

One Cycle

The Circle of Sisters Meditation	
Honouring the sacred cycle and sisterhood of all women.	
Northern hemisphere	December Worldwide Womb Blessing
Southern hemisphere	December 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 ‘Circle of Sisters’ meditation in association with the Worldwide Womb Blessing, you can also do the meditation:

- At any phase of your cycle.
- At each full moon between Worldwide Womb Blessing days
- At any time with a group of women or with a women’s circle or Red Tent.

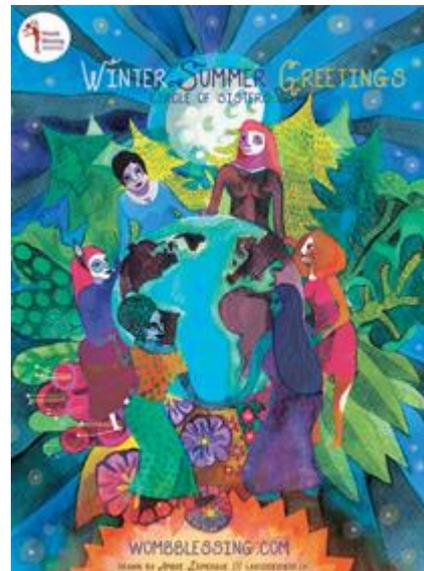
About the ‘Circle of Sisters’ Meditation.

‘The Circle of Sisters’ meditation uses a ‘prayer-cord’ – a cord tied with strips of fabric or ribbon – with each one representing:

- a prayer for the circle of women around the world,
- a prayer for our sisters in the Womb Blessing family
- a prayer for ourselves.

The ends of the cord are tied together to make a circle, representing the worldwide circle of sisters. You can then use your prayer-cord to decorate an altar or a sacred space.

The prayer-cord represents the circle of the path of the stars, the circle of all life, the circle of the Moon and the circle of women.



Circle of Sisters image by Ambre Domergue.

For the meditation you will need:

- **A length of cord** – this may be any colour. If you are doing the meditation alone, have the cord long enough to create a circle on your altar. If you are running a group, you will need a



longer length of cord as there will be three strips of cloth or ribbon tied to the cord for each woman taking part.

- **Three strips of ribbon or cloth** about 30-50cm long. Choose colours or patterns that call to your heart.
- **A cloth** to wrap your prayer-cord in after the meditation.
- **A printout of the meditation**

Doing the meditation on your own.

Before Womb Blessing day you may like to paint or decorate your strips of fabric or ribbon.

On Womb Blessing day, smudge your ribbons, cord and wrapping cloth either by using a sage-bundle smudging stick or by passing the items through the smoke of an incense stick. Choose incense that smells cleansing and spiritual.



Facilitating a group meditation

Ask every woman to bring three strips of fabric or ribbons. You could ask women to arrive an hour before the Womb Blessing and hold a mini workshop for them to create their ribbons and to decorate them with fabric paints, beads etc.

Use incense or a smudging bundle to cleanse the ribbons.

Provide each woman with a copy of the prayers so that she can read the words as she ties her ribbon.

More than one woman can tie her ribbons at the same time. If you have a large group, have two women hold the cord between them some distance apart and allow three or four women to tie their ribbons at the same time.

Ribbons can be tied over each other – this makes a beautiful thick and colourful prayer-cord.

Add more cord when you need it, and aim to have a prayer-cord long enough to surround the group in the future, creating a sacred space within the Circle of Sisters.

The Circle of Sisters 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 'Circle of Sisters' meditation.

Bring your awareness to your Womb Tree.

Feel, know, or see that there is a Full Moon above you, bathing you in beautiful silver-white light. Place your hands over your ribbons saying:

I offer these prayers for all women for the Highest Divine Good and in accordance with Divine Love.

Tie your first ribbon to the prayer-cord:

I ask for all women...
that they awaken to their true female nature and to the presence of the Divine Feminine.

Place your hand on the ribbon.
Feel or know that deep in your brain shines a beautiful white star that radiates peace and awakening into the world.

(Pause)

Tie your second ribbon to the prayer-cord:

I ask for all my sisters in the Womb Blessing family...
that they experience the loving presence of the Divine Feminine in their hearts.

Place your hand on the ribbon.
Feel or know that your heart fills with pink light and radiates love into the world.

(Pause)

Tie your third ribbon to the prayer-cord:

I ask for myself...
that my womb centre opens and fills with the healing presence of the Divine Feminine.

Place your hand on the ribbon.
Feel or know that your womb fills with strength and life, sensuality and wholeness.



When you feel ready to end the meditation:

Hold the two ends of the cord between your hands and tie them together:

I ask the Divine Feminine through her love to restore the circle of women in the minds, hearts and wombs of all women.

Hold the cord in your hands with love.

Place the cord on your altar.

End your Womb Blessing® event by drinking your Womb Bowl water and have something nice to eat.

Smile! ☺

What to do with the prayer cord after the meditation

When you are ready to tidy up, wrap the prayer-cord in the cloth to keep it safe.

The prayer cord is a beautiful way to create a sacred female space with the love of the Divine Feminine whenever you wish. You can use your prayer cord to create a sacred space for an altar or a meditation cushion by placing the cord in a circle on the top of a table or on the floor.

As the cord grows you can use it to surround the space for a woman's group or circle, or a Red Tent.

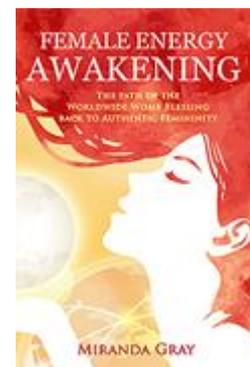
As you work with the prayer-cord
it will grow in size and in energy and
become a beautiful way to create and define
a sacred female space.

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'.



Womb Blessing® is a registered trademark simply to protect the integrity of the work.

