

Priestess of Cerridwen

Spiral One Course Dates & Content 2019-2020

Cauldron Cycle One: 8th – 10th November 2019

Initiatix – Seeking the Cauldron of Wisdom

Practical: Mask Making for Release Ceremony

Diving into the deep dark womb cauldron of the Dark Mother, where we face our shadows, admit our failings and find their cause, forgive ourselves and others. Self-awareness is key to the process of releasing old ballast. Learning healthy ways of engaging with destructive patterns, we face the Cauldron of Testing, guarded by the 9 (naw) morwynion – the original nine maidens, keepers of truth and justice. Are you worthy to walk the path? Are you strong enough in your devotion? Using psychotherapeutic/spiritual counselling tools for uncovering unhelpful behaviour patterns rooted in old wounds.

Cauldron Cycle Two: 10th – 12th January 2020

Mam Ysbrydoliaeth – Mother of the Awen/Inspiration

Practical: Smudge Fan

Using the power of breath to cleanse and clear blockages, exploring the power of the mind, of intuition and insight into the hidden realms. Healing with meditation and stillness, mindfulness and silence, with sound. Introducing dream interpretation and its connection with our unconscious self.

Morwyn y Awyr – Maiden of Air

Breath of Life, soft caressing breeze, mystery of the winds, whispering amongst the leaves of Cerridwen's trees. In the howling gales of life, tempestuously ripping us out of our comfort zones, our spirit allies guide us through the dark wild forest. We listen for the whispers on the wind, to the soothing words of others' and to our own hearts to find our joy.

Cauldron Cycle Three: 6th – 8th March 2020

Swynwraig – Wise Medicine Woman – *Spell Song Singer*:

Practical: Herb Lore and Potion Making

Learning about the wisdom of healing with tree & plant spirits, herb lore, the subtle bodies and energy fields. All existences on this earth have nwyfre – life force and are ensouled. We acknowledge, become familiar, and work with them to the highest good of all. With great knowledge comes great responsibility. The spell song singer is a healer of great capability and power. Stepping into her realm may be your soul's journey?

Morwyn y Dan – Maiden of Fire

Practical: Ogham Divination Tool

All things fiery and flaming, fire in our hearts, minds, souls and sacral spaces. Find what fires your imagination and creativity. Feel where your cauldron fire burns brightly, where it is subdued. How do we rekindle our Flame of Passion for Creativity and Innovation, Warmth and Belonging? Fire under the cauldron – the ancient Welsh spell of Making.

Cauldron Cycle Four: 8th – 10th May 2020

Calon o Gariad – Heart of Love

Practical: Creating a physical representation of a heart union

From self love to love for others. Finding and living with our heart companions, calling

in or strengthening a relationship. Soul mates – twin flames, soft touch, gentle connection, heart to heart – soul to soul. Love knows no distance – once a soul connection has been made, it lies within you. What if it needs dissolving? You learn the art of gentle letting go and of guiding others through the process.

The most successful love story of the Welsh myths shows us the path to truly balanced and supportive relationship. All we need is love. How do we honour ourselves so that we may invite true & lasting love into our life?

Morwyn y Llyn – Lady of the Lake
Practical: Creating your own cauldron

Visiting and holding ceremony at the sacred wells of Avalon.

Water, magical component of our story, life giving elixir, washing us clean, inside and out, washing away pain and sorrow. Cerridwen, quintessential Lady of the Lake, ancient, ever present, rising from the magic mists of Lake Bala, what are Her gifts for you? Water bodies are the portals to the Otherworld in the Celtic tradition, betwixt and between are the shores, where we step through the veil and find a mirror image of our reality. Threshold guardian, Morwyn y Ddwr, greets us with a riddle and a challenge. Are we worthy of Her life giving womb waters? Can we travel beyond the Ninth Wave of Celtic mythology, to reach the realm of the Andedion?

Cauldron Five: 10th – 12th July 2020
Creatrix – Great Mother of us all
Practical: Poppets and Fith-Fath magic

Dark Mother, fierce mother of shadow, nurturing mother, a blessing to us all. Learning about the importance of being mothered, of giving and receiving gracefully, of mothering others. Who is our MotherLine? What were we gifted from them. Denial, blaming and resistance can mar our lives till we leave this earth, time to work on forgiveness and letting go of old hurts. The inner child will have its say, whether you grant them space & time or not. Acknowledging their existence, allowing and witnessing their anger, pain and frustration, and finding a healthy way of facilitating release and healing is a step towards self-knowledge and self-care. A journey hard won and long walked.

Sofran y Tyr – Sovereign of the Land- Sorceress of the Crystal Caves

Earth, Standing Stones, Trees, Caves of Mystery and Magic, Dragon Lines, the healing power of Crystals, healing earth, nurturing, grounding, Hiraeth – homeland. Rooted beings rise to protect and guard. Are you a committed guardian of the Earth? Do you feel our friends, the Tylwyth Teg, the Shining Ones? Long feared by those who wish to harm and harvest the earth for their greed and will to power, we learn their secret presence and enter into sacred relationship with the earth guardians.

Cauldron Cycle Six: 10th – 13th September 2020
4 Days Llyn Tegid, Bala
Brenhines y Andedion – Queen of the Otherworld

Now is the time to take stock. Are you ready to surrender to Her wise counsel and move forward into Her Priesthood? At the end of the first spiral we retreat beside the beautiful Llyn Tegid, where we walk the land, immerse ourselves into Her waters, climb into Her body, to meet our Goddess. You discover and submit to your purpose on this journey into Her mysteries. Are you Queen/King of your own realm, self governing? Or are you yet beholden and bound to others? Only if you are truly free and standing in your own power, can you step into the role of community leader, of advocate for those who are not heard, witness for those who are harmed. Are you dedicated to our Goddess, ready to name yourself Sister/Brother of Cerridwen, step forward without fear and make your vow of alliance? Now is the time, now is the hour, to step into your sacred power.