

1. Begin the Journey of Secrets
2. Discover the Faerie Queen
3. The Sparkling Spider's Web Entrance
4. The Magic of the Elven Tree
5. Enchantment of the Elves
6. The Singer in the Stream
7. The Faerie Ring
8. The Faerie Mound at Dusk

Meditations by Alicen Geddes-Ward
 Music composed and performed by Llewellyn
 Produced by Llewellyn
 Mastered by Eventide MediaCraft T: 01462 893995

Design by Clare at clookai multimedia

Other CDs available on Paradise Music:
 FaerieLore & Faerie Workshop



Special thanks to:
 Faerie photographer Martin Eager
 Runic Design: <http://www.runic.com>

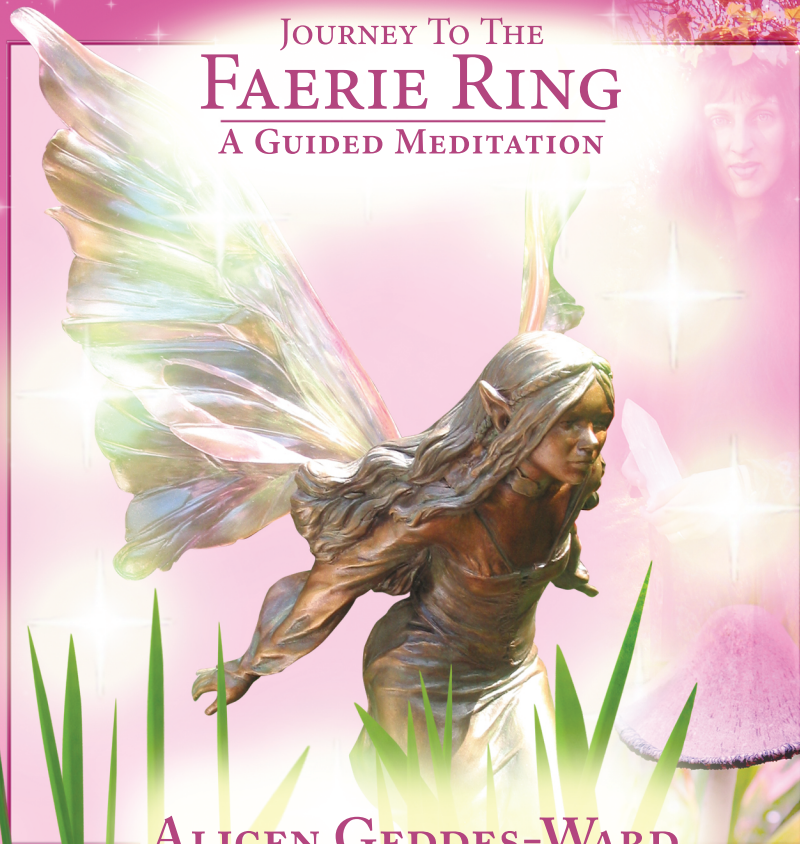
This Faerie Guided Meditation is not intended to be a substitute for medical care. If you are currently suffering with any medical disorder, we strongly suggest that you please discuss using these notes with your doctor or therapist. Always use this CD under supervision. Neither Alicen Geddes-Ward nor Paradise Music Ltd. assumes responsibility for improper use.

UK: Paradise Music Ltd, Paradise House, PO Box 998, Tring, HP23 4ZJ, United Kingdom.
 tel: +44 (0)1296 668193. fax: +44 (0)1296 662574. email: info@paradisemusic.co.uk
 USA: Paradise Music, 2590 Northbrooke Dr. #306, Naples FL 34119.
 tel: 239-592-7300. fax: 239-592-0020. email: jane@paradisemusic.us.com
 To hear samples of other Paradise Music albums please visit our website:
www.paradisemusic.co.uk - or - www.paradisemusic.us.com © & © 2009 Paradise Music Ltd.



JOURNEY TO THE FAERIE RING

A GUIDED MEDITATION



ALICEN GEDDES-WARD

HOW TO USE THIS ALBUM FOR A MEDITATION TO THE FAERIE RING

I invite you to join me on a special journey to follow the faerie queen on an enchanted pathway. By listening to my voice, I will guide you to the Faerie Ring; a place of magic and peace.

Meditation is a key method to connecting with the faeries for the simple reason that this activity uses your imagination; a place that is on the cusp of the Land of Faerie and our world. Meditation forms an astral bridge to the Otherworlds as your mind is in the receptive, dreamy state which the fey naturally dwell.

This is a guided meditation where by becoming in a relaxed state and focusing on your inner self you can restore a sense of peace and harmony to everyday being. Guided meditation means that you follow a spoken narrative which I describe. By following this, it can help you return to your essential sacred centre and re-connect you with nature.

Meditation in general and especially on a faerie theme can bring benefits to all areas of your life. By meditating regularly you can help to ease stress, as when you are in a meditative state you achieve deep relaxation. This can also promote feelings of inner peace and emotional balance. By connecting with the realm of faerie we can enhance our imaginations and sense of creativity. Many people report that they find the magic in life once more; a quality we often lose when we enter childhood.

To enjoy this CD no previous experience of meditation is necessary. All you need to do is to relax as much as possible and then simply listen to Llewellyn's beautiful music and follow my voice. Follow the journey in your mind and I will guide you safely to the Faerie Ring and bring you back at the end of the encounter.

* * * * *

MEDITATION TRACKS

1. BEGIN THE JOURNEY OF SECRETS

*

2. DISCOVER THE FAERIE QUEEN

*

3. THE SPARKLING SPIDER'S WEB ENTRANCE

*

4. THE MAGIC OF THE ELVEN TREE

*

5. ENCHANTMENT OF THE ELVES

*

6. THE SINGER IN THE STREAM

*

7. THE FAERIE RING

*

8. THE FAERIE MOUND AT DUSK



ALICEN GEDDES-WARD

Alicen is an author and Faerie Priestess and has always been drawn to the faeries. She has been described as 'the UK's leading exponent of faeries' and 'the top UK faerie author'. Together with international artist husband, Neil Geddes-Ward she is the author of *Faerieworlds*, *Treading the Path of Faerie Magic*, Published by Hay House, 2005. She is also a contributor to *Spirit & Destiny's Soul Secrets*, by Emily Anderson and published by Hay House in October 2006. Her recognition as an author and Faerie Priestess has gained her television and radio appearances, magazine and national press interviews and tours of the UK to lecture on faeries and how to contact them. Her first novel; *The Kiss of Two Worlds* is published by Winged Feet Productions December 2006: www.productions.wingedfeet.co.uk. She is also a regular columnist for esoteric magazines, both here and in the US.

Additionally in 2005 Alicen and Neil Geddes-Ward opened Orkney Faerie Museum & Gallery situated in Orkney, Scotland; reputed to be the only museum in the UK dedicated to faeries and their lore. This venture has received much media interest worldwide.

Alicen lives and works with her artist husband, Neil. They have two children and live on the island of Westray in Orkney, Scotland.



TIPS FOR MEDITATING SUCCESSFULLY

Do not be put off if you have never meditated before. You may think that the term meditation is cloaked in mystery and reserved for those few who sit in the lotus position and chant mantras. Not so! Meditation is simply a way of taking time out of our everyday thoughts to refresh our minds and bring a sense of peace and wellbeing.

It is important that you make this an experience that takes you away from your everyday thoughts, into a magical place. The more effort you make to transport yourself out of the mundane, the more enjoyable your meditation journey will be. Here are some tips to help you create a beautiful meditation experience.

1. Choose a time to meditate when you know that you will not be disturbed. Switch on the answer-phone and put a polite 'Do Not Disturb' notice on your door if you think that you may have interruptions.
2. Where you meditate is also important to your experience. Choose somewhere that is comfortable, where you are able to sit or lie down and where it is neither too hot nor too cold.
3. Creating a suitable atmosphere in which to meditate can be achieved in several ways. You may like to light a candle in the faerie colour of green and also light your favourite incense or oil burner. Everything should feel restful, so that lulling into a state of relaxation is natural.
4. Some people prefer to meditate outside when the weather permits. This can actually enhance a meditation to the faeries' realm, as the fey are connected to nature and by being outside, you can more easily meld into their world.

5. When you have created an ambient atmosphere in which to meditate, then sit or lie down and set the volume of your music so that it is at a restful level. Close your eyes and begin by taking a few deep breaths. Let your day, with all its thoughts, worries and distractions fall away from you, as if it is a heavy cloak that you can slip off for a while. Concentrate on feeling as relaxed as possible, focusing inwards on the quiet place within yourself. Listen to the music and allow yourself to fall into it, concentrating only on the journey you are about to begin.



6. Once you have come back from your meditation journey, switch off the music and extinguish your candle flame. Always make sure that you return to everyday reality. Clapping your hands and stamping your feet all help you in feeling grounded once more. Brushing your body with your hands from head to toes, down to the earth is also very effective.

7. It is always a good idea to bring yourself back to the physical state by eating and drinking something after a faerie meditation, as this will instantly help to ground you.

8. After your meditation to the Faerie Ring always leave a small gift in a special place as a way of thanking the fey for your experience. Their favourites are honey, milk, cream, bread and cake. These can be left in your garden or home by a lighted candle, hearth or next to a vase of flowers for instance.

It does well to remember that faeries do not like to be thanked, but prefer to be left small presents instead. Faeries do not like to be offended and honouring their customs will help to connect with them. Always treat them with the greatest respect.



ORKNEY FAERIE MUSEUM & GALLERY



Based on the tranquil and remote island of Westray, Orkney, off the north coast of Scotland this unique museum portrays the stories and legends of faeries through the stunning artwork of international artist, Neil Geddes-Ward. His work accompanies 3D displays from guest artists of one-of-a-kind sculptures and enchanting faerie king and queen crowns. Also storytelling for children and adults. Free Admission. Open mid April to September 30th, 7 days a week. For further details Tel: 01857 677320 or see the website at www.orkneyfaeriemuseum.com and www.visitororkney.com

FAERIE ARTISTS & SCULPTORS

NEIL GEDDES-WARD
www.neilgeddesward.com

STEVE FOX:
www.gothicangel.co.uk

JESSICA GALBRETH:
www.enchanted-art.com.com

BEN FROUD
www.worldoffroud.com

SHIRLEY ANN MACKILLOP:
www.weefairytales.co.uk

JACQUI DAY:
www.ebrenelves.com

AMY BROWN:
www.amybrown.com

MARGARET DEAN:
www.fairyphotographs.com

ENCHANTED FAERIES:
www.enchanted.co.uk



RECOMMENDED FAERIE READING

These are all books which I have read (or written) myself and I would thoroughly recommend to those who would like to learn more about faerie spirituality.

Alicen and Neil Geddes-Ward, *Faeriecraft*, Hay House, London, 2005

Marie Bruce, *Faerie Magick*, Quantum (Foulsham), London, 2005

Ted Andrews, *Enchantment of the Faerie Realm*, Llewellyn, St.Paul MN, 1993

Catrin James, *Celtic Faery Shamanism*, Capall Bann, Milverton, 1998

Rosemary Ellen Guiley, *Fairy Magic*, Element, London, 2004

Doreen Virtue, *Healing with the Fairies*, Hay House Inc., Carlsbad, 2001

FAERIE WORKSHOPS

Alicen Geddes-Ward hosts workshops and lectures in Orkney, Scotland and at conferences throughout the UK. Check the website for forthcoming events at www.faeriecraft.co.uk
email: alicen@geddesward.co.uk

The Fairy Ring organisation also holds fairy workshop weekends and an annual fairy ring tea party at Harmony Country Lodge in Scarborough. For more information please visit their website at www.fairyring.co.uk

FAERIE MAGAZINES

Faerie Magazine is a US publication, but is also distributed in the UK and information can be found at www.faeriemagazine.com

Fairy Tales is the official journal of The Fairy Ring. To subscribe please contact Susan Hewitt at www.fairyring.co.uk

ABOUT THE FAERIES AND THEIR MESSAGE

Faeries are the spiritual manifestations and also the guardians of every aspect of nature. They are not just the sylph-like, winged creatures that are often portrayed in popular culture and fairy tales, but also encompass all the beings in the Land of Faerie. These can be anything from the gnomes of the Earth, the mermaids of the sea to the magical and beautiful unicorns of legend.

Faeries are also thought to be God's messengers through the magical consciousness of our living planet. They are there to remind us of our relationship to nature. Faeries are now revealing themselves once again in human consciousness, as our relationship with nature is now an important worldwide concern. This manifests in many ways and can be seen through artwork, films, books and all areas of popular culture. They are also enjoying a growing presence in the way that people express their spirituality.

The faeries bring us a powerful multi-faceted message. They would like to re-awaken in us once more the spiritual dimension within nature, so that we can nurture and heal our planet and live in harmony with our environment. Faeries of course, also bring us the magic and wonder which we left behind in childhood. Seeing life as a magical experience is one of the gifts that the faeries bring.



MEET THE FAERIE QUEEN

During this meditation the Queen of the Faeries is going to play a big part in your journey. I have chosen the Faerie Queen to help guide you to the Faerie Ring destination, as she holds the prime source of love and guardianship in the Land of Faerie.

The fey generally live in hidden societies, ruled over by a faerie king and queen, who are the embodiment of the most powerful faerie magic and are the crème de la crème of spiritual beings in the Otherworlds, being akin to Gods and Goddesses.

The Queen of the Faeries is an incredibly beautiful and benevolent being and during this meditation, her purpose is to be your guiding light and spiritual mentor

WHAT IS A FAERIE RING?

When we talk about a faerie ring we typically mean an actual ring marked in the ground. This is most usually of toadstools or a darker ring of grass. These are both said to spring up overnight and are thought to be in folklore a place where the faeries have been dancing under the moonlight. There are many old stories concerning faerie rings and they still hold much mystery and intrigue. British folklore tells us many stories of people coming across faeries dancing in the woods within a faerie ring. A faerie ring is meant to be a place that is a portal to Faerie Land and humans are sometimes warned not to step into one, as this is a sacred place that only the faeries may enter. However, the powerful magic of a faerie ring holds many secrets and faerie gifts that humans may benefit from if they are acquainted with the fey.

A faerie ring can also mean a group of people who come together to honour the faeries, commonly holding hands to form a ring or circle. In this way they learn the secrets of faerie magic and work to achieve spiritual harmony for personal growth, respect of the Earth and it's spiritual guardians; the faeries. For more information on faerie ring groups worldwide and to contact others who follow the faeries pathway, please visit my website at www.faeriefellowship.com

