Welcome to The Gift of Divine Feminine Love for men!

What is The Gift?

The Gift is an energy attunement specifically for men created by Miranda Gray with the support, love and help of a number of ‘Moon Brothers’. As the energy structure for men is different to that of women, it has been important that The Gift was a collaboration between male and female energies and experiences.

An energy ‘attunement’ is a process which raises a person’s vibration and consciousness and connects them to a specific energy resonance, in this case the frequency of Divine Feminine Love and Light that is given in the Worldwide Womb Blessing.

What do I need to do?

Preparation:

- If you are taking part on your own, you will need to find a quiet space to meditate, and you will need either a copy of The Gift meditation text given below or an audio version to play.
- You could use an image of the Divine Feminine as a focus for the meditation – it could be a picture from your spiritual tradition, or an image of a woman that embodies your feelings towards the Sacred Feminine.
- If you wish, you can have music to play after reading The Gift Meditation, flowers or plants to represent the Divine Feminine, and an incense that feels feminine to you.
- Have a glass of water and something nice to eat in celebration after the meditation. The water will absorb the energy of The Gift, and the food is an expression of the supportive love of Mother Earth.

Taking part:

1. On your own:

1. At your registered chosen time, read The Gift Meditation (available below) or listen to the audio version.
2. Then sit relaxed and open to receive the Divine Feminine energy being sent to you until 20 minutes past the hour for which you registered.
3. After the 20 minutes, read the ‘How to finish’ paragraph of the meditation.
4. Drink the water and eat your celebration food!
5. You may like to sit a little longer enjoying the presence of the Divine Feminine energies, or make a note of your experiences.
How to receive the Worldwide Gift for Men

2. With a female partner:

You should both register for the Worldwide Womb Blessing for the same chosen time.

Your partner will have her womb bowls and her shawl, you will have your water, and you will both have something nice to eat to celebrate afterwards.

Option 1:

At your chosen time, in silence, you read The Gift Meditation and your partner reads the Womb Blessing Meditation, and then you both sit receiving the energy until 20 minutes past the hour.

Then you both finish your meditation and eat and drink.

It is a nice gesture to offer your partner her womb bowl with the water in it as a sign of your respect. It can also be very loving and romantic to choose sensual foods to share at the end.

Option 2:

At your chosen time, in silence, you read The Gift Meditation and your partner reads the Womb Blessing Meditation, and then you both sit receiving the energy until 20 minutes past the hour.

You then read the Guardian Meditation (available below) and hold the energy of the space while your partner takes part in the other meditations for women (The Moon Ray, the Sharing Meditation and the Archetype Meditation) – this can take approximately 25 minutes.

Note:

This is a sacred ceremony, and for a short while you both sit in the love and light of the Divine Feminine. All acts of loving pleasure are the rituals and prayers of the Divine Feminine, so this very loving ceremony can be expressed in spiritual sex.

3. In a mixed group:

All men and women will register individually for the Worldwide Womb Blessing for the same chosen time as the ‘group time’ to receive.

There are many different ways to run mixed groups, below is a suggestion but you and your group can choose whatever works best for you.

Men and women can sit in separate areas within the same room – men around the outside of the women, in the centre of a circle of women or at the corners of the room – or they can sit within the group without any structure.

Women have their individual Womb Bowls and shawls, and for the men there is a single, large ‘Mother Bowl’ holding water.
How to receive the Worldwide Gift for Men

A suggested option:

The group’s men and women take part in The Gift Meditation and the Womb Blessing Meditation in separate rooms or in separate areas of a large room or space. This way one person can read out loud the appropriate meditation without disturbing the other group.

At 20 minutes past the hour, after the men have received The Gift, the men move to either encircle the women’s group or to sit at the corners of the room / space.

The men individually read the ‘The Guardian meditation’ in silence and hold the meditation energy, while the women in the centre of the room take part in the additional women’s meditations.

At the end of the women’s meditations, representatives of the men and of the women offer gratitude / prayers.

The women then drink from their Womb Bowls, and the men share the water from the Mother Bowl – this could be presented by the oldest or youngest woman taking part.

After the meditations, the group can have additional ceremonies, prayers and activities, or everyone can join in a celebration feast.

It is nice to honour the cycle of the Earth and decorate the space with images and items that reflect her energies, to have seasonal foods and to also have images and foods that reflect the Full Moon Mother.

The path of The Gift: Worldwide and personal

Like the Womb Blessing attunement, The Gift attunement is a path of growth and awakening. Every time you receive The Gift you will awaken a little more of your authentic nature and you will create a deeper conscious connection to the Divine Feminine.

The Worldwide Gift and the Personal Gift work in slightly different ways and are designed to interact. The Worldwide Gift is a group awakening that works on blocks and disconnected aspects that you share in common with the other men taking part. In the Personal Gift, the focus is solely on your own needs, your energies and your personal awakening. Receiving the Worldwide Gift and the Personal Gift is a way for you to grow and evolve quickly in your personal and spiritual development, to experience your authentic masculinity, and to grow in your relationship with the Divine Feminine.

Frequently asked questions:

What if I forget my registered chosen time? Re-register.

What if I want to change my chosen time? Re-register.

What if I have lost the link to the download page? Re-register.
How to receive the Worldwide Gift for Men

What if I have registered but cannot take part on Blessing Day? You can read The Gift Meditation and receive the energy at any time after your chosen time. However, you will not experience the connection to all the men and women around the world.

Why do you need my name and email address? The name and email address you give at registration will be used as the focus to send the energy to you individually.

Why are there four times? The times given for the Worldwide Womb Blessing and The Gift for Men are always based on the time in the UK, and so you may need to check time-zone differences for your own location. There are four times to choose from so that participants from all over the world can choose a time that is convenient for them to fit with their own lifestyle.
How to receive the Worldwide Gift for Men

The Gift Meditation for men: Meeting the Moon Mother archetype

To read at your chosen time. Give yourself time to visualise each stage of the meditation - there is no hurry.

Find a nice comfortable place to sit, with both feet on the ground.

Bring your awareness to your breath. Be conscious of your in-breath and out-breath and how your breath touches the tip of your nose.

Feel the weight of your body and the gravity that affects it, creating a constant relationship with the earth. And remember....

(Pause)

Visualize yourself walking through a forest just before dark. In front of you there is a wonderful sunset.

In the distance you hear the gentle sound of a river as it flows happily. Notice the sound of the wind causing the leaves in the trees around you to sing, creating a permanent link between heaven and earth.

Looking up, among the leaves you see a beautiful silver moon whose light will lead you all the way home.

As you walk along a moonlit path, you see a beautiful and elegant pregnant woman with a radiant smile. She is the Moon Mother. She greets you as her child with a gentle and loving embrace and, holding you with love, she asks about your feelings.

(Pause)

Tenderly, she caresses your hair and looks deeply into your eyes. You see in her beautiful eyes the deepness of space and the bright stars of the Universe. An iridescent light shines from her hands as she caresses you, flooding you with warmth and love from head to toes.

You are filled with magical light, enjoying a soft, subtle presence to which you willingly let go. You experience acceptance and a nourishing, unconditional love which connects you with the oneness of the universe and to all that there is.

Sit in the light and love, knowing that you are in the presence of the Sacred Mother.

(Receive the energy until 20 past the hour)

To finish the meditation:

When you are ready to end the meditation, slowly allow your awareness to return to your body. Move your fingers and toes, and stretch out your arms.

Know that as you move through your everyday life you will carry the light and the love that you have received with you, and that you will be able to return at any time to experience it anew.

My special thanks to Jorge Guerrero for creating this wonderful meditation for men. Jorge is a healer who lives in Oaxaca Mexico and is the supportive husband of an Advanced Moon Mother. He believes in oneness and in the greatness of women and men together.
The Guardian Meditation for men:

To undertake while your partner, or the women in your group, are taking part in the women’s meditations after their Womb Blessing. Give yourself time to visualise each stage of the meditation - there is no hurry.

Close your eyes and bring your awareness to your lower belly.

Breathe deeply.

Become aware that you are standing at the edge of a small grassy clearing in a dark summer forest. A full moon pours its silver light down between the black interlocking branches overhead.

In the centre of the clearing, a group of beautiful ancient Moon Mothers sit bathed in the moonlight, radiant with an opalescent aura.

(Pause)

Surrounding the clearing, facing outwards, are their knights, each wearing a cloak of fine white wool embroidered with the swirling spirals of the sacred feminine.

Each knight holds his hands crossed on top of his sword, his silver helmet at his feet.

The swords glow silver in the moonlight, each showing the engraved symbols of its holder’s strength and courage.

Each knight has his head bowed, clear in his purpose and his service to the Divine Feminine to bring balance and harmony, peace and understanding.

(Pause)

As the Ancient Moon Mothers weave their enchantments, calling the moon’s energy to them and sending it with love out into the world, the knights start to sing. From deep within their chests a heart-note rises that spreads out into the circle, blending with the moonlight and the stars to create a sacred, timeless space.

(Pause)

Silently, you join the circle of knights, taking your place at the edge of the clearing facing the trees. As you become part of their circle you feel connected into the web of energy - of peace, strength, and heart-centredness.

A silver sword appears before you, bare of symbols. As you place your hands across the pommel, you feel your energies ground deep within the Earth.

Understanding flows into you.

You feel connected to the centre of Mother Earth, and to the Divine Spirit of the Universe above. A pillar of white light suddenly awakens, surrounding you, connecting the Earth to the heavens through you.

Strength flows into you. Deep and lasting peace flows through you.

And like the other knights, you bow your head, holding the sacredness of this temple space outside of time and place.
How to receive the Worldwide Gift for Men

(Pause)

In the heart-note you start to hear the knights’ song:

“We are the Protectors of the Maidens.
We are the Guardians of the Mothers.
We are the Shields of the Enchantresses.
We are the Defenders of the Crones.

We stand in strength, honour and compassion as you send the love of the Divine Feminine into the world.”

Bow your head and allow your heart to open and love and peace to flow through you.

Know that your support and care is acknowledged and cherished, and that through your love and protection your mothers, lovers, sisters and daughters are safe and free to express their own connection to their authentic femininity.

As you open your heart, shining symbols become engraved onto the blade of your sword.

Rest in the vibration of the note that sings through the universe.

(Pause)

To finish this meditation:

Bring your hands to the floor and bow.

From this place take the love and peace of the Divine Feminine out into the world.

“I hope that you enjoy these meditations and the energy of The Gift.

Both men and women have an important part to play in the awakening of their authentic nature and also in creating a society that validates and supports its expression in the world. It only requires enough people making small steps to change the world, and when both men and women work together to make those steps something amazing will happen.”

Miranda Gray 2016