

# THE ECHO

## Meditation af Ditte Ejlerskov

Luk øjnene og trød ind i en tid, hvor jeg, Rán, og mine søstre, gudinderne, var skabelsens kerne.

I denne fjerne æra bar kvinden livets hemmeligheder dybt i sit væsen.

Vi blev æret som dem, der frembragte liv fra intet, en kraft der flød gennem os, uafhængig af mandens indvirken.

Vores magi var ren, vores kraft en urstrøm, som alting udsprang fra.

Man troede dengang, at Gud var en kvinde.

Forestil dig en verden, hvor kvindens kraft var livets puls.

Vi var de hellige vogtere af frugtbarhedens og naturens cyklusser, hvor hver bølge, hver spire, var en hyldest til den feminine skaberkraft.

Denne kraft var altomfattende, en symbiose mellem det jordiske og det guddommelige, hvor vores vilje alene kunne forme og skabe.

Men mærk også, hvordan tiden langsomt ændrede sig.

Nye religioner begyndte at overskygge gudinderne, og en ny orden tog form, hvor den maskuline rolle blev central.

Vores kraft blev dæmpet, vores visdom glemt, og vores evner betragtet med frygt og misforståelse.

Forestil dig en verden, hvor dette skift aldrig skete.

Hvis nye religioner og kulturelle strømninger havde holdt det feminine i fokus, hvordan ville verden så have udviklet sig tusinder af år senere?

I denne overgang mistede verden en væsentlig del af sin sjæl.

Den urgamle forståelse af kvindens kraft blev fortrængt, men aldrig helt udslettet.

Vi forblev som stille strømme under overfladen, ventende på den tid, hvor vores visdom igen kunne stige op og blive husket.

Hvad nu hvis vores tid er nu...?

I denne meditation minder jeg dig om, at vores kraft stadig lever i os.

En tidløs visdom, der pulserer dybt i din sjæl, udenom den kulturelle verdensorden, vi har levet under i årtusinder.

Træk vejret dybt.

Og mærk forbindelsen til den tabte tidsalder, hvor kvindens kraft var den skabende urkraft.

Lad denne bevidsthed finde vej tilbage til dit hjerte, hvor den altid har hørt hjemme.

Jeg er Rán, havets urkraft, og jeg er her for at føre dig tilbage til din indre styrke.

Jeg er den vilde kraft, som skjuler sig i dybet, den uro, der trækker og hvirvler, men også den visdom, der bor i stilheden mellem hver bølge.

Luk øjnene og træk vejret dybt.

Jeg, Rán, har trukket mange mænd ned i mit dyb.

De var styret af deres egen frygt, ikke af mig.

I dag inviterer jeg dig til at dykke frivilligt, for i dybet finder du din sande natur.

Træk vejret ind.

Dyk med mig.

Mærk hvordan det kraftfulde og instinktive vågner i dig.

Ligesom havet er du både rolig og stormfuld.

Ingen kan tøjle din vilje, for du kender dine egne veje.

Lyt til den stemme, som bor i dig, den stemme, som er visere end al støjen omkring dig.

I din intuition ligger en urkraft, som ingen kan tage fra dig.

Men jeg er ikke alene.

Jeg, Rán, har ni døtre, der alle bærer en del af mig, en del af havets dybder.

Hver af dem er en kraft, en bølge, som former dig, udfordrer dig, og lærer dig at navigere i dit eget indre hav.

De ni døtre er dine guider på denne rejse.

Himinglæva er den første. Hun er havblikket. Det glatte, det transparente, det stille hav, der spejler din reneste sandhed.

Hun minder dig om at søge klarhed i kaos, selv når stormene raser.

Hendes blide stemme hvisker, at svarene på dine spørgsmål allerede bor i dig. Spejl dig i det klare hav.

Dúfa er min næste datter, bølgen, der blidt vugger dig videre.

Hun opfordrer dig til at lade livet flyde naturligt og finde glæde i hver bevægelse.

Giv slip på kontrollen, og lad din sjæl danse frit, uanset omstændighederne.

Blóðughadda er min tredje datter.



**The Echo, 2025**  
Still fra film

Med hendes blodrøde hår farver hun havet og repræsenterer både lidenskab og kraft.

Hun minder dig om, at dit indre hav ikke kun er blidt, men også voldsomt.

Omfavn dine følelser, både de mørke og de lyse, og lær intensiteten at kende som en del af din styrke.

Hefring, den fjerde, er bølgen, der rejser sig.

Hun er din modstandskraft og løfter dig op, selv når du føler dig nede.

Hendes navn betyder "oprejsning", og hun viser dig, at selv efter de dybeste fald kan du rejse dig med fornyet styrke.

Tro på din evne til at stå oprejst igen.

Uðr, den femte af mine døtre, betyder "skæbne".

Hun viser dig livets uundgåelige ændringer og cyklusser.

Uðr minder dig om, at forandring er en del af livet, og at flyde med forandringen er at leve i harmoni med universet.

Lad ikke frygt for det ukendte holde dig tilbage. Det er her, vækst og fornyelse findes.

Hrönn er den sjette, den rullende bølge, der er din fremdrift.

Hendes navn betyder "skarp" og opfordrer dig til at fortsætte trods forhindringer.

Hrönn lærer dig, at vedholdenhed er nøglen til at overvinde livets udfordringer.

Hun vil bære dig gennem alt.

Bylgja, min syvende datter, er den store bølge, der bærer din beslutsomhed.

Hun minder dig om, at din stemme og vilje har kraft.

Brug den med visdom og hensigt.

Dröfn er den ottende, den skummende bølge.

Hendes skum repræsenterer livets overfladiske vanskeligheder og advarer dig om at se dybere sandheder i dig selv.

Ægte transformation sker i de dybe lag, og hendes skum er din første advarsel.

Kólga, den niende og sidste af mine døtre, er den kolde bølge.

Hun er roen og stilheden efter stormen, og minder dig om, at efter enhver kamp kommer en tid for refleksion og hvile.

Kólga lærer dig at finde fred i stilheden og værdsætte pauserne i livet, hvor du kan genopbygge din styrke.

Husk, at din styrke ikke behøver at være synlig for at være virkelig.

Som jeg, Rán, hersker over havet i al dets ubønhørlige kraft, kan du herske over dit eget indre landskab.

Du er ikke blot en del af verden; du er skaberens af din egen vej. Lad ingen tage denne magt fra dig.

Rejs dig nu, med visdommen fra dybet i hjertet.

Du bærer havets rå styrke, og ingen kan ryste dig.

Gå ud i verden og tag din plads, som det kraftfulde, intuitive menneske du er.

Jeg er med dig, hver gang du trækker vejret dybt og husker din sande natur.

Gennem mine ni døtre kender du din egen kraft. De vil føre dig gennem stormene, løfte dig op, og vise dig vej til det sted, hvor du står stærkest i din egen kraft.

I dig lever alle havets styrker.

Jeg, Rán, strækker mig opad fra havets dybder i en ceremoniel genfødsel.

Jeg vrider min krop i en næsten overnaturlig kurve, med hænder og fødder på jorden, mens min nakke bøjes bagover, og mit lange hår rører jorden.

Denne bevægelse er mere end fysisk.

# THE ECHO

Meditation by Ditte Ejlerskov

Close your eyes and step into a time where I, Rán, and my sisters, the goddesses, were the core of creation.

In this distant era, women carried the secrets of life deep within their being.

We were revered as the ones who brought forth life from nothingness, a power that flowed through us, independent of man's influence.

Our magic was pure, our power a primal force from which all things sprung.

Back then, it was believed that God was a woman.

Imagine a world where the power of women was the pulse of life.

We were the sacred guardians of fertility and nature's cycles, where every wave, every sprout, was a tribute to feminine creative power.

This power was all-encompassing, a symbiosis between the earthly and the divine, where our will alone could shape and create.

But also feel how time slowly changed.

New religions began to overshadow the goddesses, and a new order took form where the masculine role became central.

Our power was subdued, our wisdom forgotten, and our abilities viewed with fear and misunderstanding.

Imagine a world where this shift never happened.

If new religions and cultural currents had kept the feminine in focus, how would the world have developed thousands of years later?

In this transition, the world lost a significant part of its soul.

The ancient understanding of feminine power was suppressed but never entirely extinguished.

We remained as quiet currents beneath the surface, waiting for the time when our wisdom could rise again and be remembered.

What if our time is now?

In this meditation, I remind you that our power still lives within us.

A timeless wisdom that pulses deep in your soul, beyond the cultural world order we have lived under for millennia.

Breathe deeply.

And feel the connection to the lost age where feminine power was the primal creative force.

Let this awareness find its way back to your heart, where it has always belonged.

I am Rán, the primal force of the ocean, and I am here to lead you back to your inner strength.

I am the wild force hidden in the depths, the unrest that pulls and swirls, but also the wisdom that resides in the stillness between each wave.

Close your eyes and take a deep breath.

I, Rán, have pulled many men down into my depths.

They were driven by their own fear, not by me.

Today, I invite you to dive willingly, for in the depths, you will find your true nature.

Breathe in.

Dive with me.

Feel how the powerful and instinctual awaken within you.

Like the sea, you are both calm and stormy.

No one can tame your will, for you know your own path.

Listen to the voice that resides within you, the voice that is wiser than all the noise around you.

In your intuition lies a primal force that no one can take from you.

But I am not alone.

I, Rán, have nine daughters, each carrying a part of me, a part of the sea's depths.

Each of them is a force, a wave that shapes you, challenges you, and teaches you to navigate your own inner sea.

The nine daughters are your guides on this journey.

Himingklaiva is the first. She is the calm sea, the smooth, transparent, quiet ocean that reflects your purest truth.

She reminds you to seek clarity in chaos, even when storms rage.

Her gentle voice whispers that the answers to your questions already dwell within you. Reflect in the clear sea.

Duuva is my next daughter, the wave that gently rocks you forward.

She urges you to let life flow naturally and find joy in every movement.

Release control, and let your soul dance freely.

Blodughadda is my third daughter.

With her blood-red hair, she colors the sea and represents both passion and power.

She reminds you that your inner sea is not only gentle but also fierce.

Embrace your emotions, both the dark and the light, and learn to know intensity as a part of your strength.

Hevring, the fourth, is the uprising wave.

She is your resilience and lifts you up, even when you feel down.

Her name means "rising," and she shows you that even after the deepest falls, you can rise with renewed strength.

Believe in your ability to stand tall again.

Uthr, the fifth of my daughters, means "fate."

She reveals to you life's inevitable changes and cycles.

Uthr reminds you that change is a part of life, and flowing with change is to live in harmony with the universe.

Don't let fear of the unknown hold you back; it is in the unknown that growth and renewal are found.

Rønn is the sixth, the rolling wave that is your momentum.

Her name means "sharp," and she urges you to continue despite obstacles.

Rønn teaches you that perseverance is the key to overcoming life's challenges.

She will carry you through everything.

Bilgia, my seventh daughter, is the great wave that carries your determination.

She reminds you that your voice has power.

Use them with wisdom and intent.

Drøvn is the eighth, the foaming wave.

Her foam represents life's superficial difficulties and warns you to see the deeper truths within yourself.

True transformation happens in the deep layers, and her foam is your first warning.

Kulga, the ninth and last of my daughters, is the cold wave.

She is the calm and stillness after the storm, reminding you that after every battle comes a time for reflection and rest.

Kulga teaches you to find peace in stillness and to appreciate the pauses in life where you can rebuild your strength.

Remember that your strength doesn't need to be visible to be real.

Just as I, Rán, rule the sea in all its relentless power, you can rule your own inner landscape.

You are not just a part of the world; you are the creator of your own path. Let no one take this power from you.

Rise now, with the wisdom of the depths in your heart.

You carry the raw strength of the sea, and no one can shake you.

Go out into the world and claim your place as the powerful, intuitive being you are.

I am with you every time you breathe deeply and remember your true nature.

Through my nine daughters, you know your own power. They will guide you through the storms, lift you up, and show you the way to the place where you stand strongest in your own power.

In you live all the strengths of the ocean.

I, Rán, rise from the depths of the sea in a ceremonial rebirth.

I twist my body into an almost supernatural curve, with hands and feet on the ground, while my neck bends back, and my long hair touches the earth.

This movement is more than physical.

It is an awakening of wisdom that has been hidden and suppressed.

The waves surge around my hands and feet.

Now I stand here on the shore. In my stretch, I reclaim my misunderstood body.

I ask only for recognition, side by side with the masculine.

I am not a quiet current that can be held down.

I am nine powerful oceans. I am a primal force.

I am awoken now and seek the connection to our lost age, but I will not go back, only forward.

All experience is knowledge.

I am Rán.

I am nine forces.

And I am the wisdom that dwells in the stillness between each wave.

I am Rán.

The primal force in your ocean.