

Welcoming the Mother archetype

Embracing our Sexuality Meditation	
Welcoming the Mother archetype of Summer	
Northern hemisphere	May Worldwide Womb Blessing
Southern hemisphere	October 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 Embracing our Sexuality meditation in association with the Worldwide Womb Blessing, you can also do the meditation:

- At any time during the summer when the earth’s Mother energies are strong.
- At the full moon, when the moon is in her Mother energies.
- During ovulation when you embody the Mother energies.

About the ‘Embracing our Sexuality’ Meditation

Flowers are a wonderful reflection of the beauty and sensual nature of female sexuality. They show us that our sexual nature is beautiful when it is open, and that it is there to be seen, nurtured and enjoyed.

Both traditional views and modern advertising can restrict and damage our view of female sexual energies. It is time to allow the flower of our sexuality to open and for us to accept it in all its beauty and enjoy how it naturally expresses itself in our lives. Freed from fear, limitation and expectation we can discover our true sexual sacredness.

On Womb Blessing Day, it can be particularly powerful if you are in your ovulation phase at the time of the ‘Embracing our Sexuality’ meditation because you share the same energies as the Earth Mother.



Embracing our Sexuality Meditation

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 'Embracing our Sexuality' meditation.

You will need a flower or a bunch of flowers in front of you before you start the meditation.

Close your eyes and bring your awareness into your body.

Feel or know that your Womb energy centre lies in your lower belly. Take a deep breath and relax this part of your body.

Open your eyes and gaze at the flower before you. Flowers are a beautiful reflection of our Divine Femininity.

As you breathe in, breathe in the beauty of the flower:

In your mind say 'I breathe in the beauty of this flower into my womb.'
Know that your body and your sexuality are beautiful. (Pause)

Now breathe in the softness and fragrance of the petals:

In your mind say 'I breathe in the sensuality of this flower into my womb.'
Know that your body's sensuality is your natural female way to connect with the world. (Pause)

Breathe in the openness of the flower:

In your mind say 'I breathe in the openness of this flower into my womb.' Know that your body's sexuality opens you to the world to give and receive. (Pause)

Breathe in the energy of love and life that surrounds your flower:

In your mind say 'I breathe in the love and life of this flower into my womb.' Know that your sexuality is the energy of love and of life.(Pause)

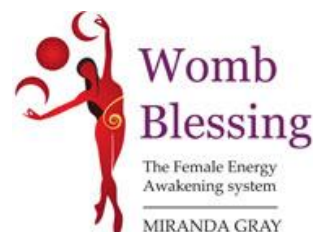
Now imagine or know that you place the flower in your womb:

Feel that your sexuality and sensuality are not meant to be hidden in the dark but to be open in the light. (Pause)

Feel that your sexuality and sensuality are the beautiful expressions of the Divine Feminine to be appreciated and enjoyed.

(Pause)

Know that like flowers our sexuality and sensuality come in many different forms and each has its own beauty and sacredness.



(Pause)

Throughout the day bring your awareness to the flower in your womb and allow its beauty and energies to flow through you in the way you walk and talk and interact with the world.

When you feel ready to end the meditation:

Finish the meditation by thanking the Divine Feminine and the flower:

I thank the Divine Feminine for the beauty of my body, my sensuality and sexuality.
Bless me that I may grow in total acceptance of this beautiful and sacred aspect of myself.

I thank this flower for its gifts of sensuality, sexuality, love and life,
and I ask that these energies lie in my womb and grow in harmony within me.

Smile 😊

Drink your Womb Bowl water and eat and celebrate!

After the meditation

Place the flower somewhere you will see it to remind you to connect to the sexual sensuality of your womb as you live your everyday life.

In a group:

You may provide each woman with a flower, or you can have a large arrangement of flowers in the centre of the circle for women to focus on. At the end of the meditation, you can give each woman a flower from the arrangement to take home.