

The May 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](#)

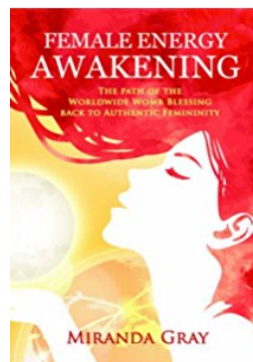
I am delighted that you will be taking part in the Worldwide Womb Blessing.

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 mediation 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 read 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:

Embracing our Sexuality Meditation

About the 'Embracing our Sexuality' Meditation

Flowers are a wonderful reflection of the beauty and sensual nature of female sexuality. They show us that our sexual nature is beautiful when it is open, and that it is there to be seen, nurtured and enjoyed.

Both traditional views and modern advertising can restrict and damage our view of female sexual energies. It is time to allow the flower of our sexuality to open and for us to accept it in all its beauty and enjoy how it naturally expresses itself in our lives. Freed from fear, limitation and expectation we can discover our true sexual sacredness.

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

Embracing our Sexuality Meditation

You will need a flower or a bunch of flowers in front of you before you start the meditation.

Close your eyes and bring your awareness into your body.

Feel or know that your Womb energy centre lies in your lower belly. Take a deep breath and relax this part of your body.

Open your eyes and gaze at the flower before you. Flowers are a beautiful reflection of our Divine Femininity.

As you breathe in, breathe in the beauty of the flower:

In your mind say 'I breathe in the beauty of this flower into my womb.'
Know that your body and your sexuality are beautiful. (Pause)

Now breathe in the softness and fragrance of the petals:

In your mind say 'I breathe in the sensuality of this flower into my womb.'
Know that your body's sensuality is your natural female way to connect with the world. (Pause)

Breathe in the openness of the flower:

In your mind say 'I breathe in the openness of this flower into my womb.' Know that your body's sexuality opens you to the world to give and receive. (Pause)

Breathe in the energy of love and life that surrounds your flower:

In your mind say 'I breathe in the love and life of this flower into my womb.' Know that your sexuality is the energy of love and of life. (Pause)

Now imagine or know that you place the flower in your womb:

Feel that your sexuality and sensuality are not meant to be hidden in the dark but to be open in the light. (Pause)

Feel that your sexuality and sensuality are the beautiful expressions of the Divine Feminine to be appreciated and enjoyed.

(Pause)

Know that like flowers our sexuality and sensuality come in many different forms and each has its own beauty and sacredness.

(Pause)

Throughout the day bring your awareness to the flower in your womb and allow its beauty and energies to flow through you in the way you walk and talk and interact with the world.

When you feel ready to end the meditation:

Finish the meditation by thanking the Divine Feminine and the flower:

I thank the Divine Feminine for the beauty of my body, my sensuality and sexuality.

Bless me that I may grow in total acceptance of this beautiful and sacred aspect of myself.

I thank this flower for its gifts of sensuality, sexuality, love and life,

and I ask that these energies lie in my womb and grow in harmony within me.

Smile ☺

Drink your Womb Bowl water and eat and celebrate!

In a group

You may provide each woman with a flower, or you can have a large arrangement of flowers in the centre of the circle for women to focus on. At the end of the meditation, you can give each woman a flower from the arrangement to take home.

When else can I do the meditation?

- At any time during the summer when the earth's Mother energies are strong.
- At the full moon, when the moon is in her Mother energies.
- During ovulation when you embody the Mother energies.

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4. The Southern Hemisphere Seasonal Meditation:

Healing the Mother Ancestors Meditation

About the 'Healing the Mother Ancestors' meditation:

Within our bones, within our DNA, we hold the patterns of our ancient Mother Ancestors - the mitochondrial line. This is the DNA which is passed from a mother to her daughters and sons, but it is **only her daughters** who can pass it on to the next generation. This meditation focuses on healing the womb-to-womb line, our mitochondrial lineage.

Deep within our DNA and cellular memory, we are linked to our Mother Ancestors; to their trauma, pain, and suffering, but also to their strength, courage, resourcefulness and wisdom. If we go far back in time we find that the human race comes from a very small population. So when a large group of women send healing back far enough in time through their womb-to-womb line, they also send healing down through that line to everyone in the present. This makes the 'Healing the Mother Ancestors' meditation a very powerful healing for everyone.

In Northern tradition, Samhain or Hallowe'en is the celebration of the Earth Mother turning from the archetype of Enchantress to Crone.

It is also the best time to journey into the Underworld, the land of the ancestors, to heal our maternal line and to release the beauty, magic, strength and wisdom of that line into our lives.

For this meditation you will need to create physical representations of your female line – your mother, daughter, grandmother, great-grandmother, etc.

On Womb Blessing Day it can be particularly powerful if you are menstruating at the time of the 'Healing the Mother Ancestors' meditation because you share the same energies as the Earth Mother.

Healing the Mother Ancestors Meditation:

Place your doll(s) between your Womb Bowls - the water bowl on the left, and the candle bowl on the right.

Connect with your Womb Tree and grow your roots deep into the Earth. *(Pause)*

See, know or feel that above you lies the most beautiful Full Moon, bathing you in silver light. *(Pause)*

Be aware or imagine that around you stand the women of your maternal line, bathed in the Moonlight. *(Pause)*

Notice how they look.

Some come from the recent past. Others from our ancient past. Some even from the first distant families of humanity.

Hear their voices, their wisdom and the song that they bring.

Feel their love, for in this space they are all your mothers. *(Pause)*

Be aware that your Mother Ancestors are also the ancestors of other women in the World. We are all sisters of the same family of women throughout time. By healing your line you heal the line of others.

Take a deep breath, and place your fingers above the womb area of your doll.

Say out loud or inside:

I ask for the Divine Mother's love and healing to be given to all my Mother ancestors and to my maternal line.

May all genetic patterns and cell memories be healed.

May all energetic memories and group memory be healed.

May love and peace be restored to me and my line.

May my Mothers walk with me in beauty and in love.

See or imagine full moons on the palm of each of your hands. Allow the peace and love of the Divine Feminine to flow through you, through your hands and into the doll. *(Pause)*

Feel or imagine deep within, that your patterns are healing and that you are gently and deeply being transformed. Feel your heart open with love to embrace your Mothers. *(Pause)*

When you feel ready to end the meditation:

Take the white thread and tie it around your doll. This is a symbol of the healing of your maternal line and of the restoration of your authentic and free femininity. Say out loud or inside:

Mothers I thank you all for the life you have given me,
for your courage through adversity to give birth to your daughters – my mothers,
for the body you have all given me
and the aspects of you that I show to the world,
for your gifts and talents and abilities
and for your wisdom that lies deep within my bones.

I never walk alone because you are with me.

My love and gratitude.

Bring your awareness into your body. Take a deep breath and wiggle your fingers and toes. Open your eyes, take a deep breath. And smile 😊

Drink your Womb Bowl water and eat and celebrate!

In a group

You may like to have each woman place her dolls in a circle, on an altar or in a sacred space, while celebrating after the meditations.

What to do with your dolls after the meditation:

Depending on the materials that you made your dolls from you can:

- Give them back to Mother Earth by burying them.
- Place them on your altar or on a shelf - as a reminder of your female ancestors.

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Perhaps display your ancestor dolls on a shelf during your menstrual phase to honour your menstruation and to acknowledge your link through your blood (DNA) and womb to your female ancestors.

You may also like to include your dolls in any family celebrations or seasonal celebrations.

It is also nice to reconnect with our Mother Ancestors at other Full Moons, and to use the dolls as a focus when we need a little support or guidance.

Our ancestors are with us both spiritually and physically - in our wombs and DNA - so they are part of everything we do in life!

When else can I do the meditation?

- At any time during the winter when the earth's Crone energies are strong.
- At the dark moon, when the moon is in her Crone energies.
- During menstruation when you embody the Crone energies.