

## Welcoming the Maiden archetype

<b>Womb Renewal Meditation</b>	
<b>Welcoming the Maiden archetype of Spring</b>	
Northern hemisphere	February Worldwide Womb Blessing
Southern hemisphere	August Worldwide Womb Blessing

### When can I do the meditation?

**You may like to take part in the following meditation after the ‘Sharing Meditation’ and the Earth-Yoni Blessing Meditation.**

As well as undertaking the ‘Womb Renewal’ meditation in association with the Worldwide Womb Blessing, you can also do the meditation:

- At the beginning of spring when the earth’s Maiden energies are awakening.
- At the first sight of the crescent moon or as she increases in her Maiden energies.
- When menstruation finishes and you are reborn in the Maiden energies.

### About the Womb Renewal meditation

The Universe flows in cycles; the cycle of stars across the night sky, the cycle of the seasons, of the Moon, of the tides, of life and of women. Each new cycle begins after a phase of low energy and stillness, and in that moment of magic between one cycle and the next we have the opportunity to cleanse, renew and leave the past behind.

The ‘Womb Renewal’ meditation is not a cleansing because the womb is ‘dirty’ but because it is in our nature to hold on to old limiting patterns, old feelings, and old emotional and physical memories – things that we no longer need and which often restrict and limit us. We are given this gift; a time to let go of these things and to enter the new cycle lighter and more radiant.

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



## The Womb Renewal Meditation

After you have received the Worldwide Womb Blessing and taken part in the 'Sharing Meditation' and the Earth-Yoni Blessing Meditation, you are ready to do the **Archetype Meditation**.

You will need to have your Womb Bowls in front of you.

Close your eyes and take a deep breath. Bring your awareness to your physical womb or womb energy centre.

See, know or feel that deep within the waters of your womb lies a radiant Moon. (Pause)

Be aware of the Moon above, and allow her light to flow down through your crown, through your heart and into your womb. Place the first two fingers of either hand over your womb area.

See or feel the link between the Moon above and the Moon in your womb. (Pause)

Keeping your fingers in position, bring your awareness to the Moon above.

Say in your mind or out loud:

**I let go of all physical hurts and breathe in goodness and purity**

Breathe in moonlight down into your womb. As you breathe out normally, notice the Moon in your womb growing brighter in light and radiance. (Pause)

Again bring your awareness to the Moon above. Say in your mind or out loud:

**I let go of all emotional hurts and negative energy connections, and breathe in love and beauty into my womb.**

Breathe in moonlight to your womb and notice the radiance growing to fill the whole of your lower belly. (Pause)

Bring your awareness to the Moon above. Say in your mind or out loud:

**I let go of all guilt and mental pain, and breathe in love and joy into my womb.**

Breathe in moonlight to your womb and notice the radiance growing to fill the whole of your lower belly. (Pause)

Bring your awareness to the Moon above. Say in your mind or out loud:

**I let go of what has been and the things I no longer need, and breathe in purity, goodness, love and peace into my womb and into the world.**

Breathe in moonlight to your womb and notice the radiance expanding out into the world.



(Pause)

When you are ready, allow the radiance of the Moon in your womb to lessen until you just see a new and beautiful womb glowing gently with light.

### When you feel ready to end the meditation:

Grow your Womb Tree roots deep into the Earth. Take a deep breath and open your eyes and smile 😊

See the candle in your Womb Bowl as a symbol of the light in your new womb.

Touch the water in your other Womb Bowl and touch it to your lower belly.

Now take the radiance of the Divine Feminine and your renewed womb out into the world.

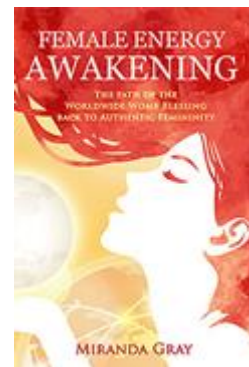
**Drink your Womb Bowl water and eat and celebrate!**

### Discovering your Archetypes:

For each Worldwide Womb Blessing, there is an additional Archetype meditation.

You can find these meditations in the Worldwide Womb Blessing download area and the website and newsletter will inform you of which one to do.

The meditations are linked to the seasons of the Earth and so are different in the northern and southern hemispheres. To discover more about the four female archetypes, the Womb Blessing and how to embrace, love, celebrate and express your archetype energies, see the book 'Female Energy Awakening'.



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