

MEDITACIÓ DE BENEDICCIÓ DE LA LLUNA PER HOMES



I have been delighted by the requests for men to take part in the Blessing. The Womb Blessing Attunement is specifically for women and at the moment there isn't an equivalent designed for men.

I have however created a Moon Blessing meditation intended to bring healing to men and to connect them to the Divine Feminine.

The meditation is about being a Champion for the Divine Feminine and allowing your connection to her to become part of your life and actions.

A Moon Blessing for men

Men as well as women need healing and the reawakening of the Divine Feminine.

Men need healing of the guilt, hurt, rejection, limitations, and distorted expectations they can receive from the women in their lives as well as from the relationships and upbringing they have had in the past. Men also need release and healing from the masculinised world that distorts and wounds the masculine energies.

Connection to the Divine Feminine brings wholeness, purpose, validation, inner peace and measured confidence, self-worth and strength.

There are no specific requirements to use this meditation and **you do not need to register** as it is not an attunement. You will need a piece of white thread, long enough to tie around your wrist.

To start the meditation, simply choose one of the given Womb Blessing Attunement times and sit somewhere quiet and comfortable. Place the white thread in front of you.

Read the meditation and imagine, know or feel the energies flowing through you. Then rest in the energies for 20 minutes.

At the end of the session, make sure you have something to eat and drink.

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The Moon Blessing meditation:

Start reading this meditation at your chosen attunement time.

Tanca els ulls i porta la consciència al teu cos.

Sent el pes en el coixí o en la cadira, el pes dels teus braços a la teva falda.

Fes una respiració profunda i sent que estàs centrat al teu interior.

Sent, imagina o visualitza que un arbre molt vell està davant teu mullat per la platejada llum de la Lluna. Les seves dues branques més grans puguen cap al cel nocturn i semblen voler tocar la Lluna Plena que us il·lumina a tu i a l'arbre.

Una preciosa dona, vestida amb robes blanques, llargues i soltes, surt de sota de l'arbre i camina cap a tu. La seva pell irradia la Lluna Plena i t'agenolles davant la seva dolçor, bellesa, serenitat, puresa, gràcia i màgia, que t'envolten.

Estant de peu davant teu, et toca suaument la coroneta i sents com cada part de tu s'obre completament a ella.

(Pausa)

La seva llum, amor i acceptació flueixen a sobre teu i a través teu.

Ella accepta i estima tot el que tu ets. Ella beneeix la teva masculinitat, la teva força, la teva ment i el teu cor.

(Pausa)

Sents que estàs complaguda amb tu, que valora qui ets i tu et sents complert i renovat.

Mentrestant la llum de la Lluna flueix a sobre teu i a través teu compartint el seu amor, llum i benedicció, et converteixes en el seu paladí.

Ara, simplement gaudeix de les energies durant 20 minuts.

Porta de nou la consciència al teu cos.

Sent el pes en el coixí o la cadira i mou suaument els dits de les mans i dels peus. Pren una respiració profunda i obre els ulls.

Lliga el cordó o fil blanc al voltant del canell dels homes com un signe d'estar beneït pel Diví Femení.

(Traducció feta per Laura Tàrrega i revisada per Elisenda Lorés)

Now eat and drink something to ground yourself.

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For couples

The female Womb Blessing and the male Moon Blessing meditation can be joined together.

At your partner's chosen Womb Blessing Attunement time sit with her as she does the Womb Blessing meditation. Be aware that you sit in the radiant energies of the Divine Feminine and feel open to her presence.

After 20 minutes your partner can read out loud the Moon Blessing meditation for you. She can then place her hands on you to share the Divine Feminine energies she holds.

Stay together bathed in the light of the goddess for as long as you wish.

Afterwards make sure you eat and drink something (even if the energies of the meditation have led to sacred sex and you both want to go to sleep!).

Note for women:

When you share the energies of the Divine Feminine in this way simply be aware of the roots of your Womb Tree and of the Light of the Moon above you flowing over you and through you. Allow the Divine Feminine to go where she wishes and to do what she wishes.

At the end of the meditation drink the water from your Womb Bowl.

You may like to ceremonially tie the white thread around your partner's wrist as an acknowledgement of his role as a Champion for the Divine Feminine.

In mixed groups

Note for the organiser:

Start the Womb Blessing meditation at the chosen Attunement time. Men are welcome to be in the group and to enjoy the energies of the presence of the Divine Feminine.

After 20 minutes, have a woman read out loud the 'Moon Blessing meditation' for the men in the group.

Then have a different woman read the 'Sharing the Blessing' meditation adding the sentence:

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

Now allow the energy from the Moon above to flow from head to heart and out to the men in this group

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At the end of the meditation you may like to choose one woman to tie the white threads to the men's wrists or to have their partners, if in the group, do it.

I hope you enjoy using the meditation and taking part in the awakening of the Divine Feminine energies. Men have an important part to play in recognising and awakening her energies, and in bringing balance and harmony to our world.

After the meditation you may experience some 'clearing' as the healing energies are processed and integrated. Make sure that you drink plenty of water and rest if you feel tired. Any challenging emotions or tiredness will dispel naturally and are symptoms of the healing working. Everything is for the Highest Good.

Love and blessings, Miranda

About Miranda Gray

Miranda Gray is an author, artist, healer and teacher. Her focus is on the Divine Feminine, women's energies and discovering femininity - what it really is, and how it can change the way we perceive women and the way we live.

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