

Avalon,

Roses of England

Celtic Roots Forever



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Roses of England  
Celtic Roots Forever

Barbara Bahtiar

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To Ende, Sophie and Anisa, with love, forever in my heart

To my dearest sister Florentine, who surrounds me with her love,  
tenderness and presence.

To all who love the beautiful Isle of Avalon.









## *PREFACE*

I dedicate this book to all the Avalon ladies I have met at *Bougainville, Center for Intuition & Psychology* in Groningen, The Netherlands. Over the years I have held many Avalon workshops at *Bougainville, Center for Intuition & Psychology* and I still do. It all started with Gea when she spoke to me about Avalon and all of a sudden old memories came flooding back to me. From here onwards, a circle of Avalon ladies began meeting at Bougainville on a regular basis and this inspired me to write meditations about the forgotten Isle of Avalon.

Avalon inspired many women to develop their intuition and clarity, to come together and remember their lives on the Isle of Avalon, sharing their intuition and creativity. In the Bibliography I share some books on Avalon that inspired me very much.

The meditations in this book will help you gain more clarity and serenity about who you truly are, your inner soul and the path you have chosen to follow in this life. They will strengthen your intuition and feminine soul, so you are well-prepared to follow your heart and to make your own choices in life.

Anna inspired me to write about the roses of England, the red rose of the House of Lancaster, the white rose of the House of York and the red and white rose, I call it a pink rose, of the House of Tudor. The roses of England remind me of the beautiful roses I first saw in the gardens of the Summer Palace of the Alhambra in Granada, Spain, where Catherine of Aragon lived before she married the English king, Arthur. After Arthur's death she married his brother King Henry VIII, the first of the Tudor kings in England. The roses of the Alhambra in Granada inspired me to write about the roses of England, as well as the roses of Scotland. To me Mary Queen of Scots was a very powerful lady. I imagine her in a red dress, her hair falling beautifully over her shoulders. She is as strong as the Avalon ladies or the women who were alive during the Wars of the Roses. On the Isle of Skye the beauty and strength of women come together in green nature and blue horizons which remind me of Avalon. May the sweet memories of the Isle of Avalon stay forever in our hearts, bodies and souls.

Valentine's day, February 14, 2021.

## *NEW BEGINNINGS*

Focus on the Isle of Avalon inside your heart.

See yourself arriving on the island.

Which clothes are you wearing?

What period in history is it?

What is the year you first arrived on the isle?

Are you alone or together?

What do your brothers and sisters look like?

Is there a special person waiting for you on the isle?

Focus on the rose inside your heart.

See her strength, her clarity, her truth.

See the Isle of Avalon the way you wish it to be.

The vegetation, your favorite place, your surroundings.

Observe every detail. Is there something special you need to know right now?

Let the Avalonian colors surround you. Look at your body, the color of your skin.

Keep the image of yourself on the isle close to your heart.

At your own pace come back to the present moment and remember your Avalonian roots.

Barbara Bahtiar, February 7, 2021.

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## *INTRODUCTION*

My deepest roots connect me to the mythical Isle of Avalon, a sacred place inside my heart. In my imagination I see women in red, green and blue dresses and maidens dressed in white dancing around the fire. The Isle of Avalon speaks to everyone's imagination, telling its stories about the lovely people and creatures that once lived on the isle.

*Avalon, Roses of England, Celtic Roots Forever* is divided into three chapters:

Part 1, *Avalon*, Part 2, *Roses of England* and Part 3, *Roses of Scotland*.

Part 1, *Avalon*, is an inner journey to the Isle of Avalon, divided into three parts, all filled with meditations. In *Arrival* one can read some entrance meditations about the arrival on the Isle of Avalon. In *Journey* more advanced meditations connect us more deeply to our intuition and our deepest knowledge. In *Homeland* we connect more deeply to the ladies of the isle, the inner goddess, the Roses of Avalon and the Lady of the Lake. Special attention is given to the Red Spring, the White Spring, Chalice Well, the Tor and the Abbey at the Isle of Avalon.

Part 2, *Roses of England*, consists of meditations on the red, white and pink roses of England, related to the Houses of Lancaster, York and Tudor in Old England. Like Catharine of Aragon, the Spanish girl inside of me travels from the lovely gardens of the Alhambra to the shores of England, meeting her husband and lover and keeping her Spanish identity alive. May the red, white and pink roses of England touch your heart and soul profoundly.

Part 3, *Roses of Scotland*, opens our heart to the beautiful red, white and pink roses of Scotland and reminds us of Mary Queen of Scots, a magical and powerful woman. Discover your Scottish roots by meditating on Scottish roses and the Isle of Skye. My sister Gabriëlla invited me to go to Scotland with her, because she fell in love with the country. I hope to visit the Isle of Skye shortly to always remember its blue and green colors.

Barbara Bahtiar, February 14, 2021.

# ***1. Avalon***

## *Introduction*

As a child I used to dream about the Isle of Avalon, without even knowing the isle really existed. In the hearts of men memories of the forgotten Isle of Avalon were still alive. While reading *The Mists of Avalon* by Marion Zimmer Bradley when I was growing up, the isle came flooding back to me. Only after I saw the movie named after her book, images came flooding back to me of beautiful colors, wonderful ladies filled with magic and clarity, full of feminine strength and masculine power.

I imagine we all have our memories when we go back in time to the Isle of Avalon. We remember its natural beauty, the places we visited and the people we met. Most of all we remember its magic.

May the meditations in this book refresh your memory and make the wonderful magic and your own personal memories of Avalon come flooding back to you. I hope the mists will part and you will see more clearly in your mind, body and soul.

Avalon, forgotten island of so many women, creatures, old rituals and the Mother Goddess. May your memories of the isle last forever and include the wonderful Avalonian ladies, Merlin the magician, King Arthur and the old Druids. I hope you will remember your Celtic roots by reading and practicing the meditations in this book. Enjoy your journey to Avalon.

Barbara Bahtiar, February 14, 2021.

*ARRIVAL*

*Avalon of the heart*

*Tribute to Avalon*

*Entrance to Avalon*

*Remember the Goddess*

*Avalon, Private Meditation (writing exercise)*



### *Avalon of the heart*

Focus on your heart chakra on the space where your heart is and imagine the Isle of Avalon.

See the isle as clearly as possible.

A barge is coming towards you. You enter the barge and travel to the Isle of Avalon.

Once you have arrived on the isle, take a look around.

Feel, hear, smell, sense or taste your surroundings.

All of a sudden a person is coming towards you and offers you a special gift from Avalon.

Take it and be grateful for this gift. See it as a gift that was made especially for you.

Cherish the gift and bring it towards your heart chakra. Fill up your heart chakra with this special gift and feel gratitude. Sense its meaning, sense its colors and receive the gift in your heart.

At your own pace come back to the present moment and make a small drawing or write down some lyrics.

## *Tribute to Avalon*

In my fantasy I used to travel to the Isle of Avalon, an imaginary isle that existed at the time of King Arthur in Old England. Avalon still exists in the hearts of men and women who are deeply connected to the Avalonian energy and remember Avalon in their soul.

Today more and more people connect or reconnect to the magical Isle of Avalon. We all wish for some magic to appear in our lives and we all long for comfort and consolation, for love and joy. Avalon is close by for everyone who wishes to land on its shores and to reconnect to the Goddess.

The Avalonian shores open up for everyone who wishes to be part of this lovely paradise, for everyone who longs for old Druid knowledge, for everyone who desires peace and a safe place.

I hope all my readers will enjoy reading these meditations. I wish they obtain guidance, clarity and honesty in their lives, about who they really are and in what they truly long for. Reading *Avalon, Roses of England, Celtic Roots Forever*, is an initiation into the mystical world of Avalon, the paradise to which King Arthur was carried after his death.

The meditations in this book are the fruits and blossoms of the Avalon workshops at Bougainville, Center for Intuition & Psychology in Groningen, The Netherlands. I cherish all the Avalon ladies I have met, in particular Petra, Gea, Saskia and Yvon. We are all novices on our road to Avalon. Only after many years of meditation and guidance do we become Priestesses or even a High Priestess if we are extremely gifted and have the sight to see beyond this world. Then we may enter into this majestic world of Avalon, a world of love, peace and clarity.

I hope the sight will accompany us throughout our lives and I wish that we all collect the blessings of the mystical Isle of Avalon and keep them safe inside our hearts.

Barbara Bahtiar, August 5, 2020.

*Entrance to Avalon*

Imagine the Isle of Avalon in your fantasy.

See how you reach the isle, by boat, by foot or otherwise.

Feel the waters, see how the mists part.

See your surroundings. Imagine them clearly and vividly.

Once on the isle, imagine the creatures, the animals, the women, the goddesses.

One of these creatures gives you something you might need right now.

What is it giving you?

What does it look like?

Take it and keep it in your heart.

Remember the Avalonian experience.

Take your memories with you in your heart.