

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



Circle of Sisters Full Moon Meditations.

January Full Moon

The Peace Moon Meditation

Close your eyes and bring your awareness into your body.

Take a deep breath and let go

(Pause)

Feel, know, or see that around you is a beautiful snow-covered landscape lit by a large Full Moon.

Ice crystals sparkle turquoise, pink, and gold in the Moon's bright light.

Everything is still and silent, and a deep peace seems to flow up from the Earth. It flows up through your womb and into your heart.

(Pause)

You feel the gentle breathing of the hibernating animals under the earth, wrapped in their soft blanket of snow. You feel the soft dreams of the sleeping trees.

(Pause)

You know, deep within, that even if a storm blew across it, the land would still sleep in the embrace of the Crone.

Take a deep breath.

Let go.

(Pause)

Now is the time to just be.

Take a deep breath.

Let go.

(Pause)

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Surrender to the silence and the patient waiting of the land. There is nothing to do. You are enough, and you have done enough.

(Pause)

The feeling of peace grows inside you, and as you look at the winter landscape you see a small sphere of gentle golden light floating in the air. Another appears. And soon you see different coloured spheres of light around you, and you know that these are the dreams of the animals and trees.

Deep within you, knowledge stirs.

Moving your hands slowly, you gather the energy of the land in mist-like threads and form a ball of soft white light between your hands.

Holding the ball of light, you listen to your heartfelt love, and you place your dream into the sphere.

(Pause)

And as the sphere changes colour with your dream, you let it float out into the night under the Full Moon.

(Pause)

Each ball you make and release is a seed placed in the womb of the Crone to grow with her love.

Keep giving your dreams to the night and the Moon.

(Pause)

When you have released enough dreams, wrap your cloak around yourself and sit against a tree.

Feel the love of the Crone holding you and flowing through you.

Deep knowledge seeps into your being. In peace and stillness, there is no emptiness, there is only love.

(Pause)

Place your hands in a bowl-shape at heart level. See them fill with moonlight, and thank the Crone for her Peace Moon.

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Take a deep breath.

Smile at the peace within you.

Open your eyes.

After the meditation

Sit and enjoy the feeling of peace within you before stepping back out into the world.

Have something to eat and drink to ground you and to celebrate planting the seeds of your heart so they can grow in the world.

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