

How to take part in the Worldwide Womb Blessings®

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

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

Please enjoy the energy you have received and the journey each Blessing will take you on towards wholeness and the celebration and joy of being a woman.

Love and blessings, Miranda



Preparation for your Womb Blessing®

Just like receiving a parcel, all you have to do is to be open to receive the gift of the Womb Blessing. However, you may like to do some exercises in advance to help you to become more conscious of your womb centre and to awaken, embrace and enjoy its beautiful and empowering energies. If you are new to meditation, these exercises will help you to practice for the Womb Blessing itself.

❖ Pre-Womb Blessing® Attunement exercise

You may like to try this simple exercise in the days before the Womb Blessing 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, 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 Tree Meditation

You may like to do this meditation in advance as part of your preparation for the Womb Blessing. It will take about 5-10 minutes, and can be done at any time before the Worldwide Womb Blessing.

The Moon Tree is ancient symbol of the Divine Feminine, and we can use it in meditation to connect to our womb.

You do not need to be good at visualization or be able to 'see' the images to do this meditation; energy follows intention. Throughout the meditation, be aware of how you feel emotionally, how you feel within your body, and how you feel around your body. You may feel warmth or pressure in your womb, heart and hands as the energies start to flow and begin to open these centres.

Close your eyes and bring your awareness into your body.

Feel your weight on the chair, the weight of your arms in your lap. Take a deep breath and feel centred within.

Bring your awareness to your womb.

See, know, feel or imagine that your womb is like a tree, with two main branches with beautiful leaves and red, jewel-like fruits on the end. The Womb Tree's roots grow down deep within the Earth, connecting you and grounding you to her energies, and as you ground you may feel or see her energies flowing up into your womb.

Feel centred and balanced.

Now allow the image of your Womb Tree to grow until the tree branches separate at the level of your heart.

As you connect with this image, know or feel that your heart centre opens, and energy flows down your arms into your hands and fingers. Feel the connection of love between the Earth, your womb and your heart.

Relax. Feel strong, loving and empowered.

To end the meditation, allow the image or sense of your Womb Tree to shrink back down to your womb, but keep awareness of the roots going deep into the Earth, giving you strength and grounding.

Bring your awareness back to your body, to your weight on the chair, and to the weight of your hands in your lap.

Gently wiggle your fingers and toes, and open your eyes. Now take this wonderful energy out into the World.

❖ Some questions about the Blessing:

How long will the Blessing take?

About 20 minutes.

After 20 minutes you may like to continue with the 'haring Meditation' for a further 10 minutes to help ground this beautiful energy into the Earth.

Can anyone receive the energy?

Any woman, or any girl who has started her cycle, can receive the Blessing attunement. It is a wonderful opportunity for mothers and daughters to share their connection to the Divine Feminine.

Women who no longer have a cycle, or who don't have a cycle for medical or chemical reasons, can also receive the Blessing.

Pregnant women can receive the Blessing. In any distant energy work we have free choice on whether to accept the energy, and the baby will be able to choose whether to receive the energy or not. The energy gift is given in accordance with Divine Will and Love, and will work with each of us individually according to our needs and path in life.

What if I can't meditate at the time I chose?

You will still be sent the gift of energy, but the energy will be 'stacked'. This means that your Higher Self will hold on to the energy until you have some quiet time to do the Womb Blessing Meditation and receive the energy.

What if I'm not ready for this energy?

Your Higher Self will hold on to the energy until you are ready to integrate it.

Is the Blessing just about fertility?

No. Fertility is a small but important part of our female energies. Our womb centre and our menstrual cycle bring us so many wonderful and empowering abilities and gifts. The Divine Feminine is dynamic and challenging, loving and nurturing, magical and sexy, creative and intuitive, and strong and wise - and so are we.

Can we receive the Blessing in a group?

Yes! This is a beautiful idea.

After the 20-minute Womb Blessing, you can lead the Sharing Meditation, the Earth-Yoni Blessing and then the seasonal Archetype Meditation. This is a lovely way of sharing the gift that you have received. You may like to bring food for the group that reflects the Full Moon and the bounty of the Mother. See the section 'Running a group' below.

How do I take part?

1) Go to www.wombblessing.com and follow the 'registration' link to register for your chosen time. Note that you will need to do this for each Worldwide Womb Blessing event that you wish to take part in, so that we know to send you the energy on that day.

2) Before your registered chosen time for the Blessing:

Fill one Womb Bowl with water, to represent The Living Waters of the womb, and place a small candle in the other bowl to represent the Light of the Blessing that will fill your womb centre.

Place the bowls somewhere safe in front of you so that they will not be knocked over.

Play some music.

Have printouts of the required meditations (or the audio versions).

3) To receive the Blessing:

At your chosen time, slowly read the Womb Blessing Meditation, imagining your Womb Tree. Sit relaxed to receive the energy until 20 minutes past the hour. You may feel warmth or tingling or tightness in your womb, or even an awakening of sexual energy.

Either: End the session

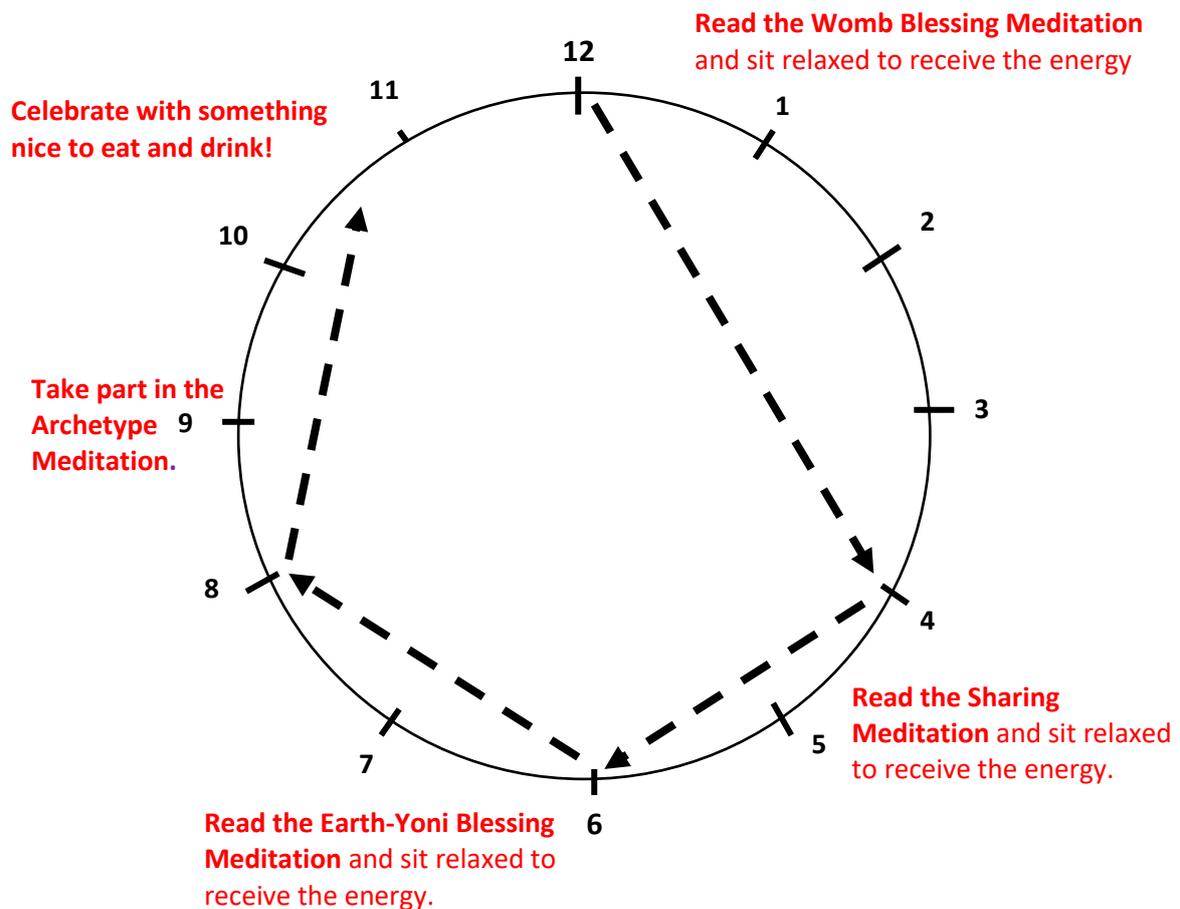
- 1) Grow your Womb Tree roots deep into the Earth.
- 2) Drink the water from your Womb Bowl. The attunement energy will also bless the water, and you can drink it at the end or share it with others.
- 3) Have something nice to eat and drink in celebration.

Or: Take part in the additional meditations

- 1) The Sharing Meditation (*10 minutes*)

- 2) The Earth Yoni Blessing (10 minutes) – See the separate 'Earth-Yoni Blessing- How to take part' document for instructions.
- 3) Grow your Womb Tree roots deep in to the Earth.
- 4) Drink the water from your Womb Bowl.
- 5) The Archetype Meditation (10 - 15 minutes)
- 6) Have something nice to eat and drink in celebration.

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❖ What do I need to take part?

You will need:

- **Two small 'Womb Bowls'** – they can be any type of bowls or cups.
- **A shawl or scarf** to place around your shoulders to create a sacred space and to bring your focus into your body.

- **A printout of the Womb Blessing Meditation** provided below, or download an audio version.
- **A printout of the Earth-Yoni Meditation and the Sharing Meditation.**
- **A printout of the Archetype meditation** – see separate documents.
- Something to eat afterwards

To enhance the experience, you may like to:

- Play some relaxing music.
- Create an altar
- Decorate the room to reflect the Archetype of the earth.
- Do the meditation with friends and family in person or via Skype.

How do I run a group?

- All women attending the group who wish to receive the Womb Blessing attunement need to register separately on www.wombblessing.com, choosing the time which the group has agreed.
- You can either have one member of the group read the meditations out loud, or play an audio version.
- Ask women to bring food to share for a meal afterwards.
- Ask women if they would like to share something extra before or after the Blessing, for example a dance, a chant, a ritual, a meditation, a storytelling etc.
- Tell women about any additional things they need to bring for the Archetype Meditation.
- The Womb Blessing is free, but group organizers can charge a small amount to cover any direct expenses - for example room rental or for printing posters.

❖ After your Womb Blessing®

Make sure that you drink water to help support any detox that may occur.

You may like to do the Self-Healing Exercise outline below every day in the month after the Blessing to help you to stay connected to the Womb Blessing energy and to your female energies. You may also like to do the Womb Blessing Meditation, Sharing Meditation and the Earth-Yoni Blessing every day.

Self-Healing Exercise

Over the 28 days following the Blessing, the energy will continue to heal, energize, 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-Healing Exercise 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.

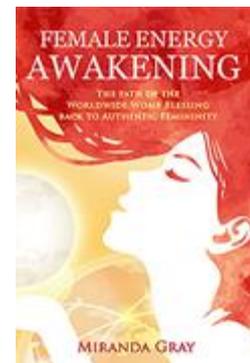
Relax and enjoy!

At the end, thank the Divine Feminine for her beautiful gift of Blessing energy and healing.

❖ Walking the Womb Blessing® Path

To support your Womb Blessings you may like to follow **The Womb Blessing Path**, consisting of daily activities for the month after the Blessing. These are described in detail in the book 'Female Energy Awakening – The path of the Worldwide Womb Blessing back to Authentic Femininity' by Miranda Gray.

The Womb Blessing path helps you to explore your energies, discover the Divine Feminine, and live your authentic femininity in the modern world.



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