



# Earth-Yoni Blessing

MIRANDA GRAY

## ***The Worldwide Earth-Yoni Blessing and Worldwide Womb Blessing®***

*The **Earth-Yoni Blessing** is a worldwide sharing of Divine Mother energy in which participating women receive the Earth-Yoni Blessing energy to bring healing, and to restore sacredness, to their Yonis (a Sanskrit word for the vagina and vulva).*

*The Worldwide Earth-Yoni Blessing first started in 2013 and has become part of the Worldwide Womb Blessing® Day to spread this beautiful energy and healing to more women. The Earth-Yoni Blessing is to be shared between women as a gift of love and healing. Once a woman has received the Earth-Yoni Blessing, she can give it to other women so that they too can pass on this gift from the Mother*

*The Earth-Yoni Blessing is a freely given gift of love for the healing of all women. I hope you enjoy it. Love and hugs Miranda*

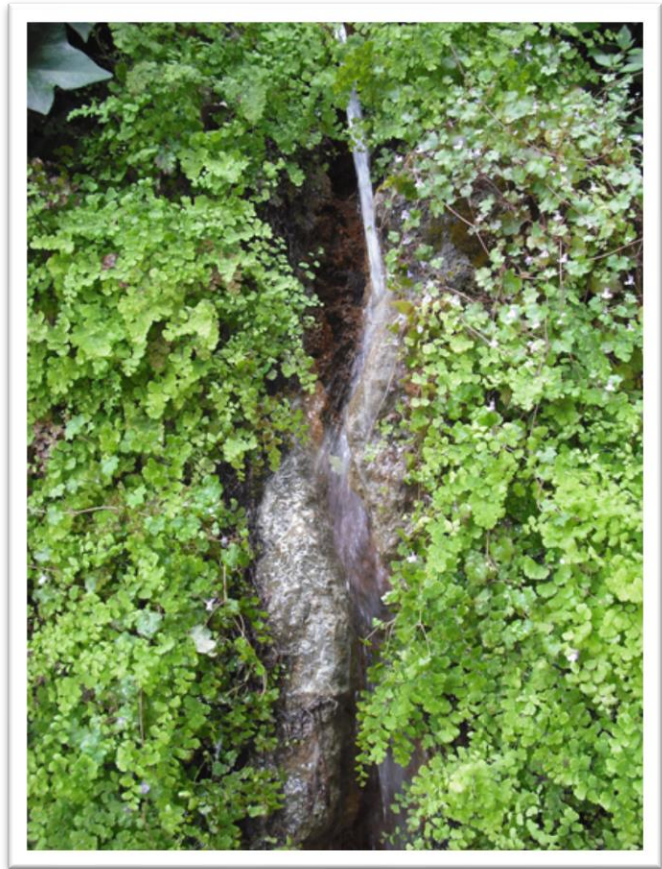


## The Yoni

The Yoni (used here as a name for both the vagina and the vulva) is a sacred shrine. It is the beautiful gateway through which energy from the Earth enters our body, the gateway through which life emerges, and through which we connect to the Earth. The Yoni links the outside world with the inner darkness and spiritual centre of our womb, and grounds us in the Earth. It is the physical shrine of the Divine Feminine in her aspect of young girl, adult woman, mature woman and elder woman.

With so many women unsure in the modern world what it means to be female and 'feminine' we have become disconnected from our Yoni. We no longer see it as a beautiful symbol of femininity. Neither do we see it as a source of spiritual, sensual and sexual prayer, nor a source of female empowerment. With the Yoni alienated we have lost our connection to Divine Mother, to her sexuality, abundance, strength, creativity and love. In this simple blessing the Divine Mother returns to us, to heal the alienation and awaken her energy and presence in our lives.

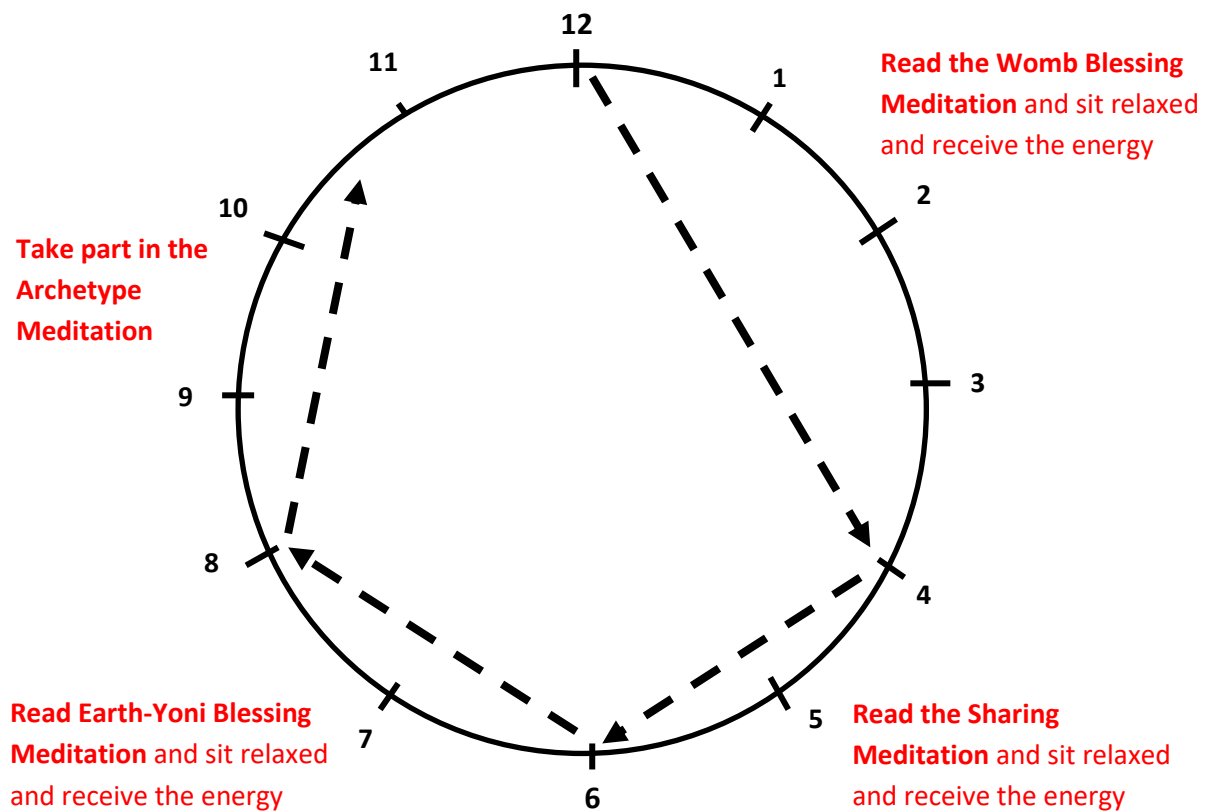
When we give the Earth-Yoni Blessing we open to the love of the Mother Goddess and we allow her presence and energy to flow into our culture and society through the women that we bless.





Statue by Debbie Berrow  
www.bellpineartfarm.com

## ☞ How to take part in the Worldwide Earth-Yoni Blessing



1. **Read through the meditation** below, imagining the scenes as you read. If you have organised a group, you may like to choose one woman to read the meditation.
2. Sit quietly to receive the Earth-Yoni Initiation. You may feel tingling in your body, you may be aware of energy, colours or the Divine Feminine, or you may simply feel peaceful.
3. If you wish you may continue with the Archetype Meditation. If you wish to end the session, stretch, drink your water and eat some food to help you ground. Eat consciously - savouring every bite and knowing that you are eating the body of the Mother – make eating a sensual prayer of love and connection.

## ☞ The Earth-Yoni Blessing Meditation

The Blessing will take 10 minutes. Bring your hands into the **Yoni position (see photograph)**. If you have difficulty making the shape, just make sure that your hands are comfortable. Think of your hands making a heart-shape.

Read through the meditation below, giving yourself time to visualise and experience each aspect of it.

Sit comfortably and close your eyes.

Bring your awareness to your womb, your Yoni and to the Earth. Breathe deeply.

See, know, feel or imagine that you stand on a beautiful beach with the waves gently washing your feet. In front of you is a small sacred island covered in ancient trees.

(Pause)

Winding upwards between the trees is a rough path beside a small stream. You hear the noise of the stream as it flows in little waterfalls among the boulders.

You follow the path upwards aware of the Earth beneath your bare feet, the gentle energies of the trees, plants and animals around you, and of warm touch of sunlight. You relax as you climb and feel the sacred connection between your Yoni, life and the Earth.

(Pause)



The path ends at the source of the stream, which is a small shrine nestled between two huge white boulders. You see the water emerging from the opening of the shrine of the Earth Mother, and you feel the presence of her love surrounding you.

(Pause)

You enter the circular shrine and a single high window of stained glass fills the space with beautiful colours. You see plants, animals and birds outlined in the glass.

In the centre of the space is a large white circular bowl with a long lip from which the waters of the bowl flow down to create the stream. You sit on a beautiful decorated cushion in front of the bowl.

Feel your Yoni open and energy awakening within it.

Your heart, Yoni and womb, all fill with the goddess's energy and deep love.

(Pause)

**To finish:**

Cup your hands and drink from the waters flowing from the bowl. As you drink, make a commitment in your heart to the Divine Mother that you will pass her blessing on to other women. Feel gratitude for the deep connection she has made with your heart, your Yoni and the Earth.

(Pause)

Bring your awareness back to your physical body. Feel the weight of your body.

Take a deep breath and wiggle your fingers and toes.

Open your eyes and smile.

You may return to the shrine at any time to receive support, energy, guidance and love from Divine Mother.

## ☯ How to give The Earth-Yoni Blessing Meditation

The Earth-Yoni Blessing is a combination of a simple hand position, a prayer and an openness to receive and experience the energy.

Both you and the receiver can be either sitting or standing for the Blessing.

Ask the receiver to place her hands in the **Yoni position**.

Gently hold your hands around hers. (**See photograph**).



If you are giving the Blessing to more than one woman, have all the women place their hands in the Yoni position.

An Earth-Yoni Blessing can take as long as you want, it can be given quickly if you have a large group.

Say the words of the prayer either out loud or in your head.



### **The Earth-Yoni Blessing sequence:**

**1. Place your hands round the receiver's hands.**

Take a deep breath and bring your awareness to your Yoni.

**2. From my Yoni to the Earth.**

Feel, know or see, your Yoni connecting to Mother Earth. Hold this awareness until you feel ready to go to the next step.

**3. From my heart to your hands.**

Bring your awareness to your heart. Feel or imagine that there is a flow of loving energy from your heart, through your hands to the receiver's heart. Hold this awareness for as long as you wish.

**4. From the Mother's heart to your Yoni, sacredness, love and life.**

See or know that pale pink light and ruby light surrounds you and your hands. You may be aware of the loving presence of the Divine Mother. Hold awareness of the beautiful Divine Feminine energies for as long as you wish.

**5. Separate the hands of the receiver.**

Place them either over her heart, or one hand over her heart and the other hand over her lower belly.

Place your own hands over your heart and stay heart-centred in the loving energy for as long as you wish.

At the end of the blessing open your eyes and smile.



## After receiving the Earth-Yoni Blessing

Your receiver can now give the Earth-Yoni Blessing to another woman. Please give her a copy of this hand-out so she can pass the Earth-Yoni Blessing on to other women.

## ☯ Suggestions on using the Earth-Yoni Blessing

### Sharing groups

Groups can be the most powerful way to share the energy of the Blessing. The larger the group, the stronger the presence of the Divine Mother.

The givers of the Earth-Yoni Blessing can sit or stand, and women can approach them for the blessing. The blessing can take as long as you like, but in large groups it need only be a couple of minutes long.

Do group Earth-Yoni blessings at the Full and Dark Moons, at seasonal festivals, as a meditation, as a healing, and as a celebration of love, life and femininity.

### A simple blessing of love between friends

Give and receive a five-minute Earth-Yoni Blessing as an expression of love and caring. It can be beautiful way to share healing and support or to share a prayer to the Divine Mother. It is also a beautiful way of acknowledging the Divine Feminine within ourselves and in our friends.

### An additional healing technique for healers

Any therapist can add the Earth-Yoni Blessing to their therapies. You can offer the Earth-Yoni Blessing once per phase to help women connect with their femininity and sacredness throughout their cycles.

### A simple greeting

The blessing can become a simple and beautiful way to greet other givers.

When you meet each other, you can place your hands in the Yoni position and she can respond by placing her hands around yours. To give the greeting blessing she can say out loud or in her head 'Love and life' and connect to her heart.

Then she places her hands in the Yoni position and you place your hands around hers and give the greeting Blessing.

The Blessing can be quick, only a few seconds, but it is enough to connect us to the One Heart and the One Love of the Mother. It is a beautiful way of acknowledging the Divine Feminine in ourselves and in other women.



By giving this greeting we are recognising and awakening the Divine Mother in all women.

### **A self-blessing**

Sit cross-legged with your hands in the Yoni position.

Say the Earth-Yoni prayer out loud or in your mind, taking time to experience the energies and presence of the Divine Mother. At the end of the Blessing, place your hands over your heart and enjoy the connection with the Divine.

### **A blessing for all women**

Sit cross-legged with your hands in the Yoni position.

See, know or feel that in your hands you hold the hands of all the women of the Earth.

Say the Earth-Yoni prayer out loud or in your mind, taking time to experience the energies and presence of the Divine Mother. At the end of the Blessing, place your hands over your heart and enjoy the connection with the Divine.

## **❧ Questions and answers:**

### **Can I receive the Worldwide Earth-Yoni Blessing or personal Earth-Yoni Blessing, more than once?**

Yes – enjoy!

### **Do I have to receive the Womb Blessing® Meditation?**

No, not if you don't wish to but the two Blessings bring us very beautiful energies and together they deepen our healing and experiences of our femininity and of the Divine Feminine.

Just start your Earth-Yoni meditation half an hour after your registered Chosen Time.

If you can't manage your registered time, simply do the meditation AFTER your Chosen Time and you will receive the Earth-Yoni Blessing initiation.

### **Can I give the Earth-Yoni Blessing if I only receive the Worldwide Earth-Yoni Blessing?**

Yes! It doesn't matter how you receive your first Earth-Yoni Blessing – it can be given in person or through the Worldwide Earth-Yoni Blessing – you will be empowered to pass the Earth-Yoni Blessing on to another woman.

Show your receiver the hand positions and teach her the prayer (and give her the 'Earth-Yoni Hand-out') so she will be empowered to give it to another woman and also show her how to pass it on.





### When can I give and receive the Earth-Yoni Blessing and how often?

You can give your first Earth-Yoni Blessing as soon as you wish. You may give and receive the Blessing as often as you like. There is no limit to the number of Blessings a woman can give or receive.

### Who can receive the Earth-Yoni Blessing?

Any woman or any age can receive the Earth-Yoni Blessing. Women can be pregnant, with or without a cycle or with or without a womb and ovaries.

You may give the Earth-Yoni Blessing to both young girls and elderly women - this is a lovely way for them to feel involved in the female community.

### Can I charge for giving an Earth-Yoni blessing?

The Earth-Yoni Blessing energy is free, but if you have expenses, for example you are renting a space to give it in a group or you are printing out the Earth-Yoni Blessing hand-out, you may charge a small fee. Please make sure women know that the money is for your expenses and not for the Earth-Yoni Blessing.

### Can I send the Earth-Yoni Blessing distantly?

Yes.

Choose a time and have the receiver sit at this time in meditation for about 10 minutes.

Ask her to place her hands in the Yoni position and to relax and be open to receive. She may like to have soft music playing in the background.

Now imagine that the receiver is in front of you with her hands in the Yoni position. Do the Earth-Yoni Blessing sequence slowly as if she was with you in person. Allow yourself to experience the energies at each stage.



Books by Miranda Gray [www.mirandagrays.com](http://www.mirandagrays.com)