

King Arthur And The Stone

At the basement of the Regina Museum is an exhibit about the indigenous peoples of the area, the first peoples and original human inhabitants of the land. Winding my way through the section about the Cre nation last month, I came upon a sandstone boulder, grainy in texture and tannish in color. I approached it slowly, allowing its energies to penetrate me gradually as we got a sense of each other. After a short while, I placed my right hand upon its solid structure as I offered it a silent prayer. I noticed at the top of the stone, above my head, the faint markings of a sun that someone had carved long ago into this simple rock; the sun's rays extended out in all directions: east and west, north and south, up and down. Next to this stone a large sign in bold, black lettering says:

The grandfather rocks are very ancient. They were here

Healing Perspectives

with Skye Stephenson



first, and all other life evolved from them. Grandfather rocks must be treated with respect. Most aboriginal people believe they were once people or animals who were changed into rocks to be interpreters between humankind and Great Spirit.

The gift of rocks are strength, wisdom, power, and love. People ask the rocks to bless them with these qualities when they make stone pipes and when they use them in ceremonies.

When they moved camp, they prayed to Grandfather Rocks to guide them.

While it may be easy to dismiss such stories about stones, one of the foundational mythic stories of Britain tells a similar tale. We are talking about the legend of King Arthur. We all know the story, told us in so many different versions – written and oral, printed and in film – of how the young boy, Arthur, did not know his true identity as the son of a royal king. It was only when he happened to effortlessly pull the sword Ex Caliber from a large and recalcitrant stone – a feat impossible for all the other contenders – that he was proclaimed the next leader of his people. In other words, it was stone that decided the next king: some way, somehow, stone recognized (more than other humans could) who exhibited the most crystal clear heart and stone steady character – attributes of all great leaders.

Arthur may have been the genetic son of a king who had no part in raising him, but we all know that it was in Merlin's crystal cave where young Arthur received his many lessons that gave him the knowledge and wisdom for stone to release the sword of leadership into his capable and powerful hands (and heart).

We all have images of Merlin in our mind. A grey-haired elderly man, perhaps with a pointed wizard's hat, purple (or maybe black) with golden stars scattered upon its surface. An avuncular elder who sometimes became cross when his pupil, Arthur, did not exhibit due diligence in his studies. A nice enough character, perhaps created to explain why Arthur knew what he did. And yet, there is more compelling historical evidence for the real-life existence of someone similar to Merlin than there is for King Arthur.

Jeffrey of Monmouth in the 11th century first wrote down the story of Merlin, drawing upon two historical figures from the sixth century A.C.E – Myrddin Myllt and a Welsh seer and prophet from the same time period known under various names such as Ambrosius, Gelmorgan, and Kilmorgan. Myrddin was a pagan who fought alongside the pagan king of Carlisle against a nearby Christian kingdom and was defeated. Myrddin fled into the woods in a crazed state, mourning the loss of the pagan ways and in fear of persecution. Like so many stories of "crazed men" who retreat to the trees and the caves (such as Buddha and Jesus), Myrddin begins to receive prophetic

visions. Emerging from his self-imposed exile, he reenters human society and becomes renowned as a prophet.

The historical figure of Ambrosius is connected to an alleged event in which a young Ambrosius tells an ambitious king trying to build a stone tower upon a hilltop that keeps collapsing how to calm the discordant energies of the hill, in a manner not unlike dowers do today.

More than one thousand years after Merlin was first written about, he continues his grip on our consciousness and imagination due to his wisdom, nature-knowledge, and gift of prophecy. But in order to arrive at this place of power, he had to pass several tests that included a bout of (so-called) craziness (as Myrddin) as well

as a test about healing the energies of the land (as Ambrosius).

While Merlin may have been a (sort-of) true life figure, what most compels us about Merlin is our instinctual sense that we all have a bit of Merlin in us. In a manner of speaking, we all are magicians of our own lives and can be magicians and healers of the earth itself. The tale of Arthur and Merlin reminds those of us with British ancestral and/or cultural connections that at one time we were pagans; this memory still lives within the recesses of our ancestral DNA. It cannot be eradicated because it stands at the root of who we are as humans: body and soul.

As Queen Mab of the Old Ways (possibly Merlin's true mother) retorts in one of the many movies about

Merlin, "I cannot die. I live forever on the edge of dreams."

Skye Stephenson, PhD, offers crystal card divination, life path astrology, ancestral healing and classes about crystal and stone healing. She is the author of several books and as a crystal card set. Contact at: crystalhealing.lecora@gmail.com.

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