

## Moon Mother® daily sending of healing energy

**At a time of crisis, it is important that we stand in our role as a Healer and give a little time every day to be a channel for the Divine Feminine's healing energy in the world.** It doesn't matter if you are a new Moon Mother, a long-standing Moon Mother or an inactive Moon Mother - we all have the ability to send healing, support, love and light to our family and friends, to strangers and to the world. And every time we send the energy, we also receive it - so we are **also helping our own energies to be strong** in the crisis.

An easy way to send healing to a group of people on a regular basis is to create a 'Healing Book' or a 'Healing Box'.

### How to create a 'Healing Book' or a 'Healing Box' for Distant Healings

#### A 'Healing Book'

Find an empty notebook or create one from some blank sheets of paper. Decorate a title page by writing 'Healing Book' on it – put your love and creativity into the design.

Underneath the title, write:

**May this healing energy be given for the Highest Divine Good and in accordance with Divine Love.**

Then on the first line of the book write:

#### **Level 1 Moon Mother® intention:**

**I ask that this healing energy is given to everyone and everything listed below. May it be enhanced by the Divine Feminine's Love and Light and continue to flow until all healing is complete.**

**I ask the ancient Moon Mothers of the past to aid me in this healing.**

Level 2 and Level 3 Moon Mothers can add:

**Level 2 and 3 Moon Mother® intention:**

I ask that these healing symbols are given to everyone and everything listed below. May the symbols be enhanced by the Divine Feminine's Love and Light and stay in place until all healing is complete.

I ask the ancient Moon Mothers of the past to aid me in this healing.

On the remaining pages write the names of the people who have asked you to send healing to them - and you can also add the names of people who have not asked (you do not need permission).

You can add people, animals, places, countries etc. to the list at any time.

Once a day, do the meditation below.

## A 'Healing Box' (or bag)

Find a small box, or a bag, that is big enough for you to put small pieces of paper inside.

Create a 'title page' – a decorated piece of paper with the title 'Healing Box' or 'Healing Bag' written on it, and underneath write the first statement outlined above.

On a separate piece of paper write the 'Moon Mother intention' – choose the one for your level of training.

Place both pieces of paper in the box or bag.

Now on a small slip of paper write a person's name and place it in the box. Write another name on a slip of paper and place it in the box. You can add additional slips of paper at any time.

## Sending energy each day

Sit with your book / box / bag.

You do not need anything else, but if you wish you could have an image of the Womb Tree, an image of the Divine Feminine, or a candle - or you could place the book or box into your Mother Bowl if it is big enough.

Allow a minimum time of 5 minutes sending and a maximum time of 20 minutes. Choose an amount of time that fits into your daily routine.

**\*Level 1 Moon Mothers®:**

Close your eyes and take a deep breath.

Bring your awareness to your Womb Tree and grow your roots deep into the Earth. Be aware of a Full Moon above you, bathing you in beautiful soft white moonlight.

Place your hands on the book / box / bag or in the aura above it.

The moonlight flows over you and through you. Down your arms and out of the palms of your hands.

You have Full Moons on the palms of your hands radiating moonlight.

Say:

I ask that this healing energy is given to everyone and everything listed (or 'written on these pieces of paper').

May it be enhanced by the Divine Feminine's Love and Light and continue to flow until all healing is complete.

I ask the ancient Moon Mothers of the past to aid me in this healing.

Relax and bathe the book / box / bag in moonlight.

At the end of the sending, bring your awareness to your Womb Tree and grow your roots deep into the Earth.

Bring your hands to your heart and feel gratitude for the gift you have of healing others.

**Level 2 Moon Mothers®:**

Close your eyes and take a deep breath.

Bring your awareness to your Womb Tree and grow your roots deep into the Earth. Be aware of a Full Moon and the Radiance symbol above you, bathing you in beautiful light.

The light flows over you and through you. Down your arms and out of the palms of your hands. You have Radiance on the palms of your hands radiating light.

On the book / box / bag, or in the aura above it, draw a Radiance symbol, saying the title three times.

Now draw any of the other symbols you wish to send, saying the title of each three times.

Finish by drawing the Radiance symbol again.

Say:

I ask that these healing symbols are sent to everyone and everything listed (or 'written on these pieces of paper').

May the symbols be enhanced by the Divine Feminine's Love and Light and stay in place until all healing is complete.

I ask the ancient Moon Mothers of the past to aid me in this healing.

Place your hand on or over the book / box / bag and relax as the energy flows.

You can continue to redraw the symbols throughout the sending. (Remember to say the title three times).

At the end of the sending, bring your awareness to your Womb Tree and grow your roots deep into the Earth.

Bring your hands to your heart and feel gratitude for the gift you have of healing others.

### Level 3 Moon Mothers®:

Close your eyes and take a deep breath.

Bring your awareness to your Womb Tree and grow your roots deep into the Earth. Also be aware of a **Full Moon and MotherSoul dove** above you, bathing you in beautiful light.

The moonlight flows over you and through you. Down your arms and out of the palms of your hands.

On the book / box / bag, or in the aura above it, draw a **Radiance** symbol saying the title three times.

*The rest is the same as for Level 2 Moon Mothers.*

**\*Moon Mother® level 1 symbol**

If the Moon Mother Level 1 symbol is available then Level 1 Moon Mothers® may do the following:

Close your eyes and take a deep breath.

Bring your awareness to your Womb Tree and grow your roots deep into the Earth. Be aware of a Full Moon above you, bathing you in beautiful soft white moonlight.

The moonlight flows over you and through you. Down your arms and out of the palms of your hands.

On the book / box / bag, or in the aura above it, draw the Moon Mother® level 1 symbol.

Say:

I ask that this healing energy and healing symbol are sent to everyone and everything listed (or 'written on these pieces of paper').

May the healing energy and symbol be enhanced by the Divine Feminine's Love and Light and stay in place until all healing is complete.

I ask the ancient Moon Mothers of the past to aid me in this healing.

Place your hand on or over the book / box / bag and relax as the energy flows.

You can continue to redraw the symbol throughout the sending.

At the end of the sending, bring your awareness to your Womb Tree and grow your roots deep into the Earth.

Bring your hands to your heart and feel gratitude for the gift you have of healing others.