

Mothers and non-menstrual Daughters taking part in the Worldwide Womb Blessing®

To receive the Womb Blessing® in person or through the worldwide Womb Blessing® you need to have a menstrual cycle in order to be able to integrate the energy and the awakening through the four female archetypes. However, at this time of huge stress, loss and uncertainty there is a need for us to support younger girls who have not yet had first menstruation.



The MotherLight energy of the Womb Blessing helps us to let go of stress and tension, to feel held and protected and to feel strong and confident, and it lifts our mood so that we can feel hope and to share this hope with others. The Sharing Meditation enables everyone taking part to help other women, because as we receive MotherLight our heart opens and we want to give.

These needs are not exclusive to adults - young girls can also feel the calling of the Divine Feminine and of the Moon as part of their soul expression and soul path.

Although young girls cannot receive the attunement aspect of the Womb Blessing, they can receive the MotherLight energy to support them in this challenging time.

Here is an adaptation of the Worldwide Womb Blessing® in which Mothers can take part with their daughters who have not yet had first menstruation.

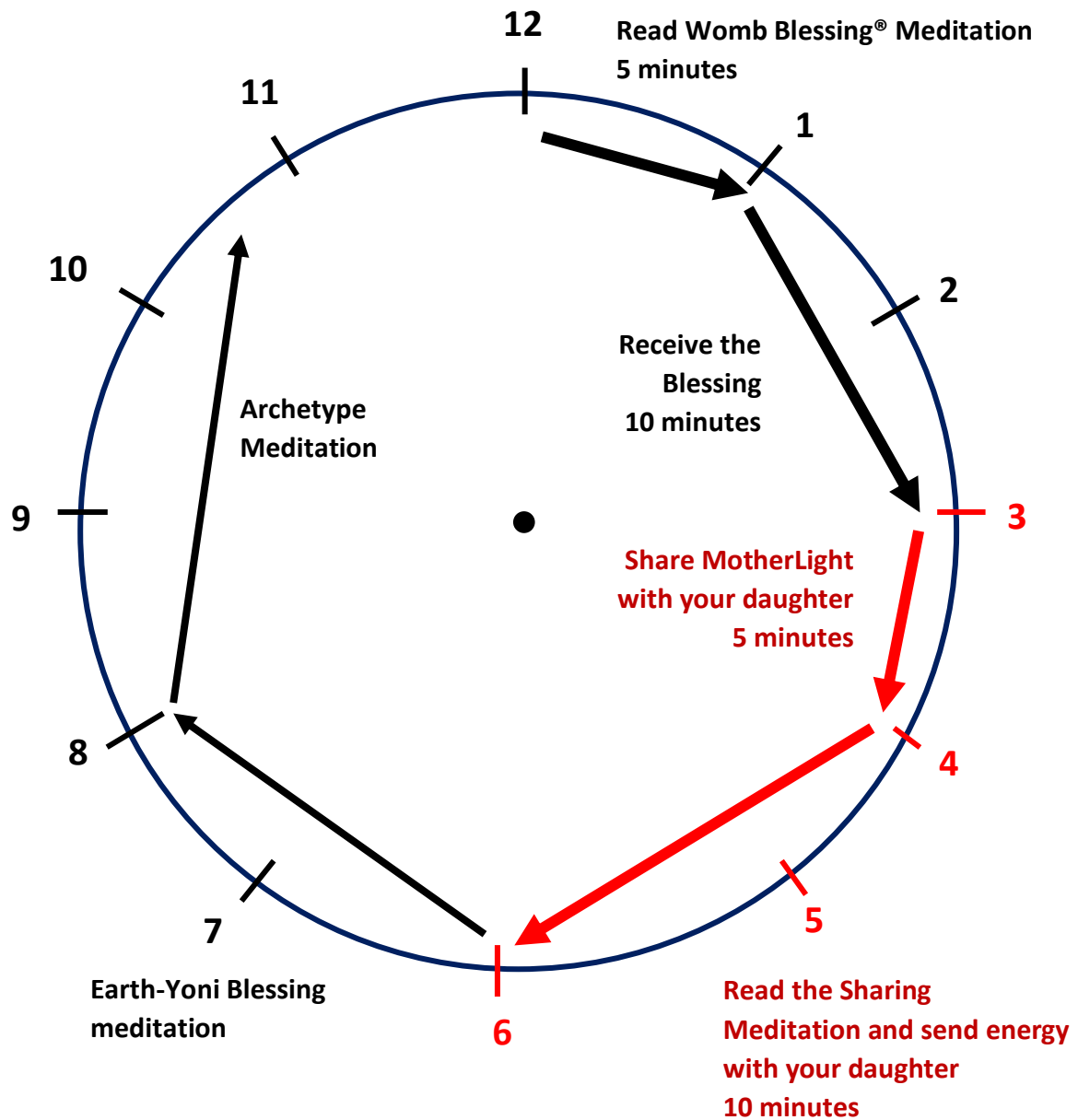
Preparation:

- A single 'Womb Bowl' for your daughter (it can be any type of bowl).
- If your daughter wishes, she may wear a shawl - but this is not a requirement.
- You will share the MotherLight with your daughter/s only **at the Chosen Time that you have registered** – this is because at this time you will be connected to the womb-to-womb network.

Worldwide Womb Blessing® Schedule

Black = Mother only

Red = Mother with non-menstrual daughter/s



How to take part

- 1) **Before your registered Chosen Time**, prepare all your own items and a Womb Bowl for your daughter.
- 2) **At your Chosen Time**, read the Womb Blessing® Meditation and sit until quarter past the hour, receiving the Womb Blessing yourself.

Your daughter can be in the room with you playing so she doesn't get bored – perhaps colouring the mandalas available in the Worldwide Womb Blessing download area.

- 3) **At quarter past the hour**, ask your daughter to sit or kneel facing you.

Be aware of your womb tree roots and the Full Moon above you bathing you in gentle white moonlight. The soft light flows over you and through you, opening your heart and flowing down your arms and out of the palms of your hands.

Place your hands gently on her head and say the following:

I ask that this MotherLight is given to my daughter for the highest good.

May she be filled with moonlight,

held in the Divine Mother's protection

and surrounded by her love.

May my daughter grow in love and light,

and walk her moonlit path with joy and happiness.

Relax as the gentle moonlight flows through you.

- 4) **For daughters who wish to join in the Sharing Meditation:**

*Please note that your daughter will only hold and send the level of MotherLight that is appropriate to her stage of growth. Her Higher Self will not connect her to the adult vibration.

At 20 minutes past the hour, bring your daughter to sit in your lap or to sit against you, so that she is facing outwards (away from you).

Describe to her your Womb Tree, and help her to visualise that she is sitting against the trunk of your Womb Tree with its roots below her supporting her, the branches above sheltering her, and the Full Moon in the sky above bathing you both in light.

Feel or know that your womb is connected to the womb of your daughter.

Out loud say:

You are the gift of my cycle.

You are the gift of my mother's cycle.

You are the gift of my grandmother's cycle.

You are the gift of the cycle of all of our ancestors.

You are the gift of the Moon.

Let the moonlight flow over you and through you.

Feel it flow out of your heart and hands.

Together do the Worldwide Womb Blessing® Sharing Meditation:

- a) Feel the moonlight flow out into other lands, changing the vibration to one of the Divine Feminine. Feel it healing, loving, soothing and nurturing the whole world.
- b) Feel the presence of all the other women around the world who are connecting with this energy at this time. Send it to them, and receive it from them, in love, sharing and communion. (Pause)
- c) Now allow the energy from the Moon above to flow from head to heart to womb and down into your Land.
- d) Let the energy awaken and heal the sacredness of the Land and the goddess in the Land. (Pause)

To finish the meditation:

Together imagine your Womb Tree roots growing deep into the Earth.

Take a deep breath.

Wiggle fingers and toes.

Smile.

Open your eyes.

- 5) Let your daughter rest and eat and drink something, and you can continue with the other meditations if you wish.

More than one daughter?

If you wish you can stop receiving your own Womb Blessing earlier (perhaps after 5 minutes of receiving) so that you have more time (10 minutes) to share the MotherLight energy with each of your daughters.

It is beautiful and deeply loving if you place your hands on each daughter's head in turn saying the prayer and letting the light flow through you.

A baby girl?

At quarter past the hour, hold your baby girl in your lap close to your womb.

Be aware of your Womb tree roots and the Full Moon above you bathing you in gentle white moonlight. The soft light flows over you and through you, opening your heart and flowing down your arms and out of the palms of your hands.

Place your hands gently around your baby and say the following:

I ask that this MotherLight is given to my daughter for the highest good.

May she be filled with moonlight,

held in the Divine Mother's protection

and surrounded by her love.

May my daughter grow in love and light,

and walk her moonlit path with joy and happiness.

Relax as the gentle moonlight flows through you.

Note: At the moment there isn't a version for boys, but when women align with their authentic femininity, they automatically create a sacred feminine space of protection and love in which their sons may grow.