



Keep enjoying the Womb Blessing® energy!

During the month after receiving a Womb Blessing, enjoy the following 'Moon Breathing' meditation to stay connected to the beautiful Womb Blessing energy you have experienced.

You can do the meditation anytime and anywhere, and whenever you find fear and anxiety pulling you away from the beauty of the female energies that lie within you:

MOON BREATHING

Sit comfortably and take a deep breath.

See, know or feel that a Full Moon lies above your head bathing you in beautiful soft white light.

The light flows over you and through you.

(Pause)

Feel or know that it flows into your lower belly, filling it with moonlight.

(Pause)

Breathe normally.



As you breathe in, say in your mind:
'I open to this feminine light.'

As you breathe out, say in your mind:
'I let go and accept this light.'

Feel all tension flow away and gentle strength fill your being as you gently breathe and open and accept the light.

When you are ready to finish the meditation:

Place your hands over your lower belly and feel gratitude.

Smile. Open your eyes.

And take your moonlight into the world.