

October Blessing meditation:



'Healing the Mother Ancestors' Meditation for Men

This meditation can be done on your own or in a Worldwide Womb Blessing group. Men are sons of the Divine Feminine just as women are the daughters of the Divine Feminine and when we travel far enough back into the past we all find that we share mothers.

To take part in the meditation you will need a representation of your mother and your mother ancestors. If you are not good at making things don't worry. You can do anything that feels right for you but one easy way to make an ancestor doll is to decorate a stick. Another is to choose some pebbles that are round and feminine and to have them as your 'dolls'.



You will be asked below to name your grandmother and great grandmother but if you do not know their names it is okay, just say 'Grandmother' and 'Great Grandmother'.



October Blessing meditation:



Place your representation or dolls in your hands.

Say out loud:

I am (add your name)
son of (add your mother's name),
son of (add your grandmother's name),
son of my mothers from the distant past.

I am the son of the Mother of All.

I ask the Divine Feminine

to bring healing to all my mothers
to bring peace and love to the line of my mothers.

I offer my love and gratitude to them for
the hardship and pain they endured
the body that they gave me
the life that they gifted me.

Hold the doll or dolls, or place your hands over them, and allow your love and gratitude to flow from your heart and hands.

At the end of the meditation, tie a simple white thread around one of the dolls as a symbol of the healing of your line.

In a group:

While the women are focusing on the following:

'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.'

One woman can say to the men 'Our mothers are your mothers' and invite them to speak out loud the words in red above.

The women then send energy to their dolls and the men send their love and gratitude to their ancestor dolls. At the end of the meditation either the men or one of the women will tie or attach the thread to the ancestor doll.