



Womb Blessing® Attunement
Female Energy Awakening
Miranda Gray
www.wombblessing.com

The Worldwide Full Moon Meditation

On each Full Moon, celebrate the Moon Mother Archetype
by taking part in the Worldwide Full Moon Meditation
and breathing beautiful healing energies into your life and womb.

This meditation is offered as a gift of gentle light from the Moon Mother for the healing, wellbeing and peace of all around the world. In the silver white light of the Moon all coloured energies are available to us, softened through the feminine.

In this beautiful and deeply loving meditation we breathe different coloured rays of moonlight into our womb to bring healing to all levels of our being. Each Full Moon brings us different coloured energy to help specific areas of ourselves and of our lives.

The colours for each Worldwide Full Moon Meditation will be posted on www.wombblessing.com and on the Womb Blessing Attunement Facebook page a few days before each Full Moon.

The Worldwide Womb Blessings are a path of Female Energy Awakening;
the Full Moon Meditation is a way for us to receive healing and support
as we walk this gentle path back to our authentic femininity.

How to take part in the Worldwide Full Moon Meditation

You do not need anything special to do this meditation. However, it is nice to have a little area decorated in the particular colours for the day, and a bowl to symbolize your womb. It can also be nice to wrap yourself in a shawl in the colours of the specific rays. The ideal is to sit somewhere you can see the Moon – but this is not a requirement.

There are no age restrictions for this meditation, and you do not need to have received a Womb Blessing or an Earth-Yoni Blessing to take part. You also do not need to have a physical womb.

You may do the Worldwide Full Moon Meditation as many times as you wish **on the day of the Full Moon, the day before the Full Moon** and on the **day after the Full Moon**.

You may do the meditation on your own, but it is wonderful to share this celebration and healing in a Full Moon celebration group.



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The Full Moon Ray Meditation

Close your eyes and take a deep breath.

Feel your weight on the floor or on the chair. Feel how heavy you are.

Bring your awareness to your lower belly.

Feel, know or see that your Womb Tree lies within your lower belly. Its beautiful trunk splits into two main branches, and they are full of deep green leaves, small white flowers and red jewel-like fruits.



(Pause)

The tree's roots grow deep into the Earth – follow them down.

(Pause)

Now become aware of the Full Moon above you, bathing you in the most beautiful silver-white light.

Within this silver-white light lie all the colours of the rainbow softened into a gentler, feminine vibration.

See or feel that within the moonlight are individual rays of *(name specified colours)* light.

The *(name colours)* light flows over you and through you, down your body and into your womb centre.

Open your womb and let it fill with colour and energy and love of the Moon Mother.

Repeat in your mind

'I open my womb centre with love to receive the energies of *(name colour)* moonlight'.

Bathe in the rays for 5 -1 0 minutes.

Notice how you feel and what you sense and see.

To finish

Grow your Womb Tree roots deep into the Earth.

Bring your awareness to your heart and feel gratitude for the healing gift of the Moon Mother.

(Pause)

Take a deep breath. Smile. Open your eyes.



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Discover more about your Womb Tree

Red Moon

Find out more about your Womb Tree - read my book 'Red Moon – Understanding and using the creative, sexual and spiritual gifts of the menstrual cycle.'

www.redmoonthebook.com

Red Moon – audio

If you would like to hear me introducing the four female archetypes and sharing for each individual archetype how to embrace their energies and enjoy the gifts they bring in your everyday life, see the 'Red Moon' album at

<https://store.cdbaby.com/cd/nicolahaslett12>

