



Womb Blessing® Attunement
Female Energy Awakening
Miranda Gray
www.wombblessing.com

Supporting the world: Crone ‘Wisdom Moon Mothers®’

Moon Mothers® who are experienced post-Sophia (last blood) women

By international women’s author and teacher Miranda Gray

The need for the Crone

In this current crisis, we ‘Wisdom Moon Mothers®’ have a special role to play. Yes, we may be on the ‘at risk’ list and our self-isolation is very restricted and yes, we may be facing three months of isolation - BUT we are not helpless, and we have a very **strong and powerful role** to play in this current crisis.

After Sophia (our last blood) our physical and energetic changes don’t stop, and they can continue for up to ten years before we feel the calm of the Crone. We are like the decreasing Moon after the half Moon phase – we are more darkness than light. We are more of the spiritual world, and the world of the infinite love of the universe, than of the rat-race of the external world. We stand on the border between the worlds, so we can bring our experience, our wisdom and the love of the Crone to help other women.

As the crisis deepens in many countries there is a big need for a confidant, a Grandmother, a Wise Woman, and a representative of the dynamic darkness – the Enchantress Archetype - and of the receptive darkness – the Crone archetype.

There is deep and meaningful work for both of these Archetypes to do in the world at this time.

Representing the Crone

When we identify more with the **still completeness and centred calm** of the Crone than with the dynamic dance of the Enchantress, we are ready to step into our role as representative of the Dark Mother. Our ego has softened in the darkness, our ability to be in the moment has increased, our intuition and inner knowing is heightened, and the infinite love of the Universe starts to shine brightly through our soul.

Our role is to guide women through the darkness, to hold them in their fear and grief, to wrap them in the love of the Dark Mother so that their soul can shine through the anxiety and fill them with trust, love and acceptance. We are the Ones who Listen; we do not give advice or try to fix things. Instead we hold sacred space, we let women speak their truth, we hold them with our dark energy wings that sparkle with the light of stars and we fill them with the deep peace and calm of the Crone. And of course, when we give we also receive -



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so our own fears and anxieties about ourselves and our loved ones are also bathed in the love of the Dark Mother, empowering us to trust so that we can be a source of sacred comfort and strength to other women.

So please - if you are a Crone 'Wisdom Moon Mother®' let Moon Mothers® and other women know that you are there for them. Place yourself in your heart, and let them share their story with you. Let the Crone flow through you and into them; let Her comfort them, not you.

To hold space, to witness, and to share the Crone is deep sacred work.

Holding sacred 'Crone Time and Space' for others

You can create sacred Crone Time and Space in many different ways. At the moment, with social isolation and the virus restrictions, you can create this space through online communication rather than meeting in person. The ideal is to have video, but sound only is also okay.

At the start of the sacred time, begin by reading the following meditation and statement:

Take a deep breath and bring yourself into your body.

(Pause)

We sit in a dark cave decorated with beautiful embroidered hangings and rugs.

There is a small fire at the centre and an old woman sits beside it.

She is dressed in black, and her white hair is plaited into intricate spirals. In the fire's glow you see her gentle face and loving eyes.

You sit on the cushions next to the fire, and the Old One tenderly places a blanket around your shoulders.

(Pause)

In this place we are held by the Dark Mother.

She wraps her wings around us to create a safe and sacred space.

Everything shared is held in confidence and accepted as an offering by the Crone.

Freely we give her our offering to be taken, healed and transformed into the deepest love.

Dark Mother, bless us with your greater love and light so that it outshines our own.



During the session:

Now invite the woman to share her story with you and the Dark Mother.

As she talks, let the Dark Mother's love and calm flow from your heart and palms; relax into her love and feel as if you hold the woman in your arms.

Be gentle with any questions you have - and remember, you are simply a witness to her story and to her emotions. Your role is simply to hold her and to witness and validate her experience.

At the end of the session:

To end the session, thank the woman for sharing her story.

Ask her to shut her eyes and to once again feel or see that she sits in the cave by the fire.

Out loud read the following:

Dark Mother thank you for your loving presence.

Thank you for taking what we have offered

and for giving us the gift of peace and love in return.

May your calm follow us out into the world and guide us in our lives.

Take a deep breath and smile.

Open your eyes.

Suggest that after you end the online connection the woman takes some quiet time to sit in meditation to listen for the guidance of the Crone, and to then have something to eat and drink.

NOTE: Please be aware that your role as Crone 'Wisdom Moon Mother®' is not to pass on messages, but to simply provide and hold sacred space for the prayer and for the energy of the Crone to flow into the world.

If you find that you are very sensitive or emotional during the session and you are unable to keep centred in the love and peace of the Crone, it may be that you are tired and need to rest to restore your own energies, or you may not yet be in the Crone stage of life and are still in the Enchantress stage. You can follow the Enchantress approach outlined in a separate article to see if that feels more in harmony with your current energies.



Sending energy to support the dying and the bereaved

With many people dying of the virus alone and away from their family and friends, the Divine Feminine asks Wisdom Crones to step into their role as the Guardian between the Worlds. There are many people around the World sending energy to help to heal both people and the situation, but there is a strong calling to post-Sophia women to focus on this specific area of need.

As Wisdom Crones many of us find the usual ways of working with energy can cause hot 'flushes' or 'flashes'. This is because our energy structure is changing into a different form to that of a Cyclic Woman. The sending meditation below takes into account this energy change.

You may like to light a candle and have soft music playing as you do the sending, but it is not necessary. The Crone is about simplicity and love.

If you can, do the sending for a short time every day.

The sending is based on a Moon Mother Symbol:

- If you are a Level 1 Moon Mother, you will use the Level 1 Symbol.
- If you are a Level 2 or Level 3 Moon Mother, choose in advance one of the Moon Mother Symbols to work with.

Meditation:

Take a deep breath to centre yourself in your body.

Say the following intention in your mind or out loud:

I ask that this Divine Feminine energy is given
to all people in the world who are grieving,
to all those who were not able to be with their loved one when they died,
to all those who cannot say 'Goodbye' to their loved one,
to all those who are currently dying alone,
to all those separated from their dying loved one,
to all the carers and health staff who are helping the dying and emotionally
affected.

I ask for the Highest Divine Good and in accordance with Divine Love.

Feel, know or see that behind you lies a large Moon Mother Symbol.



The symbol is bigger than you are, and its energy flows through you and around you into the world.

The energy flows through your whole body, especially from your heart and the palms of your hands.

Sit for a moment, feeling or seeing the energy.

(Pause)

Bring your physical hands up into a Womb Bowl position approximately level with your heart.

Relax into the energy.

(Pause)

Bring into your mind the image of a hand of a dying person.
Imagine that you are holding their hand.
Allow the energy to flow through you.

(Pause)

Bring into your mind the image of a family who are isolated from their dying loved-one. Imagine that you are holding them all in your arms and energy wings.
Allow the energy to flow through you.

(Pause)

Bring into your mind image of a partner and the family of someone who has died. Imagine that you are holding them all in your arms and energy wings.
Allow the energy to flow through you.

(Pause)

Bring into your mind the image of the healthcare workers, drained physically and emotionally by the death around them. Feel the generosity of their soul. Imagine that you are holding them all in your arms and energy wings.
Allow the energy to flow through you.

(Pause)

(If you wish you can repeat these sendings. Stay with each sending for as long as you feel needed, but be aware that there is so much need for this service that you will have to finish the session before you feel satisfied.)

To finish:



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Relax your hands and bring them into prayer position.

Imagine the Divine Feminine gently walking the Earth, softly touching those who are dying or grieving.

Say:

Thank you, Mother, for your healing presence and for your Love.

Mother, please strengthen and protect my field with your deep Love.

May I see that all my personal challenges are little and unimportant in the greater patterns of life.

And may your gifts flow through me with ease and harmony.

Take a few minutes to help integrate any energy changes by:

- 1) breathing in and welcoming any changes by saying in your mind, 'I welcome the changes within me'
- 2) breathing out, letting go and saying in your mind, 'I let go'.

Finally, bring your awareness to your heart, and feel gratitude.

Note:

If you feel emotionally unstable **at any time** during a sending or between sendings, please stop, take time off and connect yourself to the joy of life and of living by connecting with your family and enjoying the Nature around you.

For more articles and meditations by Miranda Gray see www.mirandagrays.com and www.wombblessing.com / Resources