

The Worldwide Womb Blessing®  
10th Anniversary Year  
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## Circle of Sisters Full Moon Meditations.

### December Full Moon:

### The Dream Moon Meditation

Close your eyes and take a deep breath.

Feel the weight of your body on your cushion or chair.

Feel your heaviness.

Take another deep breath.

(Pause)

Feel, see, or know that you stand in a landscape bathed in bright white moonlight.

In the contrast between the shadows and the moonlight on the hills in front of you, you see the outlined features of a woman lying asleep. Her curvaceous hips, breasts, and belly create the hills, her long hair forms the forests and the meandering streams, and her breath creates the gentle night breeze.

As the sleeping woman breathes out, you breathe in.

(Pause)

As she breathes, she dreams of love.

As she breathes out, you breathe in love.

*(Pause, breathing gently.)*

As she breathes, she dreams of peace.

As she breathes out, you breathe in peace.

*(Pause, breathing gently.)*

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As she breathes, she dreams of you.

As she breathes out, you breathe in your true self.

*(Pause, breathing gently.)*

As she breathes, she dreams of your life.

As she breathes out, you breathe in well-being.

*(Pause, breathing gently.)*

As she breathes, she dreams your path ahead.

As she breathes out, you breathe in the first step of your new life.

*(Pause, breathing gently.)*

Under the Moon, bathed in its light, you and the Divine Feminine together breathe her dream into the world.

*(Pause)*

Within their burrows, in their nests, the animals sleep and remember themselves as part of the dream that swirls around them in gentle glowing sparkles.

Around you, you notice the golden sparkles of your own dream.

Cupping your hands together, you hold the beautiful energy, and you know that you can place a wish into the dream.

Take a moment to feel or to know your wish.

*(Pause)*

You gently blow your wish into your hands, and from them a small golden star rises into the night sky.

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Across the Land, you see other golden stars rise gently up into the night to become the companions of the Dreaming Moon.

Like the Earth and the creatures of the Earth, you sleep and dream under the Moon.

(Pause)

Take a deep breath.

Smile at the dream of the Divine Feminine that you have breathed into yourself.

Feel the dream resting in every aspect of yourself, returning you back to your original shape and path.

(Pause)

Take a deep breath.

Wiggle your fingers and toes - and open your eyes.

## After the meditation

This meditation brings us back to our true self, the pattern of who we are that was originally dreamed into the world by the Divine Mother. We do not need to do anything except relax back into the dream.

Perhaps before you sleep each night, connect with the sleeping woman - and let her breathe you into yourself.

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