

# HER VIOLET FLAME -

## A DANCE JOURNEY WITH THE LADY OF AVALON

### A JOURNEY GUIDE - BY ELSA FIELD

*A JOURNEY THROUGH SACRED SOUND TO MEET THE LADY OF AVALON, GREAT GODDESS OF THE SACRED ISLE. FOLLOWING ELEMENTAL PREPARATIONS AND INVOCATION, WE JOURNEY THROUGH THE VEIL OF AVALON TO MEET THE LADY IN HER TEMPLE, AND TO EXPERIENCE HER TRANSFORMATION AND MYSTERY. THIS IS A GUIDED SHAMANIC MOVEMENT MEDITATION JOURNEY THAT YOU CAN DO ANYTIME, ANYWHERE IN THE WORLD.*

*WE OFFER THIS TO YOU, WITH LOVE, AS A DANCING PRAYER TO THE LADY OF AVALON.*

**PREPARATION:** FOR THIS JOURNEY, WE RECOMMEND YOU WEAR LOOSE, COMFORTABLE CLOTHING THAT YOU CAN MOVE EASILY IN. YOU CAN TAKE THE JOURNEY ON YOUR OWN, OR WITH OTHERS. HAVE A JOURNAL NEARBY SO THAT AFTERWARDS, YOU CAN RECORD ANY INSIGHTS, THOUGHTS AND FEELINGS FROM YOUR JOURNEY TO AVALON. EVERYTHING WE OFFER TO YOU BELOW IS AN INVITATION FOR YOUR OWN MOVEMENT THROUGH THE JOURNEY. ALL MOVEMENT IS SACRED AND YOUR JOURNEY IS YOUR OWN, THESE ARE SUGGESTIONS FOR YOU. BLESSED BE.

#### WARM UP / BODY PARTS (0:01 – 0:10)

INVITING THE BODY TO AWAKE INTO MOVEMENT, FEELING INTO THE FEET, HIPS, ELBOWS, SHOULDERS & HEAD. RELEASING AND RELAXING THE BODY. INVITING THE BEAT INTO THE BODY, SO THAT IT MOVES HOWEVER IT WISHES TO MOVE. BECOMING PRESENT IN THIS MOMENT AND IN THIS SPACE.

#### 1. CALLING IN THE MOTHERS OF THE ELEMENTS (0:10-0:20)

BEGINNING WITH THE MOTHER OF EARTH – GROUNDING AND CENTERING  
MOTHER OF FIRE – ACTIVATION, CREATIVITY, BOUNDARIES  
MOTHER OF WATER – SURRENDER, FLOW, INTUITION  
MOTHER OF AIR – RELEASE, DYNAMISM, MOVEMENT  
MOTHER OF SPACE – COSMOS, ETHER, AND THE OPENING OF THE CROWN CHAKRA

#### 2. EXPLORING THE SACRED ISLE (0:20 - 0:28)

WE JOURNEY THROUGH THE VEIL OF AVALON, THE ETHERIC THRESHOLD BETWEEN THIS WORLD AND THAT OF THE PARADISE ISLE, TO MEET THE LADY OF AVALON. WE EXPLORE HER SACRED ISLE, WITH ITS ROLLING, ABUNDANT, FERTILE HILLS AND VALLEYS, WATERWAYS, TRACKWAYS, APPLE ORCHARDS AND MISTS. WE HEAR THE SOUNDS OF HER TRICKLING WATERS AND HER PARADISE SUMMER BIRDS.

#### 3. IN THE TEMPLE OF THE LADY (0:28 - 0:56)

IN THE CENTRAL SECTION OF THE PIECE, WE ENTER INTO THE TEMPLE OF THE LADY OF AVALON, WHERE SHE SHINES WITH HER LILAC RADIANCE. DANCING IN HER ENDLESS LOVE, WE CALL IN HER VIOLET FLAME, THE FLAME OF CREATIVITY, TRANSFORMATION AND RENEWAL THAT IS AT THE HEART OF HER TRANSFORMATIVE POWER.

**CALLING IN THE SPIRIT OF INTEGRITY:** WHAT IS IT WE TRULY BELIEVE IN AND WISH TO BRING FORTH IN THIS LIFE?

**ALLOWING OURSELVES TO SURRENDER TO HER CLEANSING RAIN:** WHAT IS IT WE WISH TO WASH AWAY, WHAT IS HOLDING US BACK FROM FULLY STEPPING INTO OUR TRULY AUTHENTIC, INTEGRATIVE SELVES?

**FINALLY - WHAT IS THE MYSTERY THAT HAS YET TO BE REVEALED TO US?** WHAT DOES THE LADY HAVE TO SHOW US IN THIS MOMENT, AT THIS TIME, TO ANSWER THE QUESTIONS OUR SOULS ARE SEEKING? WHAT DO YOU WISH TO DRAW IN, FROM YOUR JOURNEY TO THE TEMPLE OF THE LADY?

#### 4. GROUNDING INTO GRATITUDE (0:56-1:02)

WE OFFER OUR DANCE OF GRATITUDE TO THE LADY FOR ALL SHE HAS SHOWN TO US.

#### 5. RETURNING / COSMOS (1:02-1:07)

WE RETURN ACROSS THE VEIL OF AVALON INTO THIS PHYSICAL REALM, CARRYING THE GIFTS THAT THE LADY OF AVALON HAS GIVEN.