

Proto-Indo-European Meditation Ritual
David Fickett-Wilbar (Ceisiwr Serith)

Begin by standing erect, but without tensing your muscles or locking your joints. The idea is to be relaxed but ready for action. Put your hands out like you're preparing to receive something.

Concentrate on your body's existence and say:

Íi ʔesmi.

Here I am.

Settle in, setting your feet firmly:

Íi stistāmi.

Here I stand.

Envision the Xártus as a net connecting every event in the Cosmos, but not rigid. It wraps about you. Remember that it's living and moving, not rigid.

Íi, Xrtú per moí.

Here, with the Xártus about me.

The net enters into you, flowing between every particle of your body.

Xártus mé ghéutor.

The Xártus pours itself into me.

The process is completed.

Xártus mé sáxyeti.

The Xártus fills me.

The Xártus strengthens all of your parts, filling them with life.

Xártus mé dhidhėti.

The Xártus feeds me.

It is this strength that allows you to live.

Xrtú g^wéimi.

I live through the Xártus.

You are aware of your intimate involvement with the Xártus, your every action feeding into it and being fed by it.

Xártum g^wēimi.

I live the Xártus.

You commit yourself to continuing the process and awareness.

Xártum smē g^wēyō.

May I truly live the Xártus.

And now you emphasize this commitment by expressing a wish that it be so.

Tód ʔestū.

So be it.

A pronunciation guide is here: <http://ceisiwrserith.com/pier/language.htm>.
A video of this is here: https://youtu.be/l5Bv3y59_KM.