

# The Great Glyph Exercise

## PREFACE

“It was made clear to me from the start that the use of the Great Glyph was not for me alone. Others could use it and were to be encouraged to do so. As with the rest of the Sidhe material, I was hesitant at first regarding the validity of offering this method of communication to the world. But again and again, my communicator assured me that no harm would come to those who used it, while knowledge of the kind I had myself received would be offered to those who sought such gifts with a true desire for self-fulfillment. ***“To those who approach these matters simply from idle curiosity or with uncertain motives, nothing will come of their use of the Glyph,”*** my communicator stated when I asked about this.”

## EXERCISE

“If you desire you might light two candles, placing one on either side of the picture. Then, seating yourself in your chair, study the Glyph for a while, allowing it to sink into your mind while stilling your thoughts. When you feel ready and sufficiently relaxed, close your eyes and follow wherever the Glyph leads. This may take a few attempts before you get anything, but persevere, especially if you are unused to meditation. It is a good idea to have a pen and paper ready to write down anything that comes to you. It is also worthwhile stating here that whatever you see or hear may bear little resemblance to my own communications. My understanding of the Sidhe’s words give me to believe that each and every person perceives and understands things differently. So, if you find yourself speaking to a being who looks and sounds different from the being described by me, don’t think this is an indication of failure. Keep working with the images that arise and follow where they lead.”

## THE GLYPH

“Here, then, appears the Glyph exactly (see below) as I copied it from the chamber of Gortnasheen (redrawn for this book). ... pin it to a wall where you can see it easily from a comfortable chair.”

