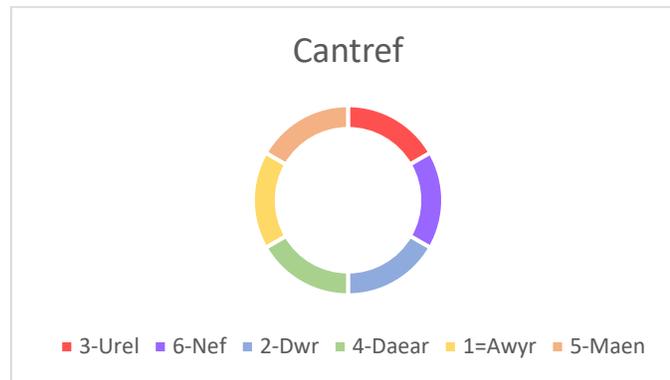


Cantrefs

Cantref: part of a kingdom; means “a hundred towns”

Awyr	Air	Inspiration and Illumination	Subjective possibilities within each being
Dwr	Water	Growth, Learning, and Enlargement	
Ufel	Fire	Energize and Transform, Many to One	
Daear	Earth	Embodiment and Manifestation	mediator
Maen	Spirit Below	Telluric Current	Objective possibilities surrounding each being
Nef	Spirit Above	Solar Current	
Byw	Spirit Within	Lunar Current	

Awen				Annwn
White	Yellow	Green	Blue	Black



Three Cauldrons

Sun

Solar
Eagle
Aud or Od
Red King
Circle

Earth

Telluric
Serpent/Dragon
Aub or Ob
White Queen
Triangle

Lunar

Stone (or Egg)
Aur or Or
Crescent Moon

Cantref	Awyr
Element	Air
Season	Spring
Time of Day	Morning
Beast	Hawk
God	Hu the Mighty
Day	Sunday
Law	Law of Unity
Planet	Sun
Direction	East
Color	Yellow
Tree	Birch
Angel	Raphael
Power	Thought
Grade	Newyddian (Novice)

Dwr
Water
Autumn
Evening
Salmon
Esus Chief of Tree Spirits
Wednesday
Law of Balance
Mercury
West
Blue
Hazel
Gabriel
Memory
Damcaniwr (Theoretician)

Ufel
Fire
Summer
Noon
Stag
Sul of the Sun
Tuesday
Law of Polarity
Mars
South
Red
Holly
Michael
Will
Ymarferiwr (Practitioner)

Cantref	Daear
Element	Earth
Season	Winter
Time of Day	Midnight
Beast	Bear
God	Elen of the Roads
Day	Friday
Law	Law of Causation

Planet	Venus
Direction	North
Color	Green
Tree	Apple
Angel	Uriel
Power	Sensation
Grade	Athroniwr (Philosophizer)

Cantref	Maen
Element	Spirit Below
Season	Time Past
Time of Day	Night
Beast	White Dragon
God	Ced the Earth Mother
Day	Saturday
Law	Law of Vibration
Planet	Saturn
Direction	Below
Color	Orange
Tree	Yew
Angel	Sandalphon
Power	Intuition
Grade	Gwyddon y Ffordd (Loremaster of the Path)

Nef
Spirit Above
Time to Come
Day
Red Dragon
Celi the Hidden One
Thursday
Law of Correspondence
Jupiter
Above
Purple
Oak
Metatron
Inspiration
Gwyddon y Cylch (Loremaster of the Circle)

Byw
Spirit Within
Eternity
This Moment
Human Being
Mabon
Monday
Law of Circularity
Moon
Center
White
Mistletoe
Guardian Angel
Imagination
Gwyddon Rhydd (Free Loremaster)

Three Cosmic Principles

Nwyfre:	consciousness	Mind is the action of consciousness upon substance by means of the vibrations of motion.
Gwyar:	motion (energy)	
Calas:	substance (form)	

Seven Elements: Nwyfre passes through seven phases (the Elements)

	<i>Ways of Thought</i>		<i>Conceptions (Existence)</i>	<i>Questions</i>
Awyr	Association	Thought	Being	Whether?
Dwr	Sequence	Memory	Becoming	What?
Ufel	Polarity	Sensation	Source	How?
Daear	Quality	Will	Substance	Who?
Maen	Composition	Intuition	Power	Where?
Nef	Category	Inspiration	Purpose	When?
Bwy	Symbolism	Imagination	Value	Why?

	<i>Laws of Perception</i>		<i>Liberal Arts per Trubujah</i>	<i>Emotional States</i> <i>Negative state countered by positive of opposite cantref</i>
Awyr	Unity	A	Logic	Pride/justice
Dwr	Balance	C	Grammar	Greed/temperance
Ufel	Polarity	B	Rhetoric	Anger/courage
Daear	Causation	A→B (change/movement) (A is first cause)	Arithmetic	Fear/wisdom
Maen	Vibration	B—C (polarity to balance to polarity to balance is vibration)	Music	Grief/faith
Nef	Correspondence	A→C (higher plane→lower plane)	Astrology	Envy/hope
Bwy	Circularity	ABC	Geometry	Sloth/love

Triads of Awen

Awen: an absolute and impersonal creative principle; the cause of being

1. Three things which are not:
 - a. that which is beyond Awen,
 - b. that which is before Awen, and
 - c. that which is above Awen.
2. Three truthful sayings concerning Awen:
 - a. Awen is;
 - b. Awen transcends;
 - c. Awen manifests.
3. Three abiding places of Awen:
 - a. the unknowable,
 - b. the unthinkable, and
 - c. the ineffable.
4. Three relations of Awen to created things:
 - a. it is their first cause,
 - b. their ideal form, and
 - c. their effective reason.

Awen → Three Rays of Light beheld by Einigan the Giant, carved on rowan staves
Rowan staves were found by Menw the Old

Awen + Annwn → Nwyfre → Gwyar → Calas

Triads of Annwn

Annwn: realm of pure possibility; the Great Unmanifest

1. Three unseen things:
 - a. that which is not,
 - b. that which is nothing, and
 - c. that which is unmanifest.
2. Three characteristics of Annwn:
 - a. infinity,
 - b. possibility, and
 - c. space.
3. Three things in Annwn before manifestation:
 - a. latent substance,
 - b. latent motion, and
 - c. latent consciousness.

Triads of Manifestation

Abred: realm of corporeal manifestation; abred means *release*

By learning the lessons of matter, we are released from its burdens and suffering.

Gwynfydd: realm of spiritual manifestation; gwynfydd means *the white or luminous life*

Rather than being shaped by matter, souls here learn to shape matter

Ceugent: realm beyond manifestation, where Nwyfre is One rather than Many; Ceugent means *empty circle*

1. Three conditions of manifestation:
 - a. the receptivity of Annwn,
 - b. the superimposition of Awen, and
 - c. the awakening of the seven laws.

2. Three principles of manifestation:
 - a. substance,
 - b. motion, and
 - c. consciousness.

3. Three circles of manifestation:
 - a. the Circle of Abred,
 - b. the Circle of Gwynfydd, and
 - c. the Circle of Ceugant.

4. Three conditions of all created beings:
 - a. their origin from Annwn,
 - b. their travail through Abred, and
 - c. their rejoicing in Gwynfydd.

5. Three embodiments of all created being:
 - a. the material body in Annwn,
 - b. the personality in Abred, and
 - c. the individuality in Gwynfydd.

6. Three levels of human existence:
 - a. the lower, which falls back into Abred;
 - b. the middle, which returns to human life; and
 - c. the higher, which proceeds to Gwynfydd.

7. Three falls from the human level:
 - a. from cruelty and passion, to the animal kingdom;
 - b. from indolence and passivity, to the vegetable kingdom; and
 - c. from pride and despair, to the Cauldron of Annwn itself.

8. Three fates for the human soul:
 - a. in Gwynfdd, remembrance;
 - b. in Abred, forgetfulness;
 - c. in Annwn, annihilation.

9. Three powers shaping the life of every being:
 - a. destiny (specific potential within each soul),
 - b. will (determines if reach destiny or follow fate), and
 - c. fate (sum total of past causes).

10. Three worlds present in every choice:
 - a. Ceugant in the form of destiny,
 - b. Gwynfydd in the form of will, and
 - c. Abred in the form of fate.

11. Three things that release being from the power of fate:
 - a. suffering,
 - b. understanding, and
 - c. the right use of will.

Triads of Nwyfre

1. Three truthful names of Nwyfre:
 - a. the One Life,
 - b. the One Being,
 - c. the One Spirit.

2. Three false names of Nwyfre:
 - a. God,
 - b. the Absolute,
 - c. the Perfect.

3. Three paradoxes of Nwyfre:
 - a. it is the one that is many,
 - b. the always-same that is always different, and
 - c. the supreme that is subordinate.

4. Three likenesses of Nwyfre to the mind of man:
 - a. the principle of substance is as the brain of man,
 - b. the principle of motion is as the thought of man,
 - c. the principle of consciousness is as the awareness of man.

5. Three expressions of Nwyfre:
 - a. through the principle of substance, matter;
 - b. through the principle of motion, energy;
 - c. through the principle of consciousness, thought.

6. Three manifestation of Nwyfre in great and small:
 - a. endless change,
 - b. endless progression, and
 - c. endless possibility.

7. Three voices of Nwyfre in living things:
 - a. desire,
 - b. will, and
 - c. contemplation.

8. Three stages in the unfolding of Nwyfre:
 - a. matter,
 - b. life, and
 - c. spirit.

9. Three relations of Nwyfre to the individual soul:
 - a. as the whole to the part,
 - b. as the essence to the manifestation,
 - c. as the master to the workman.

The Four Brains

- Cerebrum
 - Cognitive: thought, reasoning, judgment, learning, memory
 - Motor: voluntary motion, coordination, balance
 - Sensory: skin, eyes, ears, nose, and mouth
- Cerebellum:
 - Cognitive: attention, language
 - Motor: muscle movement
- Medulla Oblongata
 - Motor: involuntary (coughing/sneezing, swallowing, vomiting), cardiovascular regulation, respiratory regulation, digestion
- Solar Plexus (abdominal brain):
 - control sympathetic nervous system; powerhouse of life energy (willpower and motivation); center of intuition; seat of emotions

Vocabulary

Corff: the physical self

- Personality
 - Bywyd: the biological self (basic biological drives)
 - All living things have Bywyd
 - Nwyd: the passionate self (the passions and irrational life)
 - All animals have Nwyd
 - Hunan: the personal self (all humans), composed of
 - Meddwl (thought)
 - Bryd (will)
 - Cof (memory)
 - Attention (determines size)
 - Interest (determines color)
- Elaeth: individuality
 - The Individuality is absolutely subjective (inner); all else is objective (outer) to it.

Desire (unconscious) and Will (conscious) are two poles of one force.

Fate: sum total of past causes

Three keys to meditation:

- a. body without tension,
- b. breath without hurry,
- c. mind without distraction.

Gwiddons: Loremasters of the Celts

Spirit: essence, from esse “to be”

Mental images precede materialization.

Persona: a mask used by actors

Conation: the mental power of acting in pursuit of a goal