you place the chalice? As you hold the objects in your hand, you start to feel as if the earth above is pulling you back up and slowly you float back towards the surface.

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Notice what the land looks like? You feel the current slowly bringing you to the land as you hold your objects close. Soon enough you can feel the ground beneath your feet. As you make your way to the land, you notice there is a cave carved into the rock and start to make your way towards the cave. The cave is lit up by candles that dance along the rocky walls creating mysterious shapes. You notice there is a figure in the cave. Take a moment to look at them. What are they wearing? Is their energy masculine or feminine? The figure has some wisdom to share with you. Take a moment to listen to what they say.

As you start to make your way back out of the cave, the figure holds their hands out for the objects. Here you can decide whether you want to leave the objects with the Wise figure in the cave or bring them back with you to the world beyond the imaginal realm. Take a moment to decide and when you feel ready thank the figure for their wisdom and make your way out of the cave. Outside you notice a path leading up from the beach towards the cliff where you first started this journey. You make your way back to the cliff edge and sit down softly closing your eyes. As you sit and take a moment to honour this space, It is a safe space and it is a sacred space and one you can return to at any time. Focusing on your breath you return your awareness to the space between the eyes. The space of the liminal that connect the real world and the imaginal.

You start to bring you awareness back to the internal spaces in your body, taking a moment to notice and sounds and sensations present in this space. As you follow your breath you start to move your awareness back into the external space, noting any sounds outside. Take a moment to breathe into these external spaces. As you come back into the external space, I invite you now to wiggle your fingers and toes and make small movements with your body. Take a few deep breaths and when you feel ready, I invite you to open your eyes and start to record any thoughts or impressions of your journey using any creative mediums at your disposal.

