

## Second Level Bard Solitary

- 1) Think about the Teacher you have chosen. Consider the progress being/or not being made. Are there difficulties? Write out your feelings about why or why not this progress is being made. Do they feel like they are your fiend. Realize that indications may not be in the form that you might expect. You may simply have a realization as you listen to their music. You may suddenly have a desire to go do something or gain some particular insight. These are all responses from the teacher and need to be recognized as such.
  
- 2) Review any work that has been done concerning working with the Elements. It is good to format a couple simple rituals using only Bardic means.
  
- 3) Review Crystal/Music Meditation. What is the difference with the first Music Meditation? Why do you think this difference exists? It is again recommended to read 'Sounding the Inner Landscape' by Kay Gardner.
  
- 4) Have you ever experienced astral projection?  
If not, describe/write out what you believe it would be like. How is astral projection an important venture for a Bard?  
What is the Eldritch (Elfin World/Faeryland)? Write a brief story/poem/song or draw about your views of this.  
How do you think it is the same or different from the astral?  
Basics. Breath change (begin to breath slower and slower), slowing of brain vibrations. Vibrational change should be felt over whole body.  
Everyone is different in their access. Try to note the changes your body goes through as you go into a meditation. Meditation and dreaming are the best keys to understanding what the astral feels like. It is also true that swimming in water has a similar 'feel' to the movement when in the astral.  
What are your fears?  
Understand that the astral is already a viable part of one's life...when you close your eyes, you are part of the astral. There are many levels...'sliding' is when you move gracefully from one form of alternate reality to another... it is a Bard's greatest attribute. There are places in alternate reality of music, art/visual, smell, taste, touch. Try to touch in on those areas of existence.

**5)** Write about the mechanics of Mythology. I recommend reading 'The White Goddess' by Robert Graves. Though there are some questions on the 'historical' validity of what he wrote, he does an excellent job as far as training a person how to view Mythology.

Mythology tells history, tells methods, tells beliefs, tells approach to energies.

Read poem 'Our Lady of Life, Our Lord of Death'. Write about how this poem expresses Mythos and how it is Bardic. Notice that this work restates ideas three times and creates a pattern. Review why you think this is done. Notice how this tends to create a hypnotic tone to the piece. Why would a person wish to do this?

**6)** Astral exercises: I recommend reading Ophiel's work. Another good book is Scott Rogo's book on Astral Projection.

**A)** Find a comfortable spot. Choose five points of reference. Walk to those points in a clockwise circle. Take time at each point to satisfy that you see everything. Then sit down and close your eyes. Visualize yourself getting up and going around the circle to each of the five points in the same manner that you did them physically. Write out your reactions to this exercise. How successful were you? How can you make this more visual. Would it help to add sounds? Scents? Try going around touching things, smelling things, listening to things. Review your reactions. Write out your thoughts.

**B)** Sit in a comfortable spot with your eyes closed. Mentally move your arms, legs without moving them physically.

**C)** Focus on doing some very slow breathing/focus on vibration. Try to feel a 'hum' throughout your body.

**7)** Review your feelings about the Elfin World and/or Faeryland. What kind of lifestyle do they have? Write of this as if you 'are' an Elf or Gnome or sprite, etc. and are explaining these things to humans.

**8)** In a meditative stance, listen to the chatter of your brain. Listen, just listen for about 1-2 minutes. Write about this experience..

**9)** In a meditative stance, again listen to the chatter. This time, try to envision yourself rising above the chatter/or distancing yourself from the chatter. Write about this experience. (What should happen is that you should begin to notice that you are seeing pictures/ hearing words that are not really your own thoughts. This is the ethric where psychics see the images/sounds, ect. around people, places, things.)

**10)** Hugs. This shall need to be done with a 'willing' person. Surround their body with yours. Close your eyes and feel your energies surrounding theirs. After several moments, move away from them, close your eyes again and envision the same senses of those energies surrounding them.

11) See energy flow from the Universe through your body. Think of this energy flowing out from either side as you encircle someone. Try some tones resonating Om. What colors do you see when you do this?

12) Recite a poem 'to' another person and envision the surrounding energies about this person as you do this. Discuss feelings with that person about it afterwards from both self and person done to.

13) I recommend listening to Donovan's Song 'Eternal Sea' or some comparable music (something slow and enveloping in its manner), taking the energies of the song and surrounding another person with it. Write about what type of song it is.

14) Surround another person with your energies. Make sounds that you feel are healing sounds to vibrate around the person. Envision colors with this.

### **Homework**

Choose a poem to repeat once a day for a month. Write about what has happened with the poem at the end of the month .

15) With another person. Seat facing each other. As you breath in, bring energies from the Universe through head/ As you breath out, see it flow out through heart/solar plexus and surround other person.

16) Do tones as you breath out in exercise 14. What affect does sound have when you do this? Try having person breath in as you breath out as you tone.

17) How do Elves and Angels differ? How are they alike? How are beings of various levels of alternate reality alike or different? Guides, etc.

18)

Thoughts go whirling round and round-  
A spiral of images spins on below  
As I spiral upwards,  
A Queen on a distant throne.

A feary Queen, looking into  
her great, magick mirror-  
past and present whirl on by  
and the glossy haze of a  
future that may or  
may not be.

Meditate a moment on the above poem. Sit comfortably in a relaxed environment, dark if it is easier. Play very soft music ( I recommend 'Are You Sitting Comfortably' by Moody Blues) and burn a light smelling incense. Remember the poem. Think of the music surrounding you, protecting and blessing. Breath deeply and measured with your eyes closed and begin to 'watch' inwardly. Do not try to make sense of or hold onto anything that you see. Do this listening to the music and 'watching'. May need to play the song two/three times. What are your reactions. Were you told anything?

## **Homework**

### **The Tree Quest**

**A)** For one month from a New Moon to New Moon, once a day, go out to a tree of your choice and make some kind of offering and/or speak to it. Begin to identify with it. Write a poem/song/tune for it during this month. At the end of the month, sit in meditation to open yourself up to the tree (this can be done inside or outside). When you feel 'open,' sing/recite/play 'to' the tree.

**B)** For the month directly after, each morning at about the same time sing/recite/play to the tree the same piece you did in #1.

**C)** Write about experiences as a journal during both months. At the end, explain what you think is the relationship between Bards and trees.

**19)** Go outside and sit with the trees (if too cold-go out and stand for a couple minutes. It is important to form direct contact with the trees. Let them see you!)

Write about what sort of tree you are and why.

Go up to some of the trees and speak to them remembering that you are also a tree. May wish to speak in tongues as well.

Wrap your arms around a tree, do emotional sounds to it.

Afterwards, go in and write about what you felt about your contact.

Might you consider playing any sort of music for them? Would they like you to do something for them? Create a picture, poem? Extra water, a hug now and then? Recognize them as fellow beings.

**20)** Envision trees as a network of energy going through the branches.

Mentally/physically surround 'your' tree with yourself, becoming one with the tree and then listening to the trees conversations with each other. What did you hear?

- 21)** Write about chart of correspondences. What sort of things have you discovered.
- 22)** Pay attention to pictures you form as you think.  
Distance self from 'chatter' discussed in #8-attempt to 'see' pictures only. Write about this..
- 23)** You are a member of the Elfin races. Elves reside in the energy field of the trees. With that understanding, explain how your life as an Elf interacts with the trees...
- 24)** Review 'Lines of Knowledge' and understanding. How are you attempting to use this idea?
- 25)** Bards live half in and out of their fantasy reality-personal World.  
What is 'your' World like?  
How do you understand it as being an actual reality?  
If you understand that concept, how does that help you to view other Bards and their work?  
How does this tie in with understanding the Elfin World and the trees?
- 26)** Dance as a tree to a piece of music. Let it move you as if it were interconnecting you with the other trees as you continue to dance. Do you feel a response from the trees by doing this?  
Be one of the Elfin races interconnecting with trees. How is it different/same?
- 27)** Write about your reactions to Art. Bards reacting to Bards is part of the Bardic network of knowledge that can be utilized and/or build on. It is a way of storing/expanding knowledge.  
Write about how you feel this would work and how it is also similar to how the trees communicate.  
React artistically to another piece of Art.
- 28)** Try different tones (a pitch pipe is recommended) as you touch each main chakra with your right hand. When you feel the strongest resonance-record those tones, noting which tones goes with which chakra.
- 29)** Do same exercise as #27 with another person using 'your' tones upon 'their' chakras envisioning it as healing energy. Discuss their reactions to what you have done with them.
- 30)** Why would the staff be the strongest representation of the Bard?  
What type of connection does the staff have with the Tree of Life?  
Why is it the 'Bard's' tool?

**31)** Put right hand between heart chakra and throat chakra. Envision the valve that exists between the two chakras that opens and closes and that this valve opens when you 'speak from the heart'.

With your hand on your chest, do Oms. Envision the heart glowing until it pushes up through the valve to the throat.

How does this exercise make you feel?

**32)** Envision yourself inside 'your' tree. Go through tree up through branches, then go down into the roots. Then be still feeling self at the center. Do an Om from heart into throat chakra and throughout the tree image. How does your tree associate with the Staff?

**33)** What metaphysical actions and reactions takes place when a bell is rung?

In what type of patterns does the energy flow?

**34)** Use several 'bells' that you can ring. Put right hand between heart and throat as you ring several bells.

How did this affect you-how can this be used to heal?

**35)** Be 'your' tree, stretch out to branches and roots. See your branches touching each other trees, roots touching others roots and know you are 'communicating'. Then see self as you are-but see lines of light going from self out to everyone else. How does this help you to understand 'Lines of Knowledge'?

**36)** Trance Dance. I recommend using either something from Gabriel Roth or the Natale Institute.

Write about how this relates to being a Bard and how it might be used?

Trance dance as one of the Elfin races. As a tree.

How does this differ with the other type of dancing you have done in Level One?

Can you incorporate both these types of dancing into one?

How could this be used for healing either the self or others?

**37)** A Bard 'heals' by wrapping their energies around another person, plant, animal, etc., then pulling the other within the Bard's energies to heal. I've demonstrated the idea by having the student physically touching, then envisioning. How would you do this through your Art-or any Art. This is VERY important to understand.

## **Homework**

Via your chosen 'Art' do a healing for a friend/lover/etc. Write about the process you go through and how well it worked.

**38)** I recommend listening to Moody Blues song 'Steppin' In a Slide Zone' or something you find comparable. One might view some of Dali's works or consider the story 'Alice in Wonderland'..

If this were explaining the astral to you-what does it explain to you about it. React to it artistically.

**39)** Consider 'Wind Chimes I & II' by Mike Oldfield. How/why are these pieces like an Initiation? Why do I tend to use these pieces for the Bardic Initiations?

**40)** What would it mean to you if you were told that you have several selves within you?

**41)** A Bard is often a supportive role. How is it a supportive role without being a secondary role?

**42)** As you go on to be a Bard, it is good to focus on the creation of your World. How would you intend to proceed in that vein?

Why is it important to develop a rapport with the Elfin World and the trees?

Need to create own Egg for Third Level.

## **2nd Level Initiation.**

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