

The Worldwide Womb Blessing®
10th Anniversary Year
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Circle of Sisters Full Moon Meditations. August Full Moon: The Abundance Moon Meditation

Bring your awareness into your body and take a deep breath.

See, know, or feel that you stand under the night sky.

In front of you lies an ancient grass-covered mound several storeys high. A galaxy of stars stretches across the sky above you.

You know that the mound was built by the ancient people of this land to celebrate the abundance of the Earth Mother.

(Pause)

Around you, in the soft warm darkness, a feeling of anticipation builds.

Take another deep breath.

(Pause)

On the horizon, at the foot of the mound, the sky begins to brighten.

A large Full Moon slowly rises next to the ancient hill. Her face radiates a gentle light and, in wonder, you feel blessed by her beauty.

(Pause)

As the Moon slowly rises following the outline of the mound, you see what the ancestors saw – the Earth Mother giving birth to the Moon, and her daughter moving over her giant belly towards her breasts.

In this moment of wonder you feel the sacredness of the land. You feel the deep magic created when the fullness of heaven and Earth come together in love.

(Pause)

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As the Moon rises further up along the mound's outline you see that there is water surrounding the mound forming the body of the Earth Mother.

(Pause)

The moonlight turns the water milk-white as the breasts of the Earth Mother offer up the abundance of her milk to her new-born daughter.

(Pause)

Take a deep breath.

There is a stillness in this moment - a space for wonder, for ripening, for life, for the fullness and the completeness of the Earth and the Moon.

As the moonlight washes over you, you feel the immense abundance of life and the love of the Divine Feminine that flows through it.

(Pause)

Bring your awareness to your own belly and feel the creative power that lies within it and within your femininity.

Just as the Earth Mother births her daughter into the world to bless it with abundant light, you are the birth mother of your own physical children and idea children. You give them life and nurture them so they may shine into the world.

(Pause)

The light of the Moon reflects on the water in front of you.

Bending down, you pick up a small silver cup and scoop up the Moon-blessed water.

As you drink, the water fills you with energy and you know that you and your life are enriched with the abundant creative power of the Earth Mother and her daughter.

(Pause)

Bring your awareness to your heart and feel gratitude for this gift.

(Pause)

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Smile at Earth Mother and her daughter in the sky front of you.

(Pause)

Smile at the creative power that lies within your womb and being.

(Pause)

Take a deep breath.

Open your eyes.

After the meditation

This meditation is a celebration of life and of abundance.

Perhaps in advance use your creative energies to make a cake to represent the Earth Mother and cookies to represent the Moon-daughter. Or maybe you could create a bowl full of colourful vegetables or salad ingredients to represent the fruitful womb of the Mother.

Enjoy your feast!