

Guarding the Children

This is a vision of ancestral responsibility, the sharing of the burden of protection for the future generations. It is usually conducted within your own family or tribe and must not be done with any other family group without permission.

Light a candle and close your eyes. Be aware of the flame before you, see it in your mind, and become aware of the eternal flame of the soul that burns bright, cool and strong within you. As you look at the candle flame with your mind, the flame it grows bigger and bigger until it turns into a column of fire. You are drawn to the column of fire and you step through into the flames without fear. As you step into the flame you are energised, and your everyday life falls away, leaving the eternal you standing in the flame of life.

As you stand in the flame, using your mind, look through the flame back into the room where you are sat: see your body sitting before a candle, notice your bright eternal inner flame of the soul, and notice that around the room, four entrances, one in each direction, have appeared. They may look like cave entrances, tunnels, gates – it does not matter how they present to you, just let them form themselves naturally, do not try to force an image.

You are drawn to the west threshold and as you stand there, you hear a baby cry. The cry gets louder and louder and pulls upon you, urging you to step forward. You recognize something within the cry and a being or person whispers in your ear that a child of your bloodline cries out in the dark for protection.

Stepping forward you pass over the threshold of the west and find yourself stood before the bed or crib of a child. The child is crying and is distressed. You sense danger around the child: either inner or physical danger, maybe even serious sickness.

As you look at the child you see a pattern of energy, the inner life pattern of the child, that you recognize; *the child feels a little like you*. You realize that this child is of your family or bloodline, and that you have responsibility as an ancestor to protect them.

Reach out your hand and place it lightly on the child's head or shoulders. When you have established the contact with them, feel for the child's inner flame, seated deep within them. Cup the child's inner flame in your hand carefully and respectfully: hold that delicate inner flame gently and firmly: you are holding their living soul.

Still yourself: feel the calmness and stillness of meditation, the feeling of timelessness, of silence, and of connection with everything around you. Once that feeling builds up, allow that peace and stillness to flow over and into the child - mediate silence from the depths of your eternal inner flame: the Divine within you strengthens the Divine living flame within the child.

The child begins to settle down and fall asleep. You, as ancestor, stand guard over the child as they sleep. As you watch the child slumber, a song rises up from deep within you and you begin to quietly sing. The child relaxes more and more as you sing, and the sound carries around the room creating a vibrating living pattern of protection that swirls around the child.

Land beings from outside creep closer to listen to the song: you become aware that all the creatures around the building are listening to your voice. The song, which may be sounds and

not words, tells of the child's heritage, the blood of the tribe and the gifts that the child can carry forward for the future.

You begin to get tired and just as your eyes begin to close, you feel a hand on your shoulder. Another ancestor of your blood stands beside you and offers to take over to watch as the child sleeps. You may or may not recognize them.

The ancestor takes position beside the child and begins to sing as you quietly back out of the room. Turning to leave, you find yourself on the threshold of the west gate/tunnel that leads back into the space where your body is seated, meditating before a candle flame that burns with a bright inner light.

Stepping over the threshold, you suddenly remember a time when you were a small child and you were frightened. You remember a sensation of someone coming to watch over you or protect you, and you remember your fear being taken away.

As you step back into the room, turn around and look back at the west gate/tunnel. You begin to see people stood on the threshold who are related to you by blood, either from the past or the future. They may not be people whom you have met, but you recognize them by their blood, their energy pattern. They acknowledge you and tell you that you can always seek them out and work with them for the good of the tribe or family – bow to them to acknowledge their service to the family, and they bow back in similar respect. As you look closer, you see that some of them are dressed in clothing of different times, different cultures or religions or none, and some present in ways you don't recognise: they are of your future.

The candle flame calls to you to return. Step into the candle flame to be cleansed and energised, and when you are ready, step back into your body and settle down. Be aware of your own deep living flame within, be aware of the stillness and silence that resides in that inner flame, and be aware that the inner flame is the threshold between your living body and your eternal spirit. Be still and at peace with that flame, and when you are ready, open your eyes, and gently blow the candle flame out.

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