



Druidry and Meditation

Nimue Brown

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When I started running meditation groups, I searched for a book that would tell me how to do it. There wasn't one. Like many Pagans, I hate dogma and resent being told exactly what to do. But at the same time, like everyone starting out on something new, I wanted a frame to hang my work from. I learned the hard, slow way. *Druidry and Meditation* is a guide for Druids who want to meditate. It explores meditation for the body, the intellect, the emotions and for spiritual practice. There are plenty of easy to follow exercises, along with prompts about how to develop your own work from there, held by a philosophical framework. I've included sample pathworkings to get people started, and a detailed explanation of how to construct your own. There's a chapter on how to run a meditation group – covering practical issues as well as the art of writing for groups and the technicalities of guiding. I've also included a section on how to incorporate meditation into group ritual, covering practical issues. *Druidry* is a beautiful, multifaceted, non-dogmatic spirituality. Every aspect of *Druidry* can be supported with meditative work. *Meditation* is not *Druidry* and *Druidry* is not *meditation*, but the two combine to inspiring effect. Many Pagans question, all the time, how we can make our spirituality an intrinsic part of our lives. This meditative approach to *Druidry* is one answer to that question. Through greater self-awareness, with deep contemplation, spiritual openness and conscious nurturing of creativity, we can explore and express our Paganism in ever more rewarding ways.

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