

Welcoming the Crone archetype

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| Healing the Mother Ancestors Meditation | |
| Welcoming the Crone archetype of Winter | |
| Northern hemisphere | October Worldwide Womb Blessing |
| Southern hemisphere | May Worldwide Womb Blessing |

When can I do the meditation?

You may like to take part in the following meditation after practising the ‘Moon Ray’ meditation and the ‘Sharing Meditation’.

As well as undertaking the ‘Healing the Mother Ancestors’ meditation in association with the Worldwide Womb Blessing you can also do the meditation:

- At any time during the winter when the earth’s Crone energies are strong.
- At the dark moon, when the moon is in her Crone energies.
- During menstruation when you embody the Crone energies.

About the ‘Healing the Mother Ancestors’ meditation

Within our bones, within our DNA, we hold the patterns of our ancient Mother Ancestors - the mitochondrial line. This is the DNA which is passed from a mother to her daughters and sons, but it is **only her daughters** who can pass it on to the next generation. This meditation focuses on healing the womb-to-womb line, our mitochondrial lineage.

Deep within our DNA and cellular memory, we are linked to our Mother Ancestors; to their trauma, pain, and suffering, but also to their strength, courage, resourcefulness and wisdom. If we go far back in time we find that the human race comes from a very small population. So when a large group of women send healing back far enough in time through their womb-to-womb line, they also send healing down through that line to everyone in the present. This makes the ‘Healing the Mother Ancestors’ meditation a very powerful healing for everyone.

In Northern tradition, Samhain or Hallowe’en is the celebration of the Earth Mother turning from the archetype of Enchantress to Crone.



It is also the best time to journey into the Underworld, the land of the ancestors, to heal our maternal line and to release the beauty, magic, strength and wisdom of that line into our lives.

For this meditation you will need to create physical representations of your female line – your mother, daughter, grandmother, great-grandmother, etc.

This can be as detailed as you wish, or as simple as a stick wrapped in fabric such as the ‘ancestor dolls’ shown here, created by an Austrian Moon Mother.

On Womb Blessing Day it can be particularly powerful if you are menstruating at the time of the ‘Healing the Mother Ancestors’ meditation because you share the same energies as the Earth Mother.



Healing the Mother Ancestors Meditation

For this meditation you will need your 'ancestor doll' or dolls, and a white thread for each doll.

After you have received the Worldwide Womb Blessing and taken part in the 'Moon Ray' meditation and the 'Sharing the Blessing' meditation, you are ready to do the 'Healing the Mother Ancestors' meditation.

Place your doll(s) between your Womb Bowls - the water bowl on the left, and the candle bowl on the right.

Connect with your Womb Tree and grow your roots deep into the Earth. *(Pause)*

See, know or feel that above you lies the most beautiful Full Moon, bathing you in silver light. *(Pause)*

Be aware or imagine that around you stand the women of your maternal line, bathed in the Moonlight. *(Pause)*

Notice how they look.

Some come from the recent past. Others from our ancient past. Some even from the first distant families of humanity.

Hear their voices, their wisdom and the song that they bring.

Feel their love, for in this space they are all your mothers. *(Pause)*

Be aware that your Mother Ancestors are also the ancestors of other women in the World. We are all sisters of the same family of women throughout time. By healing your line you heal the line of others.

Take a deep breath, and place your fingers above the womb area of your doll.

Say out loud or inside:

I ask for the Divine Mother's love and healing to be given to all my Mother ancestors and to my maternal line.

May all genetic patterns and cell memories be healed.

May all energetic memories and group memory be healed.

May love and peace be restored to me and my line.

May my Mothers walk with me in beauty and in love.

See or imagine full moons on the palm of each of your hands. Allow the peace and love of the Divine Feminine to flow through you, through your hands and into the doll. *(Pause)*

Feel or imagine deep within, that your patterns are healing and that you are gently and deeply being transformed. Feel your heart open with love to embrace your Mothers. *(Pause)*

When you feel ready to end the meditation:

Take the white thread and tie it around your doll. This is a symbol of the healing of your maternal line and of the restoration of your authentic and free femininity. Say out loud or inside:

Mothers I thank you all for the life you have given me,
for your courage through adversity to give birth to your daughters – my mothers,
for the body you have all given me
and the aspects of you that I show to the world,
for your gifts and talents and abilities
and for your wisdom that lies deep within my bones.

I never walk alone because you are with me.

My love and gratitude.

Bring your awareness into your body. Take a deep breath and wiggle your fingers and toes. Open your eyes, take a deep breath. And smile 😊

Drink your Womb Bowl water and eat and celebrate!

In a group

You may like to have each woman place her dolls in a circle, on an altar or in a sacred space, while celebrating after the meditations.

What to do with your dolls after the meditation:

Depending on the materials that you made your dolls from you can:

- Give them back to Mother Earth by burying them.
- Place them on your altar or on a shelf - as a reminder of your female ancestors.

Perhaps display your ancestor dolls on a shelf during your menstrual phase to honour your menstruation and to acknowledge your link through your blood (DNA) and womb to your female ancestors.

You may also like to include your dolls in any family celebrations or seasonal celebrations.

It is also nice to reconnect with our Mother Ancestors at other Full Moons, and to use the dolls as a focus when we need a little support or guidance.

Our ancestors are with us both spiritually and physically - in our wombs and DNA - so they are part of everything we do in life!

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