

GENTRAIGE, GOLTRAIGE, SÚANTRAIGE



Vol. 1 ~ The Child

*Music from the fairies by Neptune's Keep*



# Gentraige, Goltraige, Súantraige

*A Musical Treasury of Irish Fairy Folklore in 3 Volumes*

by Neptune's Keep



## Volume 1: The Child





## Three Kinds of Fairy Music

The harp came forth from the wall then... and it came to the Daghdha; and he played for them the three [musical] feats which give distinction to a harper, namely, the Suantraighe [which from its deep murmuring caused sleep]; the Geantraighe [which from its merriment caused laughter]; and the Goltraighe [which from its melting plaintiveness caused crying]. ~ Magh Tuireadh



On the 6th night of the full moon the people brought their sick close to the lakes so that the moonlight shone brightly on them near the waters of the lake. The old people called this night "All-Heal" and if a sick person was not better by the 8th or 9th day of the moon he would then hear the "Ceol Side" which "Áine" the bean-sidhe and spirit of Lough Gur would sing or play to comfort the dying.

The sick person would fall asleep at the music "Suantraige" – which was said to be the whispering song of sleep which Aine's brother Fer Fí played.

Fer Fí was a kindly red haired dwarf and it was said to be a sign of good luck to hear him laughing.

He played only 3 tunes – [Sleep, Laughter, and Wail] – on his 3 Stringed harp.  
1. Suantraighe 2. Geantraighe 3. Goltraighe. ~ [Schools Collection, duchar.ie](http://Schools Collection, duchar.ie)





## Foreword

*...on St. John's eve, her friends 'the good people' crowded out from every lios or rath throughout Ireland, they came trooping towards Áine's residence (Knockaney), each one carrying a lighted torch or **cliar** in honour of Áine, And thus it is that a custom which originated in honour of Áine, is still carried on as a remembrance of her, and from this custom she is known as "Áine Cliar" ever since."*

~ dúchas.ie, The Schools' Collection



At midnight on June 23 more than 60 years ago, I was born. On that night, many thousands of miles away, the people of Ireland performed a sacred ceremony celebrating their beloved Sun & Moon Goddess – Áine – who was also a Fairy Queen. This they had done for centuries, if not millennia.

For decades I knew nothing of this conjunction of remarkable events. Then... I saw something. I heard something. I felt in a shift in my perception of this realm and of that other realm where Fairy Queens reside. And everything changed.

Since then my spiritual and artistic path has been remarkably different from what I imagined. An assignment was set. Commitments were made. Then followed wonders and perils, joys and sorrows, all of intense and ponderous magnitude.

Has it been worth the toil, pain, and sacrifice? Oh, yes.

For in finding my Muse, I found a lost but still beating part of my own heart, in which the cliars of inspiration and hope yet burn brightly.

[How I Met My Fairy Muse](#) (a short film)





## Ways to Experience Vol. 1 The Child

✚ **Gentraige, Goltraige, Súantraige, Vol. 1 The Child by Neptune's Keep** can be experienced in 4 ways:

- ~ A **music album** with 12 songs and one instrumental piece. Musical arrangements are all Neptune's Keep originals, and most of the lyrics are original by Diane Rains. The album is available for free listening on all major streaming platforms (Spotify, Pandora, etc.).
- ~ Official Neptune's Keep **music videos**. Eleven films by Diane Rains featuring the album's songs. All can viewed on our Fae By Nature YouTube channel in this playlist:

### [Gentraige, Goltraige, Suantraige music videos](#)

- ~ The **prose story** contained herein. Each chapter is woven around a song and includes the lyrics for that song.
- ~ For the *complete, immersive experience*, visit our **Fae By Nature blog**. There you can read, hear, and view the album. The prose story, embedded music videos, and sound files (for those songs without videos) are all there in one convenient place. You can gulp the material down all at once, or nibble one delicious morsel at a time, returning at your leisure.

### [Gentraige, Goltraige, Suantraige ~ multimedia blog experience](#)





## Resources

*Irish fairy folklore has been explored by numerous authors from medieval monks to modern bloggers. To truly understand the remarkable treasure of Irish story, it is essential to utilize accurate, reliable sources of information. The following are just a few of the resources that I have relied upon, particularly with regard to Queen Áine and her folklore.*



~ **Briggs, Katharine.** *An Encyclopedia of Fairies* 1976

~ **Daimler, Morgan.** Any of their published work on fairies, but in particular:

- ▶ *Aos Sidhe: Meeting the Irish Fair Folk* 2022
- ▶ *Living Fairy: Fairy Witchcraft and Star Worship* 2021
- ▶ *Fairy Witchcraft: A Neopagan's Guide to the Celtic Fairy Faith* 2021
- ▶ *Fairy Queens: Meeting The Queens Of The Otherworld* 2020
- ▶ *Fairycraft: Following The Path Of Fairy Witchcraft* 2020
- ▶ [Morgan's Blog](#)

~ **Dames, Michael.** *Mythic Ireland* 1992

~ **D'Este, Sorita and David Ranki, ed.** *The Faerie Queens* 2013

~ **Evanz-Wentz, W.Y.** *The Fairy Faith in Celtic Countries* 1911

*Note: The eyewitness accounts Evanzenz-Wentz reports are useful. His condescending analysis of Irish fairy belief, not so much!*

~ **Fortune, Michael.** [YouTube channel](#)

~ **Halpin, David.** [Circle Stories \(Facebook blog\)](#)

~ [Irish Pagan School](#) *online courses*

~ **Lenihan, Eddie and Carolyn Eve Green.** *Meeting the Other Crowd* 2003

~ [Lough Gur Heritage Center](#) *located at Lough Gur in Co. Limerick, Ireland*

~ Murphy, Anthony. [Mythical Ireland website](#) and [YouTubeChannel](#)

~ O' Brien, Lora. *Fairy Faith In Ireland* 2021

~ O'Donnell, Elliot. *The Banshee* 1920

~ [The Schools' Collection](#) (particularly Co. Limerick) 1930s

~ **Unique Personal Gnosis (UPG)**. *My work is informed by folklore, but also by my Druidic journeywork with Áine and with Hy Brasil.*

~ [Voices from the Dawn, Knockainey](#)

~ [Voices from the Dawn, Lough Gur](#)

