

## The International Womb Tree Project

**We women are all connected around the world through the beautiful energies of our wombs.**

**We are all connected** physically through the DNA of our distant female ancestors.

**We are all connected** energetically through the link between our womb centre and the Earth Mother's womb.

**We are all connected** through a single pattern of female energy that surrounds the Earth which is created by the light emanating from our womb centres.

**We are all connected** to the Moon - to her cycle of light and dark, and to her light that flows over us and through us.

**We are all connected** to the Universal Womb Tree whose roots grow deep into the Earth, drawing our own Womb Tree roots to the centre of the Earth, and whose branches reach up to the Moon and stars connecting our Womb Tree to the Moon and to the Universe.



The Womb Tree is an image that reflects the many levels of our individual energies and connections, and our connection and deep embodiment of the cycles of the Earth, the Moon and stars. The Womb Tree is the centre of who we are, the centre of our female energies and the centre of our empowerment.

**The International Womb Tree Project is to create a pattern of sacred Womb Trees across the world as a very physical and visual reminder of the Womb Tree and the sacred energies that lie within every woman, and of the connection between all women.**

### How to take part in the International Womb Tree project

In July 2019 we launched the Womb Tree Project at the sacred Goddess site of Uisneach in Ireland. Moon Mothers from many countries around the world joined together to plant a sacred Womb Tree to ground the vision of female energy awakening for all the women of the world.

This event was the start of the International Womb Tree Project, and we would love for you to become involved.



The project is simple:

**Women plant a Womb Tree, or assign an existing tree or plant as a sacred ‘Womb Tree’, and become the Guardian for the tree, encouraging women to use it as a focus for connecting to the sacred energies of their femininity in groups and in personal meditation.**

The Womb Tree that you plant or care for in the project is a visible, physical reflection of the Womb Tree that lies hidden within us, and of the Universal Womb Tree. We are all connected through our wombs to Mother Earth, to each other, to the Moon, and to the Universal Mother. **We are one womb, one family, one expression of the Divine Feminine - whether we are Cyclic Women, Sophia Women (post-menopause), Crone Women (10 years or more post-menopause) or young women without a cycle.**

The physical Womb Tree can become a focus for our women’s circles, for our Worldwide Womb Blessing Groups, and for our individual meditation on the personal and Universal Womb Tree and our global womb family.

If you would like to become involved in the project, there are a number of ways you can become a “Womb Tree Guardian”:

- 1) Plant a new tree - perhaps in your garden or in a public area (with permission) where you can look after it and meditate or meet beneath it.**
- 2) Nominate an existing tree in your garden, in a park, in the countryside, or even by the road, as a ‘Womb Tree’.**
- 3) Have an indoor tree or plant that is dedicated as a sacred Womb Tree.**

On each Worldwide Womb Blessing Day we are asking women to plant or nominate a Womb Tree and to meet together with other women to take part in the Blessing beside the tree. We are asking Womb Tree Guardians to look after their tree, to get to know the spirit of the tree, and to share the experience of sacredness with all women.

As a Guardian we ask that:

- if you plant a tree, that it is a variety native to your country
- if you wish to decorate your tree, please only use biodegradable items and please do not leave candle wax or rubbish around the tree
- if you wish to take a flower, leaves or branches from the tree, always ask permission of the tree and give a gift back in return – perhaps a little water from your drinking bottle

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Also:

- Please look after your tree through bad weather.
- Please respect the animals that live in your tree.
- Please use the Womb Tree to tell women about the Worldwide Womb Blessing®.
- Please use the tree as a meeting point for women to meditate, share and explore their female energies, their cycles, their spirituality and joy.

### To dedicate your tree:

We have provided a separate document containing Womb Tree Dedication Meditation for you to do and a link to a certificate to download to show that your tree has been dedicated as a sacred Womb Tree included in the International Womb Tree Project.

### Ideas for Full Moon meditations at your Womb Tree

Here are a few ideas of meditations you can choose from to do at your Womb Tree under the Full Moons between Worldwide Womb Blessing®s:

- The **'Womb Tree Meditation'** from the Worldwide Womb Blessing®.
- The **'Sharing Meditation'** from the Worldwide Womb Blessing® documents.
- The **'Full Moon Meditation'** from the Worldwide Womb Blessing website.
- The post Worldwide Womb Blessing **'Self-healing Meditation'** from the Worldwide Womb Blessing® documents.
- The **'Meeting Your Womb Tree Meditation'** from the book *'Female Energy Awakening'*.
- Reading the story **'The Awakening'** from the book *'Red Moon'*.
- Doing the **'Moon Animal'** and **'Meeting the Guardian'** exercises in the book *'Red Moon'*.
- Using the **oracle messages** from the book *'Spiritual Messages for Women'* as a focus for meditation and insightful wisdom.

