

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

### June Full Moon: The Love Moon Meditation

Close your eyes and take a deep breath.

Feel, know, or see that you stand in a beautiful woodland. The sunlight is warm on your face.

Everything feels vibrant with life, with happiness and fertility.

(Pause)

In front of you stands a large tree full of bright green leaves, small white flowers, and red jewel-like fruits.

(Pause)

Sitting at the foot of the tree is a pregnant woman. She is dressed in a pale pink gown embroidered with roses, and her long hair is braided and decorated with white flowers.

In her hands she tenderly holds a small baby bird.

Take a deep breath and smile.

(Pause)

The mother looks up and smiles at you. There is so much welcome and kindness in her eyes that you feel your heart open and fill with her soft love.

(Pause)

Feel, deep within, her love for everything that you are. Feel her joy at your presence and at your uniqueness.

Feel that you are nurtured and free to be yourself.

(Pause)

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You sit on the grass in front of the mother, and you feel the pressure of the outer world wash away from you. For a moment you sit the sanctuary of the mother, protected and disconnected from the stress of everyday life.

(Pause)

The mother gently gives you the baby bird, and you feel its warm soft feathers in your hands.

Nurturing love flows through your heart and hands to envelop this small life.

(Pause)

You realise that in your love and willingness to care for others your barriers and stresses are washed away. In the feelings of wanting to nourish others, there is centred strength and calm.

(Pause)

You realise that although the power of love feels soft and gentle, it breaks through the patterns of the modern world and allows you to be who your truly are – a loving, gentle, empowered, creative, sensual, and spiritual woman.

(Pause)

Feel love for yourself and the desire to care, to nourish, and to nurture yourself.

(Pause)

You look at the world around you, and you see the soft pale pink light of love that envelops the Earth. You know that you are part of a single vibration of love.

(Pause)

You are never alone, never disconnected, and never without love. It is the energy that gives you being and that nourishes you and your life.

Feel the gentle happiness and strength that this love brings you.

(Pause)

With gentleness you return the baby bird to the mother, feeling gratitude for the mother's presence.

(Pause)

Bring your awareness to your physical heart and hands. Feel or know that love flows through them with the blessing of the mother.

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(Pause)

Take a deep breath and smile. Smile your love into the world.

Open your eyes.

Enjoy the feelings of love and connection for a few moments before moving and returning to the everyday world.

### After the meditation

Move gently after the meditation, feeling that you walk through a field of love. Touch everything with deliberation and care. Let the tips of your fingers be the mother's touch that blesses everything with caring love and nurturing.

If you are in a group, enjoy giving your love and attention to the women as they share their experiences, and enjoy sharing your food and the feeling of supporting others.