

The Guardian Meditation for men

from Miranda Gray

Close your eyes and bring your awareness to your lower belly.

Breathe deeply.

Become aware that you are standing at the edge of a small grassy clearing in a dark summer forest.

A full moon pours its silver light down between the black interlocking branches overhead.

In the centre of the clearing, a group of beautiful ancient Moon Mothers sit bathed in the moonlight, radiant with an opalescent aura.

(Pause)

Surrounding the clearing, facing outwards, are their knights, each wearing a cloak of fine white wool embroidered with the swirling spirals of the sacred feminine.

Each knight holds his hands crossed on top of his sword, his silver helmet at his feet. The swords glow silver in the moonlight, each showing the engraved symbols of its holder's strength and courage.

Each knight has his head bowed, clear in his purpose and his service to the Divine Feminine to bring balance and harmony, peace and understanding.

(Pause)

As the Ancient Moon Mothers weave their enchantments, calling the moon's energy to them and sending it with love out into the world, the knights start to sing.

From deep within their chests a heart-note rises that spreads out into the circle, blending with the moonlight and the stars to create a sacred, timeless space.

(Pause)



Silently, you join the circle of knights,
taking your place at the edge of the clearing facing the trees.
As you become part of their circle you feel connected into the web of energy
– of peace, strength, and heart-centredness.

A silver sword appears before you, bare of symbols.
As you place your hands across the pommel,
you feel your energies ground deep within the Earth.
Understanding flows into you.

You feel connected to the centre of Mother Earth,
and to the Divine Spirit of the Universe above. A pillar of white light suddenly awakens,
surrounding you, connecting the Earth to the heavens through you.

Strength flows into you. Deep and lasting peace flows through you.
And like the other knights, you bow your head,
holding the sacredness of this temple space outside of time and place.

(Pause)

In the heart-note you start to hear the knights' song:

**“We are the Protectors of the Maidens.
We are the Guardians of the Mothers.
We are the Shields of the Enchantresses.
We are the Defenders of the Crones.**

**We stand in strength, honour and compassion
as you send the love of the Divine Feminine into the world.”**



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Bow your head and allow your heart to open and love and peace to flow through you.

Know that your support and care is acknowledged and cherished, and that through your love and protection your mothers, lovers, sisters and daughters are safe and free to express their own connection to their authentic femininity.

As you open your heart, shining symbols become engraved onto the blade of your sword.
Rest in the vibration of the note that sings through the universe.

(Pause)

To finish this meditation:

Bring your hands to the floor and bow.

From this place take the love and peace of the Divine Feminine out into the world.

