

Avalon Roses,
Meditations on the
Isle of Avalon

Avalon Roses
Meditations on the
Isle of Avalon

Barbara Bahtiar

All memories and stories in this book belong exclusively to the author's imagination. All photos were taken by Barbara Bahtiar or her closest friends. Photos of Avalon were taken by Yvon de Zon and photos of the roses of England were taken by Yumiko Connah.

No part of this book may be reproduced, stored in a retrieval system, or transmitted by any means without the written permission of the author.

All rights reserved
Copyright: Barbara Bahtiar, 2022

Cover: Barbara Bahtiar
ISBN: 9789464650921

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.

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 on 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.

CONTENTS

<i>PREFACE</i>	5
<i>NEW BEGINNINGS</i>	6
<i>INTRODUCTION</i>	10
<i>PART 1 AVALON</i>	
<i>INTRODUCTION</i>	11
<i>ARRIVAL</i>	12
<i>JOURNEY</i>	18
<i>HOMELAND</i>	41
<i>RED SPRING</i>	68
<i>WHITE SPRING</i>	70
<i>CHALICE WELL</i>	73
<i>THE TOR 1, 2</i>	75
<i>THE ABBEY 1, 2</i>	82
<i>THE LABYRINTH</i>	87

<i>PRIESTESS OF AVALON</i>	89
<i>ROSE OF WONDER, ROSE OF NEW BEGINNING</i>	92
<i>EPILOGUE:</i>	
<i>Roses of England, Roses of Scotland, Edinburgh, The Isle of Skye</i>	
<i>ROSES OF ENGLAND</i>	97
<i>RED ROSE GIRL, WHITE ROSE GIRL, TUDOR ROSE GIRL</i>	104
<i>WARS OF THE ROSES INTUITIVELY</i>	108
<i>RED ROSES OF ENGLAND, WHITE ROSES OF ENGLAND</i>	119
<i>ROSES OF SCOTLAND</i>	121
<i>WHITE ROSES OF SCOTLAND. HOLLYROOD ABBEY AND EDINBURGH CASTLE</i>	130
<i>A RED, RED ROSE, THE LITTLE WHITE ROSE</i>	132
<i>EDINBURGH</i>	135
<i>THE ISLE OF SKYE</i>	136
<i>ACKNOWLEDGEMENTS</i>	137
<i>NOTES</i>	138
<i>BIBLIOGRAPHY</i>	139

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, Meditations on the Isle of 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.

The Epilogue, *Roses of England, Roses of Scotland, Edinburgh and the Isle of Skye*, 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.

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.