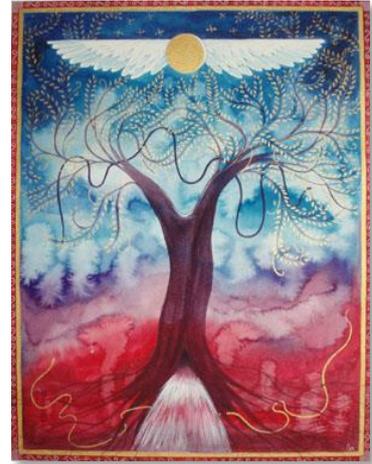


## Womb Blessing® Self-Healing Exercise

Each Womb Blessing opens us a little more to the Divine Feminine vibration of love and light called the MotherLight. We unfold like a flower opening to receive more energy, more healing, more awakening and growth.

Not many women realize that **any woman who has received a Womb Blessing®** – either a Worldwide Womb Blessing® or a Personal Womb Blessing® – **can connect to the MotherLight in a simple but powerful self-healing.** There is a short version in the Worldwide Womb Blessing documents, but here is a slightly longer version for you to use. (Moon Mothers® please share this page with your Receivers and in your Worldwide Womb Blessing® groups.)



So, enjoy this beautiful healing. It is a beautiful way to connect to the Divine Feminine to start your day or to unwind from your day and to relax in her light.

Sit or lie comfortably. Take a deep breath.

Imagine a large Full Moon above you, bathing you in her light and soft beauty.  
(pause)

Now imagine the Full Moon slowly descending until she fills your head and mind with her gentle light. Take a deep breath and feel her peace.  
(pause)

Imagine a second Full Moon slowly moving down from your head to lie over your heart.  
Place your hands over your heart.

Take a deep breath as the Moon fills your heart with radiant light and love.  
(pause)

Now imagine a third Full Moon moving down from your heart to lie within your lower belly.  
Imagine the Moon filling your womb area with beautiful silvery white light. Place your hands over your belly.

Take a deep breath and relax, aware of the moonlight glowing in your lower belly.  
(pause)

Be aware of all three Full Moons filling your head, your heart and your womb with their peace, love and light. Feel bathed in light.

Relax and enjoy!

At the end, thank the Divine Feminine for her beautiful gift of healing.