

## Womb Blessing introduction



### What is a Womb Blessing Attunement?

A Womb Blessing Attunement is a gift of energy from the Divine Feminine for healing the 'female Grail' - the womb - and healing and strengthening your personal connection to and embodiment of the Divine Feminine and the Moon and Earth within. It will also help to restore the feminine spirit to the World.

An 'attunement' is an energy technique that connects people to a healing energy, and the Womb Blessing is a way for me to bring this beautiful energy to you.

### Preparation for the Womb Blessing

Just like receiving a parcel, all you have to do is be open to receive the gift. However you may like to do some exercises in advance to help you to become more conscious of your womb centre and to awaken, embrace and enjoy its beautiful and empowering energies. If you are new to meditation these exercises will help you to practise for the Womb Blessing itself.

Over the next few days I will send you a number of exercises to do before the blessing, during the blessing and afterwards.

To receive the blessing you simply need to sit somewhere quiet and comfortable for about 20 minutes, but there are a few other things you may like to have with you:

- Two small bowls – about the size of Chinese / Japanese rice bowls. You will put water in one, to drink after the blessing, and a have a candle in the other. They obviously need to be waterproof and fire safe. These bowls will symbolise your sacred Grail, your womb, so choose bowls which feel beautiful, magical and special to you.
- Tea-light candle for the bowl
- A shawl or scarf – choose a colour that expresses the phase of your cycle, or the phase of your life, or the Divine Feminine.
- Relaxing music
- Something to eat afterwards

## Womb Tree meditation

This is a meditation that you may like to do as part of your preparation for the Womb Blessing. It will take about 5-10 minutes and can be done any time before the date of the Womb Blessing.

The Moon Tree is ancient symbol of the Divine Feminine and we can use it in meditation as a way to connect to our womb. Your womb lies just below your navel.

To do this meditation you do not need to be good at visualisation or be able to 'see' the images; energy follows intention. Throughout the meditation, be aware of how you feel emotionally, how you feel within your body and how you feel around your body. You may feel warmth or pressure in your womb, heart and hands as the energies start to flow and open these centres.

Close your eyes and bring your awareness into your body.

Feel your weight on the chair, the weight of your arms in your lap. Take a deep breath and feel centred within.

Bring your awareness to your womb.

See, know, feel or imagine that your womb is like a tree with two main branches, and with beautiful leaves and red, jewel-like fruits on the end. The Womb Tree's roots grow down deep within the Earth, connecting you and grounding you to her energies, and as you ground you may feel or see her energies flowing up into your womb.

Feel centred and balanced.

Now allow the image of your Womb Tree to grow until the tree branches separate at the level of your heart.

As you connect with this image, know or feel your heart centre opens and energy flows down your arms into your hands and fingers. Feel the connection of love between the Earth, your womb and your heart.

Relax. Feel strong, loving and empowered.

To end the meditation, allow the image or sense of your Womb Tree to shrink back down to your womb but keep awareness of the roots going deep into the Earth, giving you strength and grounding.

Bring your awareness back to your body, to your weight on the chair, and to the weight of your hands in your lap.

Gently wiggle your fingers and toes and open your eyes.

Now take this goddess energy out into the World.

## Some questions about the Blessing:

### **How long will the blessing take?**

About 20 minutes.

After 20 minutes you may like to continue with the additional meditation supplied for 10 minutes to help ground this beautiful energy into the Earth.

### **Can anyone receive the energy?**

Any woman, or any girl who has started her cycle, can receive the blessing. It is a wonderful opportunity for Mothers and Daughters to share their connection to the goddess.

Women who no longer have a cycle can also receive the blessing.

Pregnant women can receive the blessing. In any distant energy work we have free choice on whether to accept the energy, and the baby will be able to choose whether to receive the energy or reject the energy. The energy gift is given in accordance with Divine Will and Love, and will work with each of us individually according to our needs and path in life.

### **What if I can't meditate at the time I chose?**

You will still be sent the gift of energy but the energy will be 'stacked'. This means that your Higher Self will hold on to the energy until you have some quiet time in which to deliberately open up and receive the energy.

### **What if I'm not ready for the energy?**

Your Higher Self will hold on to the energy until you are ready to integrate it.

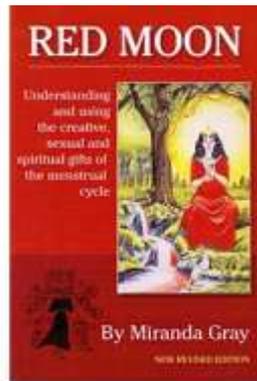
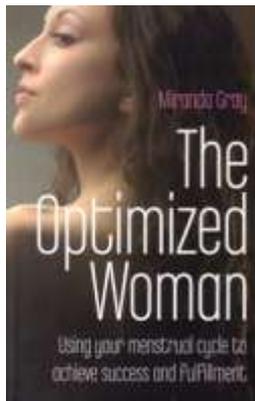
### **Is the blessing just about fertility?**

No. Fertility is a small but important part of our female energies. Our womb centre and our menstrual cycle bring us so many wonderful and empowering abilities and gifts. The Divine Feminine is dynamic and challenging, loving and nurturing, magical and sexy, creative and intuitive, and strong and wise - and so are we.

### **Can we receive the blessing in a group?**

Yes! This is a beautiful idea. After the 20 minute Womb Blessing, one of your group can read the additional meditation to help ground the energy in the World. This is a lovely way of sharing the gift that you have received. You may like to bring food for the group that reflects the Full Moon and the bounty of the Mother Goddess.

## Womb Blessing with Miranda Gray



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