

day one flame tending: alchemizing y/our grief with brigid's flame  
unedited transcript

WEBVTT

1

00:00:06.660 --> 00:00:11.269

siofra (she-fra) (she/they): Yeah, I'll be sharing the audio, and it'll be on our page.

2

00:00:11.650 --> 00:00:20.049

siofra (she-fra) (she/they): And that's just a way to support you, should you not be able to attend every day, and then that's not the expectation.

3

00:00:20.750 --> 00:00:31.169

siofra (she-fra) (she/they): The hope, the intention, is that in this 40-day... we can call it sadhana, if you're a yoga practitioner like myself, it's daily spiritual practice.

4

00:00:31.640 --> 00:00:34.540

siofra (she-fra) (she/they): That we're just kind of building up the accumulation.

5

00:00:34.820 --> 00:00:44.880

siofra (she-fra) (she/they): to be with, Bridget's Flame, and I'll talk to you a little bit about the flame that I'll light for us, that was passed to me by the sisters in Soli Speed.

6

00:00:45.360 --> 00:00:46.959

siofra (she-fra) (she/they): And,

7

00:00:48.280 --> 00:01:04.790

siofra (she-fra) (she/they): yeah, for you to kind of be in this kind of 40-day, might call it a visual, but really a time to be with, in many ways, one of the most potent medicines of Bridget, both the priestess, the goddess, and the saint.

8

00:01:05.510 --> 00:01:13.050

siofra (she-fra) (she/they): Which is her fire, that both alchemizes, that which we are grieving, and...

9

00:01:13.240 --> 00:01:20.339

siofra (she-fra) (she/they): We know that Brigitte is also the goddess of the keen. She brought to us the keen, which is the lament.

10

00:01:20.640 --> 00:01:31.739

siofra (she-fra) (she/they): The great grieving sound and song and tradition, really, that comes way, way, way before, calendar time into mythical time.

11

00:01:32.520 --> 00:01:38.079

siofra (she-fra) (she/they): So, I invite you to, as you can, just...

12

00:01:38.380 --> 00:01:41.789

siofra (she-fra) (she/they): Familiarize yourself with how we'll gather together.

13

00:01:42.150 --> 00:01:51.649

siofra (she-fra) (she/they): I will say that, you know, these, are both kind of values, as well as, kind of our agreements of how we'll...

14

00:01:51.920 --> 00:02:04.449

siofra (she-fra) (she/they): We'll engage in this practice of flame tending, both with ourselves and with each other, and in so much as you can, the invitation with those who might not be gathering with us in this field, this circle of practice.

15

00:02:07.050 --> 00:02:19.410

siofra (she-fra) (she/they): And, just kind of briefly speaking to them, it's, about extending welcome to yourself and others internally and around... about a sense of sovereignty, a faithfulness to yourself, your purpose, your practice.

16

00:02:19.900 --> 00:02:26.529

siofra (she-fra) (she/they): Maintaining connection to the resources that you need in order to be present, to be with.

17

00:02:28.220 --> 00:02:37.660

siofra (she-fra) (she/they): You know, just minding yourself, because you know yourself, you know, and to finally have courage, to be open, and to trust what you need.

18

00:02:38.930 --> 00:02:51.280

siofra (she-fra) (she/they): And so, if you have a candle, you can kind of start with us. I also, if you have, some tea, sometimes it's just really good to have some tea.

19

00:02:51.450 --> 00:02:55.260

siofra (she-fra) (she/they): We'll work with Dandelion in our 40-day practice together.

20

00:02:57.170 --> 00:03:09.720

siofra (she-fra) (she/they): But you can just have hot water, I'm drinking oat straw. And your brat breach, which, I'll have a little resource on the website tonight, but this is a cloth, or cloak.

21

00:03:10.670 --> 00:03:25.630

siofra (she-fra) (she/they): And this cloak, we can see as, if we have a practice that involves protection, that this is a cloak from protection of both the elements, both seen and unseen, so the elemental kind of weather.

22

00:03:26.690 --> 00:03:28.789

siofra (she-fra) (she/they): And you can find yourself in this cloak.

23

00:03:28.960 --> 00:03:35.349

siofra (she-fra) (she/they): And I will begin to light the candle. This will probably be the most that I'll speak in any of the sits.

24

00:03:36.250 --> 00:03:39.410

siofra (she-fra) (she/they): And, we light this perpetual flame.

25

00:03:40.570 --> 00:03:43.909

siofra (she-fra) (she/they): For Bridget, her name means the Exalted One.

26

00:03:44.510 --> 00:03:49.419

siofra (she-fra) (she/they): The one that sees the truth, the light of all things.

27

00:03:51.250 --> 00:03:55.459

siofra (she-fra) (she/they): And that we like this, our collective candle with her herb.

28

00:03:55.670 --> 00:03:58.660

siofra (she-fra) (she/they): We've dressed our candle with dandelion.

29

00:03:59.620 --> 00:04:03.479

siofra (she-fra) (she/they): This herb, this... Otherwise known as Lion's Tooth.

30

00:04:03.980 --> 00:04:12.199

siofra (she-fra) (she/they): It's one that both helps nourish and, also nourish the liver and support that which

31

00:04:12.870 --> 00:04:19.170

siofra (she-fra) (she/they): is ready to, be eliminated. You know, the liver does such work for detoxifying.

32

00:04:20.019 --> 00:04:20.769

siofra (she-fra) (she/they): So...

33

00:04:24.740 --> 00:04:31.880

siofra (she-fra) (she/they): Just kind of find yourself in your seat, in the... embrace the warmth of your cloak.

34

00:04:32.130 --> 00:04:33.429

siofra (she-fra) (she/they): Bridget's Cloak.

35

00:04:34.870 --> 00:04:43.209

siofra (she-fra) (she/they): who's returned... from... Way, way up in the north, in Scotland.

36

00:04:43.440 --> 00:04:45.690

siofra (she-fra) (she/they): With the kayak where she winters.

37

00:04:46.470 --> 00:04:57.680

siofra (she-fra) (she/they): that wisdom... that medicine... That's close to her, that's within her, that her cloak is now wrapped around us.

38

00:04:59.550 --> 00:05:03.610

siofra (she-fra) (she/they): And she carries in her heart this flame, this candle.

39

00:05:08.330 --> 00:05:13.160

siofra (she-fra) (she/they): And see if you can allow yourself to feel...

40

00:05:13.830 --> 00:05:17.529

siofra (she-fra) (she/they): The warmth of that flame inside, if you...

41

00:05:17.660 --> 00:05:25.179

siofra (she-fra) (she/they): Need to ground yourself a little more, just feel your sit bones, your root, as... as the Earth.

42

00:05:29.100 --> 00:05:31.769

siofra (she-fra) (she/they): And maybe coming up to your heart.

43

00:05:33.340 --> 00:05:37.740

siofra (she-fra) (she/they): imagining that Deep, compassionate heart.

44

00:05:38.660 --> 00:05:40.840

siofra (she-fra) (she/they): That we know Bridget to have.

45

00:05:41.380 --> 00:05:53.449

siofra (she-fra) (she/they): Both the mythical... Bridget as goddess, and the human Bridget as saint. The one Who gives... And welcomes generously.

46

00:05:58.090 --> 00:06:06.110

siofra (she-fra) (she/they): And that generosity... In many ways, it is an extension of her compassion of heart.

47

00:06:07.960 --> 00:06:13.150

siofra (she-fra) (she/they): And at the center of that compassion, is aflame.

48

00:06:18.940 --> 00:06:25.800

siofra (she-fra) (she/they): And just allow that flame to spark.

49

00:06:26.580 --> 00:06:30.290

siofra (she-fra) (she/they): to move... To be in your heart.

50

00:06:51.610 --> 00:06:58.350

siofra (she-fra) (she/they): And underneath the cloak... Bridget, to the presence, and the embrace, and the protection.

51

00:06:58.770 --> 00:06:59.690

siofra (she-fra) (she/they): Of her cloak.

52

00:07:04.310 --> 00:07:07.770

siofra (she-fra) (she/they): You can find yourself sitting at your heart.

53

00:07:08.240 --> 00:07:09.190

siofra (she-fra) (she/they): with Bridget.

54

00:07:11.950 --> 00:07:17.969

siofra (she-fra) (she/they): She, who's returned from the medicine winter with the Caliac.

55

00:07:22.130 --> 00:07:24.700

siofra (she-fra) (she/they): And begin to let her know.

56

00:07:28.150 --> 00:07:29.309

siofra (she-fra) (she/they): About your grief.

57

00:07:33.350 --> 00:07:35.450

siofra (she-fra) (she/they): About your brokenheartedness.

58

00:07:37.710 --> 00:07:42.429

siofra (she-fra) (she/they): And allow her, and the cloak, and the flame to hold you.

59

00:07:43.330 --> 00:07:44.710

siofra (she-fra) (she/they): to witness

60

00:07:47.830 --> 00:07:49.560

siofra (she-fra) (she/they): To hold with you.

61

00:07:52.260 --> 00:07:57.320

siofra (she-fra) (she/they): that... Which is... Breaking your heart.

62

00:08:23.920 --> 00:08:32.630

siofra (she-fra) (she/they): And as you sit... the flame... And they embrace... Bridget's cloak.

63

00:08:33.030 --> 00:08:33.950

siofra (she-fra) (she/they): her presence.

64

00:08:37.679 --> 00:08:42.060

siofra (she-fra) (she/they): You continue to offer to her all of what

65

00:08:45.710 --> 00:08:47.960

siofra (she-fra) (she/they): It's in you, all of what you are.

66

00:08:48.210 --> 00:08:52.130

siofra (she-fra) (she/they): Carrying that you are ready to share, to let go.

67

00:08:52.610 --> 00:08:53.550

siofra (she-fra) (she/they): to release.

68

00:09:00.180 --> 00:09:02.290

siofra (she-fra) (she/they): We begin to hear her humming.

69

00:09:06.000 --> 00:09:15.290

siofra (she-fra) (she/they): We're humming as... as a sign... As an indication, She...

70

00:09:15.700 --> 00:09:18.350

siofra (she-fra) (she/they): Can bear this with and for you, dear one.

71

00:15:01.960 --> 00:15:03.190

siofra (she-fra) (she/they): Bridget begins.

72

00:15:05.940 --> 00:15:09.139

siofra (she-fra) (she/they): Prepare you for her time to leave.

73

00:15:10.650 --> 00:15:12.640

siofra (she-fra) (she/they): Session... time.

74

00:15:16.930 --> 00:15:19.610

siofra (she-fra) (she/they): Before she leaves, she reminds you...

75

00:15:20.150 --> 00:15:25.430

siofra (she-fra) (she/they): Flame, like this perpetual flame that is... Burned.

76

00:15:25.650 --> 00:15:28.070

siofra (she-fra) (she/they): Thousands and thousands of years.

77

00:15:29.250 --> 00:15:32.530

siofra (she-fra) (she/they): Through the mythical... In the historical time.

78

00:15:34.800 --> 00:15:36.350

siofra (she-fra) (she/they): It's always...

79

00:15:40.440 --> 00:15:44.480

siofra (she-fra) (she/they): That no dark, no... No element.

80

00:15:45.300 --> 00:15:47.550

siofra (she-fra) (she/they): Come... extinguish it.

81

00:15:50.540 --> 00:15:52.950

siofra (she-fra) (she/they): And then she offers you an acorn.

82

00:15:56.380 --> 00:16:00.460

siofra (she-fra) (she/they): As a reminder of this day, In bulk.

83

00:16:00.590 --> 00:16:03.149

siofra (she-fra) (she/they): It's time of being in the belly.

84

00:16:04.600 --> 00:16:10.800

siofra (she-fra) (she/they): And the seed... Root into the earth where you plant it.

85

00:16:12.340 --> 00:16:14.470

siofra (she-fra) (she/they): And that it will become her.

86

00:16:15.080 --> 00:16:16.339

siofra (she-fra) (she/they): The oak tree.

87

00:16:17.700 --> 00:16:18.660

siofra (she-fra) (she/they): the Dara.

88

00:16:21.810 --> 00:16:23.449

siofra (she-fra) (she/they): The place of great strength.

89

00:16:25.130 --> 00:16:27.530

siofra (she-fra) (she/they): Great knowing, great remembering.

90

00:16:32.690 --> 00:16:35.329

siofra (she-fra) (she/they): Before... She departs.

91

00:16:36.700 --> 00:16:38.939

siofra (she-fra) (she/they): You offer her a gift.

92

00:16:40.660 --> 00:16:45.200

siofra (she-fra) (she/they): Maybe it's a song, a dance... flour...

93

00:16:48.670 --> 00:16:50.030

siofra (she-fra) (she/they): A word.

94

00:16:53.360 --> 00:16:54.950

siofra (she-fra) (she/they): And she receives it.

95

00:16:55.580 --> 00:16:57.190

siofra (she-fra) (she/they): With gratitude and delight.

96

00:16:58.700 --> 00:17:03.219

siofra (she-fra) (she/they): You both... Cloak now, and separate cloaks.

97

00:17:05.380 --> 00:17:10.550

siofra (she-fra) (she/they): But still, the cloaks of the same cloth, the same land, the same connection.

98

00:17:15.890 --> 00:17:17.380

siofra (she-fra) (she/they): part ways.

99

00:17:18.470 --> 00:17:21.540

siofra (she-fra) (she/they): You slowly find yourself returning.

100

00:17:21.640 --> 00:17:23.180

siofra (she-fra) (she/they): Back to this body.

101

00:17:24.190 --> 00:17:25.190

siofra (she-fra) (she/they): It's time.

102

00:17:26.990 --> 00:17:29.340

siofra (she-fra) (she/they): Feeling the weight of your body.

103

00:17:29.890 --> 00:17:31.650

siofra (she-fra) (she/they): On the earth, you receded.

104

00:17:36.920 --> 00:17:38.859

siofra (she-fra) (she/they): Maybe taking a deeper breath.

105

00:17:44.160 --> 00:17:47.020

siofra (she-fra) (she/they): And just offering for a moment.

106

00:17:48.450 --> 00:17:55.330

siofra (she-fra) (she/they): Kind of reflecting on the benefits of this practice, this time of tending this flame with Bridget.

107

00:17:56.110 --> 00:18:05.759

siofra (she-fra) (she/they): And offering that to... a place... person... The benefit of this practice.

108

00:18:06.160 --> 00:18:09.110

siofra (she-fra) (she/they): The blessings that you've received to offer that.

109

00:18:11.850 --> 00:18:14.970

siofra (she-fra) (she/they): forward... backwards.

110

00:18:17.010 --> 00:18:20.180

siofra (she-fra) (she/they): To anyone, anyplace else.

111

00:18:22.170 --> 00:18:23.159

siofra (she-fra) (she/they): That can benefit.

112

00:18:29.890 --> 00:18:34.290

siofra (she-fra) (she/they): And then slowly, just coming back with just some subtle movements.

113

00:18:36.640 --> 00:18:43.430

siofra (she-fra) (she/they): Taking your time... If you have something warm to drink, just taking a sip, and just...

114

00:18:46.550 --> 00:18:50.159

siofra (she-fra) (she/they): Moving through whatever you might need to ground yourself.