

The February Worldwide Womb Blessing

The Worldwide Womb Blessing® awakening and healing women's energies since 2012

Originator: Author and teacher Miranda Gray



[Click here for Miranda's personal welcome](#)

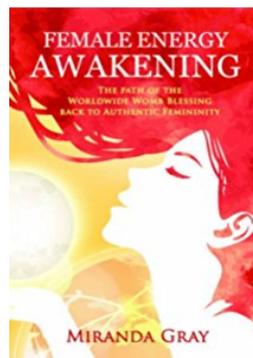
I am delighted that you will be taking part in the Worldwide Womb Blessing.

The Blessing is not only intended to bring regular healing and connection to your own womb and femininity, it is also designed to anchor the Divine Feminine Blessing into your Land. This helps the female energies awaken in all people and brings loving, caring and creative energy into the world to inspire a new direction for humankind.

Please enjoy the energy you have received and the journey each Blessing will take you on towards wholeness and the celebration and joy of being a woman.

Love and blessings, Miranda

Find out more about the Worldwide Womb Blessing in [Miranda Gray's 'Female Energy Awakening.'](#)



Before your Womb Blessing®

Just like receiving a parcel, all you have to do is to be open to receive the gift of the Womb Blessing. Just like receiving a parcel, all you have to do is to be open to receive the gift of the Womb Blessing

On worldwide Womb Blessing Day

What do I need to take part?

You will need:

- **Two small 'Womb Bowls'** – they can be any type of bowls or cups.
- **A shawl or scarf** to place around your shoulders to create a sacred space and to bring your focus into your body.
- [The Womb Blessing Meditation](#) and the [Sharing Meditation](#) provided below, or [download an audio version](#).
- Something to eat afterwards

To enhance the experience, you may like to:

- Play some relaxing music.
- Create an altar
- Decorate the room to reflect the Archetype of the earth.
- Do the meditation with friends and family in person or online.
- Take part in the additional meditations:
 1. [The Earth-Yoni Meditation](#)
 2. [The Northern hemisphere Seasonal meditation](#)
[The Southern hemisphere Seasonal meditation](#)

Choose the meditation for your hemisphere and check in the meditation text to see what you will need.

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How to take part:

Easy step-by-step

Step 1: At your Chosen Time read the beautiful Womb Blessing meditation at your Chosen Time. (5 minutes)

Step 2: Receive the Blessing. Sit quietly, relax and receive the beautiful energy (15 minutes)

Step 3: Send and receive light. Read the Sharing Meditation and send and receive light and love from all the women taking part around the word (10)

Step 4: Celebrate! Drink and eat and celebrate your beautiful female energies!

Step 5: Take part in extra female energy meditations! As well as the Womb Blessing meditation, you can also take part in one or both of the following additional meditations:

1. The Earth Yoni Blessing
2. The Seasonal meditation

Then **Celebrate!** Drink and eat and celebrate your beautiful female energies!

Step 6: Continue your journey of awakening and healing... register for your next Worldwide Womb Blessing.

Receive another personal Womb Blessing to open and heal deeper levels of your feminine energies, enjoy another Earth-Yoni Blessing, and discover the next seasonal meditations.

We will let you know when registration is open! 😊



<https://www.facebook.com/worldwidewombblessing/>



<https://www.instagram.com/wombblessing.mirandagrays/>

1. The Womb Blessing® Meditation

Before your registered Chosen Time for the Blessing:

Fill one Womb Bowl with water, to represent The Living Waters of the womb, and place a small candle in the other bowl to represent the Light of the Blessing that will fill your womb centre.

Place the bowls somewhere safe in front of you so that they will not be knocked over.

At your Chosen Time:

Close your eyes and bring your awareness into your body.

Feel your weight on the cushion, the weight of your arms in your lap. Take a deep breath and feel centred within.

Bring your awareness to your womb; see, know, feel or imagine that your womb is like a tree with two main branches, and beautiful leaves and red jewel-like fruits on the end. Feel or imagine that the roots of the tree grow down deep within the darkness of the earth, connecting you and anchoring you, allowing you to receive golden energy into your womb.

Feel grounded and balanced.

Now allow the image of your Womb Tree to grow until the tree branches separate at the level of your heart. As you connect with this image, see or feel your heart centre open and energy flow down your arms into your hands and fingers. Feel the connection of love between the earth, your womb and your heart.

Still in awareness of your heart, look up and see or feel that the tree's branches continue to reach upwards to cradle a Full Moon above your head. The beauty of the Full Moon bathes you in a pure silver-white light that washes through your aura and over your skin.

Open to receive the light of the Moon. Allow it to enter through your crown and fill your brain with light. Relax further, and receive this light into your heart. Relax even further, open your womb and allow this energy into your womb in blessing.

Sit relaxed receiving the Womb Blessing energy and attunement until 20 past the hour.

To finish the meditation:

Bring your awareness back to your womb centre and grow your Womb Tree roots into deep into the Earth.

(If you are going to continue with the other meditations you do not need to do the following part)

Take a deep breath.

Wiggle your fingers and toes.

Smile.

Open your eyes.

Drink your Womb Bowl water and have something nice to eat.

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2. The Sharing Meditation

Once again be aware of the Moon above your head, and allow its energy to bathe you with light. Feel the light fill your head and your heart and flow down your arms to your hands.

Allow the energy to flow from heart and hands into the World.

Feel it flow out into other lands, changing the vibration to one of the Divine Feminine. Feel it healing, loving, soothing and nurturing the whole world.

Feel the presence of all the other women around the world who are connecting with this energy at this time. Send it to them, and receive it from them, in love, sharing and communion.

(Pause)

Now allow the energy from the Moon above to flow from head to heart to womb and down into your Land.

Let the energy awaken and heal the sacredness of the Land and the goddess in the Land.

(Pause)

To finish the meditation:

Bring your awareness back into your body and grow your Womb Tree roots into deep into the Earth. Feel your weight on the chair. Take a deep breath. Wiggle your fingers and toes. Smile. Open your eyes.

Drink the water from your Womb Bowl. Have something nice to eat and drink in celebration.

If you wish, you can participate in one of both additional meditations:

1. [The Earth-Yoni Blessing](#)
2. The Seasonal mediation for [the North](#) or [the South](#).

Refill your water in your Womb Bowl.

Optional Meditations

The following activities can be added after the Sharing-Meditation.

3. Earth-Yoni Blessing

The **Earth-Yoni Blessing** is a worldwide sharing of Divine Mother energy in which participating women receive the Earth-Yoni Blessing energy to bring healing, and to restore sacredness, to their Yonis (a Sanskrit word for the vagina and vulva).

The Earth-Yoni Blessing is a freely given gift of love for the healing of all women. I hope you enjoy it. Love and hugs Miranda

The Yoni

The Yoni is a sacred shrine. It is the beautiful gateway through which energy from the Earth enters our body, the gateway through which life emerges, and through which we connect to the Earth. The Yoni links the outside world with the inner darkness and spiritual centre of our womb, and grounds us in the Earth. It is the physical shrine of the Divine Feminine in her aspect of young girl, adult woman, mature woman and elder woman.

In this simple blessing the Divine Mother returns to us, to heal the alienation and awaken her energy and presence in our lives.

How to take part:

1. **Read through the meditation** below, imagining the scenes as you read. If you have organised a group, you may like to choose one woman to read the meditation.
2. Sit quietly to receive the Earth-Yoni Initiation. You may feel tingling in your body, you may be aware of energy, colours or the Divine Feminine, or you may simply feel peaceful.
3. If you wish you may continue with the Seasonal Meditation. If you wish to end the session, stretch, drink your water and eat some food to help you ground. Eat consciously - savouring every bite and knowing that you are eating the body of the Mother – make eating a sensual prayer of love and connection.

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The Earth-Yoni Blessing Meditation

The Blessing will take 10 minutes. Bring your hands into the **Yoni position** (see photograph).

If you have difficulty making the shape, just make sure that your hands are comfortable. Think of your hands making a heart-shape.

Read through the meditation below, giving yourself time to visualise and experience each aspect of it.

Sit comfortably and close your eyes.

Bring your awareness to your womb, your Yoni and to the Earth. Breathe deeply.

See, know, feel or imagine that you stand on a beautiful beach with the waves gently washing your feet. In front of you is a small sacred island covered in ancient trees.

(Pause)

Winding upwards between the trees is a rough path beside a small stream. You hear the noise of the stream as it flows in little waterfalls among the boulders.

You follow the path upwards aware of the Earth beneath your bare feet, the gentle energies of the trees, plants and animals around you, and of warm touch of sunlight. You relax as you climb and feel the sacred connection between your Yoni, life and the Earth.

(Pause)

The path ends at the source of the stream, which is a small shrine nestled between two huge white boulders. You see the water emerging from the opening of the shrine of the Earth Mother, and you feel the presence of her love surrounding you.

(Pause)

You enter the circular shrine and a single high window of stained glass fills the space with beautiful colours. You see plants, animals and birds outlined in the glass.

In the centre of the space is a large white circular bowl with a long lip from which the waters of the bowl flow down to create the stream. You sit on a beautiful decorated cushion in front of the bowl.

Feel your Yoni open and energy awakening within it.

Your heart, Yoni and womb, all fill with the goddess's energy and deep love.

(Pause)

To finish:

Cup your hands and drink from the waters flowing from the bowl. As you drink, make a commitment in your heart to the Divine Mother that you will pass her blessing on to other



women. Feel gratitude for the deep connection she has made with your heart, your Yoni and the Earth.

(Pause)

Bring your awareness back to your physical body. Feel the weight of your body.

Take a deep breath and wiggle your fingers and toes.

Open your eyes and smile.

You may return to the shrine at any time to receive support, energy, guidance and love from Divine Mother.

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4. The Northern Hemisphere Seasonal Meditation:

Womb Renewal Meditation

About the Womb Renewal meditation

The Universe flows in cycles; the cycle of stars across the night sky, the cycle of the seasons, of the Moon, of the tides, of life and of women. Each new cycle begins after a phase of low energy and stillness, and in that moment of magic between one cycle and the next we have the opportunity to cleanse, renew and leave the past behind.

The 'Womb Renewal' meditation is not a cleansing because the womb is 'dirty' but because it is in our nature to hold on to old limiting patterns, old feelings, and old emotional and physical memories – things that we no longer need and which often restrict and limit us. We are given this gift; a time to let go of these things and to enter the new cycle lighter and more radiant.

On Womb Blessing Day it can be particularly powerful if you are in your pre-ovulation phase at the time of the 'Womb Renewal' meditation because you share the same energies as the Earth Mother.

The Womb Renewal Meditation

You will need to have your Womb Bowls in front of you.

Close your eyes and take a deep breath. Bring your awareness to your physical womb or womb energy centre.

See, know or feel that deep within the waters of your womb lies a radiant Moon. (Pause)
Be aware of the Moon above, and allow her light to flow down through your crown, through your heart and into your womb. Place the first two fingers of either hand over your womb area.

See or feel the link between the Moon above and the Moon in your womb. (Pause)
Keeping your fingers in position, bring your awareness to the Moon above.

Say in your mind or out loud:

I let go of all physical hurts and breathe in goodness and purity

Breathe in moonlight down into your womb. As you breathe out normally, notice the Moon in your womb growing brighter in light and radiance. (Pause)

Again bring your awareness to the Moon above. Say in your mind or out loud:

I let go of all emotional hurts and negative energy connections, and breathe in love and beauty into my womb.

Breathe in moonlight to your womb and notice the radiance growing to fill the whole of your lower belly. (Pause)

Bring your awareness to the Moon above. Say in your mind or out loud:

I let go of all guilt and mental pain, and breathe in love and joy into my womb.

Breathe in moonlight to your womb and notice the radiance growing to fill the whole of your lower belly. (Pause)

Bring your awareness to the Moon above. Say in your mind or out loud:

I let go of what has been and the things I no longer need,
and breathe in purity, goodness, love and peace into my womb and into the world.

Breathe in moonlight to your womb and notice the radiance expanding out into the world.
(Pause)

When you are ready, allow the radiance of the Moon in your womb to lessen until you just see a new and beautiful womb glowing gently with light.

When you feel ready to end the meditation:

Grow your Womb Tree roots deep into the Earth. Take a deep breath and open your eyes and smile ☺

See the candle in your Womb Bowl as a symbol of the light in your new womb.

Touch the water in your other Womb Bowl and touch it to your lower belly.

Now take the radiance of the Divine Feminine and your renewed womb out into the world.

Drink your Womb Bowl water and eat and celebrate!

When else can I do the meditation?

- At the beginning of spring when the earth's Maiden 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.

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4. The Southern Hemisphere Seasonal Meditation:

Creating Abundance Meditation

About the Creating Abundance Meditation:

Connect with your female creative energies of abundance to create your dreams. At this time of first fruits and harvest we celebrate the power of abundance that lies in all of us, and in this meditation thousands of women around the world will help you to manifest your dreams.

Before you do the meditation, take time to think of something that you wish to bring into your life. You can be specific about how you wish this abundance to manifest; for example, better health and well-being, more money or a new job, a loving relationship, help and support, a holiday, or something you would really love to have.

On Womb Blessing Day meditation it can be particularly powerful if you are in your pre-menstrual phase at the time of the 'Creating Abundance' meditation because you share the same energies as the Earth Mother.

The Creating Abundance Meditation:

Place your hands together to create a bowl shape – a 'Womb Bowl'.

See or know that in your hands you hold the seed of something new.
Place in this seed your desire for abundance in your life and your wish for how it will manifest.

(Pause)

As you think about your wish, notice how your heart opens and fills with joy and happiness.
Allow this happiness to flow from your heart to fill the Womb Bowl of your hands with love.

(Pause)

Now see or know that the seed in your hands represents the seeds of all the women taking part in this meditation.

See that seed glow with a beautiful loving energy, showing its connection to all these women.

(Pause)

Become aware of the full moon above you.

Feel, know, or see the moonlight flowing over you and down through your arms to fill the bowl of your hands with light.

Know that you are blessing and manifesting the desires of all the women taking part and that at this moment, every woman is also blessing your desire with moonlight.

(Pause)

Know that for every woman taking part, the seed of her abundance starts to awaken and grow in love and moonlight.

Know that the blessing of moonlight combined with the intention of thousands of women worldwide has awakened your abundance... and it will appear in your life.

When you feel ready to end the meditation:

To end this meditation, bring your awareness to your Womb Tree and grow its roots down into the earth. Gently wiggle your fingers and toes and open your eyes - and smile ☺
Now take your love and abundance out into the world and share it!

Drink your Womb Bowl water and eat and celebrate!

You do not need to do anything to 'create' your desire, simply relax and enjoy receiving all the abundance sent to you in the meditation.

In a group

You may like to ask the women attending to print out or cut out an image representing what they wish to create in their lives and to bring it to the group. Women can hold the image in their bowl hands during the meditation and take it home to use as a focus for the daily practice given below.

Continuing your abundance:

To keep the vibration of your manifesting singing in the world, you may like to follow this exercise in the month after the Blessing.

Every day sit relaxed for approximately 5-10 minutes holding your hands in the Womb Bowl position, and:
See, know, feel or imagine that there is a full moon above you. Relax as its beautiful light flows through your aura and over your skin.

Allow your hands to fill with moonlight, and relax.

Know that the energy of the Worldwide Womb Blessing is continuing to positively heal your patterns around abundance; that it is reawakening your female energies of inspiration, creativity, love and passion; and that it is helping to create the magical desires you feel in your heart and in your soul.

At the end the exercise, smile and allow the loving abundance of your female soul to shine through you throughout the day.

When else can I do the meditation?

- At any time during the autumn when the earth's 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.