

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



## Archetype Meditation

### Special 10th Anniversary Year

### The Welcoming the Enchantress Meditation

<b>Enchantress Archetype Meditation</b>	
<b>Welcoming the Enchantress Archetype of Autumn</b>	
Northern hemisphere	August Worldwide Womb Blessing®
Southern hemisphere	February Worldwide Womb Blessing®

### When can I do the meditation?

You may like to take part in the following meditation after the 'Sharing Meditation' or after the Earth-Yoni Blessing Meditation.

As well as using this Enchantress meditation in association with the Worldwide Womb Blessing, you may also like to do the meditation:

- at any time during the autumn when the Earth Enchantress energies are strong
- at the decreasing moon, when the Moon is in her Enchantress energies
- during pre-menstruation when you embody the Enchantress energies.

### About the meditation

So often, we fear the Enchantress energies because they are powerful, transformational, instinctual, and unrestricted. The Enchantress energies are often experienced as negative and uncontrollable, because the Enchantress is fighting for our attention and for our acceptance of her and of our cyclic nature.

But when we open to the Enchantress and let her transformative magic flow, then we become magically connected to the world and we become more intuitive, creative, and empowered within

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our sexual and sensual energies. Her power is always formed from love, and it is only when the Enchantress is unwelcomed and unloved by us that she seems unloving.

You may like to have a beautiful dark shawl to wrap around yourself at the end of the meditation. Also have something nice to eat and drink at the end in celebration – something that reflects the energies of the Enchantress.

## The Meditation

Close your eyes and take a deep breath.

See, know, or feel that you stand at the top of a gentle hill next to a large tree. The tree's trunk splits into two main branches, and the branches are full of red, yellow, and gold-coloured leaves.

An Autumn wind encircles the hill, lifting some of the leaves from the tree and whisking them up into the grey, cloud-covered sky. High above, a black crow glides on the wind, calling.

(Pause)

Suddenly, energy spirals around you and through you. It gently lifts your hair, and your cloak swirls around you in the energy and the wind.

Stretching out your arms and tipping back your head, you feel a wild freedom rush through your body, down your arms, and out of your palms and fingertips.

(Pause)

Arms and hands change into black feathered wings and, transformed by power, you fly into the wind as a black crow.

A laugh becomes a croak as you soar on the wind through the spiralling leaves and high over the hill and tree.

(Pause)

Alive and free, you soar with the wind, your throat centre opening as you cry out your joy. Your heart centre opens as you outstretch your wings.

(Pause)

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Power swirls around you and through you. And as you glide back down to the hill, your crow-form returns to human-form and your bare feet step gently onto the soft grass.

Leaves swirl around as you breathe energy into your body. And you feel your body slowly moving in gentle circles as the energy spins around you.

(Pause)

Now bring your awareness down to your lower belly, and see or feel that a golden cauldron filled with clear, circling water lies in the cradle of your pelvic girdle.

The movement of the water gently draws the swirling leaves towards it and, falling into the water, they spin, glowing with golden light.

(Pause)

Feel yourself centring within your lower belly.

Feel female strength and power restored within you.

Feel comfortable and empowered in the magic of your body.

As stress falls away, body awareness builds and sensual gracefulness returns.

(Pause)

You smile as you breathe more deeply

Palms and fingers glow with energy, and you stand empowered in your personal energy, within your sensuality, and in your magic and power.

(Pause)

The Enchantress's crow perches in the tree branches above you and cries out, reminding you of her presence. You bow in deep respect and gratitude for her presence and energies.

(Pause)

Bring your awareness back to your body.

Take a deep breath.

Smile at the power shining from you, at your sensuality, at your acceptance of your body.

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Open your eyes.

## At the end of the meditation

Place your shawl around your shoulders.

You may wish to dance after this meditation to express the energies of the Enchantress that have awakened within you.

Then celebrate with something nice to eat and drink.

If you are in a group, share your experiences.

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