

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



Archetype Meditation

Special 10th Anniversary Year

The Welcoming the Maiden Meditation

Maiden Archetype Meditation	
Welcoming the Maiden Archetype of Spring	
Northern hemisphere	February Worldwide Womb Blessing®
Southern hemisphere	August 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 Maiden meditation in association with the Worldwide Womb Blessing, you may also like to do the meditation:

- at the beginning of spring when the Earth Maiden's energies are awakening
- at the first sight of the crescent Moon or as she increases in her Maiden energies
- when menstruation finishes and you are reborn in the Maiden energies.

About the meditation

When we work with the Four Female Archetypes of Maiden, Mother, Enchantress, and Crone, we see that life is a flow of energy from one to the other. We cannot understand who we are now without knowing who we were and who we will be. Every cycle that we experience – the cycle of the Earth, of the Moon, and of our body – has a beginning, a time of fullness, a time of decrease and release, and a time of empty potential.

In this moment between ending and beginning, we are given a gift - to leave behind the old month, or the old year, and all the associated emotional baggage and judgements, barriers, and hurt. If we

These meditations are only for your personal use or for Womb Blessing® groups and events. For permission for any other use contact enquiries@wombblessing.com

The Worldwide Womb Blessing® 10th Anniversary Year

www.wombblessing.com



let go, we can return to our authentic self, back into our inner purity and truth – a self that forgives and forgets and is full of hope for new patterns and higher thoughts and emotions.

You may like to have a new, unused white candle to light at the end of the meditation, and have something which you associate with the Maiden energies ready to eat and drink.

The Meditation

Close your eyes and take a deep breath.

Feel, know, or see that you sit in a group of women silently surrounding a small hearth. The fire has died down to ash and the last few embers.

There is a stillness around you, and a sense of peaceful waiting.

(Pause)

An old woman slowly climbs to her feet to stand next to the hearth. In a soft voice she speaks.

“In the beginning, the spark is small, but quickly it grows into a flame.

“The flame is hot, and we feed it so that the Maiden Fire can grow.

“When the heat is stable, we place our cauldron in the Mother Fire, and she weaves our ingredients together and creates nourishment.

“When the heat cools, we place stones by the fire and the Enchantress Fire brings her magic so our dough rises and bakes on the stones.

“Finally, the fire dies back to the glowing embers of the Crone Fire and, warm and with full bellies, we gaze in contentment into the glow and dream visions.”

(Pause)

The women start to hum softly as a young girl stands. She is dressed in a simple white tunic and her long hair falls down her back.

“From the Crone Fire comes rebirth,” she says in a clear voice.

These meditations are only for your personal use or for Womb Blessing® groups and events. For permission for any other use contact enquiries@wombblessing.com

Copyright © 2022 Miranda Gray all rights reserved.

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



The Maiden kneels next to the hearth, and from a bag she brings out some dried moss. Stirring the embers with a stick, she blows on a spark and in the dried moss a new flame is kindled. Slowly she blows life into the flame and, with the Crone adding sticks, a new fire is born.

As the fire illuminates the women's smiling faces, feel your heart open with the light and hope that the Maiden has brought.

(Pause)

Nothing stays the same, everything changes - and in this magical moment you are reborn to journey once again without the patterns of the past.

(Pause)

The young girl picks up a new candle, lights it at the fire, and gives it to one of the women. Each woman receives a candle and, in silence, leaves the group to start her own new fire.

The Maiden comes to you, and your fingers lightly brush hers as she hands you a candle. Suddenly the beautiful white light of the Maiden fills you.

Joy and love open and fill your heart.

(Pause)

You know that everything you have been carrying that is not in alignment with your highest self lies in the ashes of the hearth.

And every part of you - every memory, every thought and emotion, every part of your body - is cleansed and uplifted by the Maiden's new light and returned to purity.

(Pause)

The Maiden smiles at your joy. And you know deep within that something wonderful and unstoppable has started and that it will grow within you like a flame and influence every aspect of who you are and how you interact with the world.

(Pause)

In your mind you hear the Maiden say, "The pure light of love." And you know that this pattern now resonates in your heart and in your womb.

These meditations are only for your personal use or for Womb Blessing® groups and events. For permission for any other use contact enquiries@wombblessing.com

Copyright © 2022 Miranda Gray all rights reserved.

The Worldwide Womb Blessing® 10th Anniversary Year

www.wombblessing.com



(Pause)

You take the candle and bow to the Maiden in deep gratitude for her gift.

Like the other women, you turn away and leave behind your old emotions and patterns in the ashes of the old fire.

Feel deeply that you turn your back on the past and that the new radiant light within you is who you are meant to be.

Take the love and light and the joy and excitement of the Maiden out into the world and create a new beginning with her energies.

Take a deep breath.

Smile.

Open your eyes.

At the end of the meditation

Light your candle remembering the feeling of the Maiden's energies. Then celebrate with something nice to eat and drink.

If you are in a group, share your experiences.