

The Worldwide Womb Blessing®  
10th Anniversary Year  
www.wombblessing.com



## Circle of Sisters Full Moon Meditations. February Full Moon The Purity Moon Meditation

Close your eyes and bring your awareness into your body.

Take a deep breath.

Feel, know, or see that you are bathed in beautiful soft white moonlight.

(Pause)

Above you in the night sky shines a wonderful Full Moon, and in front of you lies a small white path reflecting the Moon's light.

(Pause)

You follow the path between moonlit trees to a small clearing containing a circular pool.

Next to a large tree, small waterfalls cascade over the smooth boulders into the pool, and the water sparkles in the moonlight.

The pool glows with the Moon Mother's light, and you feel the beautiful magic of this place.

(Pause)

With reverence, you slowly step into the waters of the pool. As the water reaches the level of your womb, you feel your womb centre open and its energies gracefully expand and merge with the water. Womb and pool become one.

(Pause)

You move slowly through the water to sit under one of the small waterfalls.

Tumbling water flows over you, and soft moonlight flows through you. It washes away your stress, your old emotions and restricting thought patterns, leaving you feeling naked and full of beauty and purity.

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With joy you reach up your arms and you fill with light.

In your mind say, “Mother through your beautiful light return me to my inner purity and beauty.”

(Long pause)

Take a deep breath.

Your old self is washed away, and in purity you are reborn.

(Pause)

Take a deep breath.

Light shines from you, and you know it is the light and beauty of the Sacred Feminine.

You are beautiful in your expression of her – in your true self as a woman.

(Pause)

Cupping your hands to fill with water, you lift them to the Moon Mother in gratitude, and you feel her love fill your heart.

(Pause)

As you gracefully step out of the pool you see a new moonlit path leading in a different direction to the original path.

You know that you have returned to the path you are meant to walk. Step onto the path to start a new journey bathed in moonlight.

(Pause)

Take a deep breath.

Smile at the light that shines within you.

Open your eyes.

## After the meditation

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You may like to stretch or dance after this meditation to feel the sensuality of your new energy and body.

Have something to eat and drink to ground you. Perhaps send the energy of purity into your treat before you eat it.