

Womb Blessing with Miranda Gray



I am delighted that you will be taking part in the Womb Blessing.

This blessing is intended not only to bring healing and connection to your own womb and femininity, it is also designed to anchor the Divine Feminine blessing into your Land to help the goddess energies awaken in all people and to bring loving, caring and creative energy into the world to inspire a new direction for humankind.

Pre-attunement exercise

You may like to try this simple exercise in the days before the attunement to awaken your womb centre to receive the attunement energies.

Bring your awareness to your womb, which lies just below your navel.

Imagine that a large golden cauldron rests in your pelvic girdle, filled with beautiful crystal clear water. Imagine that you take a large silver spoon and you start to stir the waters of this cauldron that lies within you. Make shapes in the water with your spoon and stir up the energies.

Do this for about five minutes and then place your hands over your womb for another five minutes. You may experience physical feelings in your womb or emotions or restricting thoughts as the energies clear.

Drink a glass of water after this exercise to help support any detox which may have occurred.

The Womb Blessing Attunement

The simplest way to receive the energy is to sit quietly for 20 minutes feeling open and welcoming the energy to you. Have a clock so that you can check the time, and something to eat for ending the session.

To enhance the experience you may like to do the following:

- Take two small bowls and fill one with water – The Living Waters of the Womb Grail - and place a small candle in the other – The Light of the Blessing that will fill your womb centre. The attunement energy will also bless the water, and you can drink it at the end or share it with others. Place the bowls somewhere safe in front of you so that they will not be knocked over.

Womb Blessing with Miranda Gray

- Play some relaxing music.
- Place a shawl or scarf around your shoulders to show that you are in the presence of the goddess energies.
- Read through the meditation provided below, and imagine it happening as you read. If you are in a group, one woman may read it aloud for the others.

At the attunement time, read through the meditation and sit comfortably with your back straight and hands palm upwards on your thighs. Relax and simply receive.

After the attunement:

You may either go on to the 'Sharing the Blessing' meditation outlined below, or end the session.

To end the session:

To end the session, drink the 'Living waters' from your bowl and have something to eat. Make sure you drink a lot during the day to help support any detox that may occur.

The Womb Blessing Attunement 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 centrada al teu interior.

Porta la consciència al teu úter. Ves, sent o imagina que el teu úter és com un arbre amb dos branques principals, amb unes boniques fulles i amb fruits vermells brillants com joies. Sent o imagina que les arrels de l'arbre creixen profundament dintre de la foscor de la terra, connectant-te i ancorant-te, permetent-te rebre l'energia daurada al teu úter.

Sent que estàs arrelada i equilibrada.

Ara deixa que a la imatge del teu arbre de l'úter li creixin les branques fins al nivell del teu cor. Al connectar-te amb aquesta imatge, ves, sent o imagina el centre del teu cor obert i un flux d'energia que circula cap avall per les teves mans i els teus dits. Sent la connexió amorosa entre la terra, el teu úter i el teu cor.

Encara amb la consciència posada en el teu cor, mira cap avall i ves o sent, que les branques de l'arbre, continuen creixent cap avall, fins bressolar a la Lluna Plena per sobre del teu cap. La bellesa de la Lluna Plena et banya en una pura llum blanca i platejada que t'acaricia netejant la teva aura i la teva pell.

Womb Blessing with Miranda Gray

Obre't a rebre la llum de la Lluna. Deixa que entri per la teva coroneta i ompli el teu cervell amb la llum.

Relaxa't encara més i rep aquesta llum en el teu cor.

Relaxa't una mica més, obre el teu úter i permet que l'energia li arribi en una benedicció.

Pot ser que tinguis una sensació càlida, de formigueig, de pressió o de despertar de l'energia sexual.

Ara, simplement gaudeix de les energies durant 20 minuts.

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

MEDITACIÓ "COMPARTIR LA BENEDICCIÓ DE L'ÚTER"

You may like to do this optional meditation directly after the 20 minutes attunement - it will take about 15 minutes.

Una vegada més, sigues conscient de la Lluna a sobre del teu cap i deixa que la seva energia et banyi amb la seva llum. Sent la llum sobre el teu cap i en el teu cor i, com flueix cap avall pels teus braços i les teves mans.

Deixa que l'energia flueixi del teu cor i de les teves mans cap al món.

Sent com flueix cap a altres terres, canviant la vibració cap al Diví Femení.

Sent-la sanadora, amorosa, calmant i nutrient per a tot el món.

Sent la presència d'altres dones al voltant del món que també s'estan connectant amb aquesta energia en aquest moment. Envia'ls-la i rep-la d'elles, amb amor, amb comunitat, compartint.

(Pausa llarga)

Ara deixa que l'energia de la Lluna que està a sobre flueixi des del cap, baixant al cor, baixant a l'úter i baixant fins a la teva Terra.

Deixa que l'energia es desperti i curi la sacralitat de la Terra i de la Deessa en la Terra.

(Pausa llarga)

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.

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

You can now end your session as outlined above.

Womb Blessing with Miranda Gray

Self-blessing

Over the 28 days following the blessing, the energy will continue to heal and release old and unwanted patterns. These may be physical, mental, emotional or spiritual, so please be gentle with yourself; eat and drink healthily and do the self-blessing every day for 5 – 10 minutes or longer.

Sit or lie comfortably with your hands over your womb.

Imagine a large Full Moon filling your womb with beautiful silvery white light. As you do this the energy will naturally flow, and you may feel it in your hands and womb as a physical sensation. Not everyone senses the energy as it flows – every individual has their own unique experience of the energy. Relax and enjoy!

At the end, thank your goddess for her blessing.

Thank you for taking the time to be an anchor for the Divine Feminine energies for your Land and for the women of the Earth. Please enjoy the energy you have received and the journey it will take you on towards wholeness and the celebration and joy of being a woman.

Love and blessings, Miranda

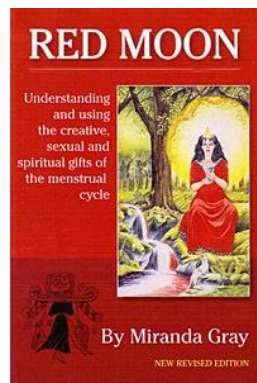
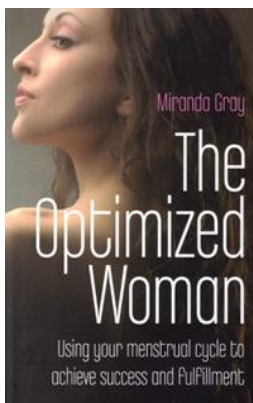


Womb Blessing with Miranda Gray

About Miranda Gray

Miranda Gray is the author of the book '**Red Moon** – Understanding and using the creative, sexual and spiritual gifts of the menstrual cycle', and of '**The Optimized Woman** – using your menstrual cycle to achieve success and fulfillment'. 'Red Moon' is available in English, Spanish, French, German, Italian, Croatian and Czech. 'The Optimized Woman' is available in English, Spanish, and Italian, and in 2012 in Czech.

Miranda first started writing and teaching about the menstrual cycle in 1985. She is an author, published artist, Shantih Reiki Master Teacher, and women's workshop facilitator. She offers Red Moon workshops, a Red Moon workshop facilitators' online course, Women's Wisdom online course based on 'The Optimized Woman', 'Goddess Reiki' workshops, and 'Womb Blessing' workshops for facilitators. Miranda loves travelling to teach!



www.mirandagrays.com
www.optimizedwoman.com
www.redmoonthebook.com

