



Womb Blessing Attunement
Female Energy Awakening
Miranda Gray
www.wombblessing.com

Meditations for the Worldwide Womb Blessing

1. The Womb Blessing Meditation

Do this meditation at your registered time. Wear your shawl and have your Womb Bowls ready.

Close your eyes and bring your awareness into your body.

Feel your weight on the cushion, the weight of your arms in your lap. Take a deep breath and feel centred within.

Bring your awareness to your womb; see, know, feel or imagine that your womb is like a tree with two main branches, and beautiful leaves and red jewel-like fruits on the end. Feel or imagine that the roots of the tree grow down deep within the darkness of the earth, connecting you and anchoring you, allowing you to receive golden energy into your womb.

Feel grounded and balanced.

Now allow the image of your Womb Tree to grow until the tree branches separate at the level of your heart. As you connect with this image, see or feel your heart centre open and energy flow down your arms into your hands and fingers. Feel the connection of love between the earth, your womb and your heart.

Still in awareness of your heart, look up and see or feel that the tree's branches continue to read upwards to cradle a Full Moon above your head. The beauty of the Full Moon bathes you in a pure silver-white light that washes through your aura and over your skin.

Open to receive the light of the Moon. Allow it to enter through your crown and fill your brain with light. Relax further, and receive this light into your heart. Relax even further, open your womb and allow this energy into your womb in blessing.

Sit relaxed receiving the Womb Blessing energy and attunement until 20 past the hour.

To finish the meditation:

Bring your awareness back to your womb centre and grow your Womb Tree roots into deep into the Earth.

(If you are going to continue with the other meditations you do not need to do the following part)

Take a deep breath.



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Wiggle your fingers and toes.

Smile. Open your eyes.

Drink your Womb Bowl water and have something nice to eat.

2. Moon Ray Meditation

For each Worldwide Womb Blessing, there are different coloured Moon Rays. You can find the colours to use in this meditation outlined on the website and in the newsletter.

Bring your awareness to your womb, and feel, know or see that you grow your Womb Tree roots deep into the Earth.

Become aware of the Full Moon above you bathing you in the most beautiful silver-white light. Within this silver-white light lie all the colours of the rainbow softened into a gentler, feminine vibration.

See or feel that within the moonlight are individual rays of *(name specified colours)* light.

The *(name colours)* light flows over you and through you, down your body and into your womb centre, filling it with colour and energy.

Repeat in your mind 'I open my womb centre to the energies of *(name colour)* moonlight'.

Bathe in the rays for 3-5 minutes. If you are visual, you may see the colours.

3. The Sharing Meditation

Once again be aware of the Moon above your head, and allow its energy to bathe you with light. Feel the light fill your head and your heart and flow down your arms to your hands.

Allow the energy to flow from heart and hands into the World.

Feel it flow out into other lands, changing the vibration to one of the Divine Feminine. Feel it healing, loving, soothing and nurturing the whole world.

Feel the presence of all the other women around the world who are connecting with this energy at this time. Send it to them, and receive it from them, in love, sharing and communion. *(Pause)*

Now allow the energy from the Moon above to flow from head to heart to womb and down into your Land.



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Let the energy awaken and heal the sacredness of the Land and the goddess in the Land.
(Pause)

To finish the meditation:

Bring your awareness back into your body and grow your Womb Tree roots into deep into the Earth. Feel your weight on the chair. Take a deep breath. Wiggle your fingers and toes. Smile. Open your eyes.

Drink the water from your Womb Bowl. Have something nice to eat and drink in celebration. Then do the Archetype meditation if you wish.

4. Archetype Meditation

For each Worldwide Womb Blessing, there is an additional Archetype meditation.

You can find these meditations in the Worldwide Womb Blessing download area and the website and newsletter will inform you of which one to do.

The meditations are linked to the seasons of the Earth and so are different in the northern and southern hemispheres.

