

Bardic Exercises Level Three

(This is very unformatted as of yet... though I basically believe that the Third Level is achieved in the initiation of another to being a Bard by a Bard who wishes to become Third Level, I am hoping to extend this section concerning work in alternate reality in a more concrete sense)

Discussion of one's World and perhaps the formation of characters within it. What is the importance of developing one's own World? How does this help you to perceive alternate Worlds and their functions?

Understanding of alternate realities- Discussion.

Pastlife discussion/use of pastlife cards.

Pastlife skills. Consider doing a Past Life Trance with journal.

Trance discussion

Why is it important for a Bard to at least 'understand' the astral world or alternate realities.

Healing Ritual-Bardic

Examine how one might go about doing a healing ritual from a Bardic perspective:

(I would prepare the patient with the suggestion of going within whatever 'artform' you have decided to use, whether one, or a combination of arts. This ought to include such things as massage. What you are asking the patient to do, is go within the energies that you are 'creating' in order to receive your healing. This does not, therefore, stipulate that one must use a standard thinking view of what art is as the medium, but what 'energy' is and that energy is a creative act that is controlled through our senses. I would also be looking at how/what senses the patient was personally most activated by and try to at least include their strongest sense(s) as well as using your strongest.)

Recommend taking a class of Dreams and/or Lucid Dreaming

Looking for work done on personal Mythos and Worldview.
Take time to describe through various mediums.

Do colorings, make sounds. Speak about what this World tastes like, smells like, feels like.

Leylines/powerpoints.

To work on finding powerpoints in own area. To relate this back through sound/music, the stars and the Grid. Can this be developed through the use of other senses?

Songs of the Land/songs of the Sky. Might there be dances as well? Develop theory of activation and use. Could we activate leylines/powerpoints through our own bodies? Can this system be interactive with the Tree Network and Elvinworld?

A cross reference Chart and how that is going.

Rediscussion of Elvinworld and the Tree network.

Meditations

(Should relate to WorldView and mythos. One that is of Tree Network.) An especial staff and tree (either material or internal). Why do you think that I would consider both of these things as important.

Discuss

Tibetan Book of the Dead

From this reference, how might you create a short ritual of Dead as a Bard realizing that it is an astral journey?

Suggest doing some form of 'artwork' that describes what an astral journey would be like. Refer back to 'Steppin in a Slide Zone' or any other work done by other Bards that refers back to alternate reality in some form for inspiration.

How might one create one's own mantras, yantras, etc. as a Bard?

Suggestion to format one's own work to utilize. As a Bard and as a Shaman one is seeking to put together one's own 'magick' and power. Seeking to find one's personal vibrational pattern, sound, color, etc. is important. I recommend 'Healing Medicine' to begin work on finding one's song and healing song... however, one should not feel limited to those things. One shall have personal Direction (South, East, West, North), Element (water, fire, earth, air), taste, touch that helps to format all the qualities of one's vibrational pattern. It is also believed that it is important NOT to share one's own power song, vibrational pattern with anyone as that will eventually dissipate one's power... discuss.

How do you see the Bardic Path as Tantric?

Discussion how the Bard uses the Masculine/Feminine Energies in the creation of the Child. How does this expand your understanding of the Triad Formation of the Divine?

Create a Dreamquest for the self that activates one's own World.

Dreams vs. Visions