



The Creation Meditation

From the Path of the Sacred Feminine

Your womb and the primordial sacred womb of life are one. Go to your womb and there see/sense the belief that limits you. Hold it, forgive it, love it within your womb so that it can die a peaceful death.

—Reverend Misa, Guardian of the Water Ceremonies
and the Sacred Path of the Feminine

Preface

We thought we were just doing some beautiful, Native ceremonies for women... and then we found out the ceremonies were part of a pathway—a women's pathway to enlightenment, or as the Grandmothers in the spirit world describe it—a **pathway of shedding our limited bodies so that we may become our limitless selves.**

And so several of us women who had been drawn to the Women's Water Ceremonies began **doing the Creation Meditation** that was being passed on to us. It changed our lives—almost over night. **Issues we had struggled with since we were children, began dissolving, and blessed peace became more and more present in our daily lives.**

The meditation is natural to us because **it works with the sacred energy of a woman's body and spirit.** And now, after a hundred years of sleep, it is being awakened again to be shared with women all over the world—including, and especially—you!

In the old days, this meditation was learned at the time a girl began her menses.

It was part of her initiation into the mystical world of womanhood. **Now it can be a part of your mystical journey.**

By the way, men who long for a deeper connection to their Sacred Feminine are welcome to join women in doing this meditation too.

The Creation Meditation

Find a quiet moment. Turn off the phone, the TV, the stereo, and commit to not answering the door. This your time—your sacred time. Tell the children, your spouse, or your room-mate to leave you undisturbed for a while. **You have sacred work to do.**

You might want to light a candle or place a bowl of water near you, but most of all, **what you need most is your solitude.**

Breathe gently and sweetly, accepting the nourishment of the air, the day, or Spirit—whatever fills you with peace. **Then focus on your womb.** Allow all your attention to connect to the womb within you. Feel/know/sense/see/hear **its darkness, its vastness, its sacred nature, and its ability to hold all possibilities in love and compassion.**

Allow your awareness (do not force this, but rather allow) to bring you something you feel limited about. Perhaps it is a fear you have, a concern or doubt, or a feeling that is uncomfortable for you. And **hold that limit in the sacredness of your womb.**

Do not try to fix or change it for that would dishonor the wisdom that lives within the limit. Simply be with the feeling of this limit. As you hold it, feel your compassion swell within you, just as you would feel compassion for a child who was struggling with her or his limits. **Simply be in compassion. Do nothing, except be with it.**

It will, in its own time, transform into a peaceful freedom. It might transform the first time you hold the limit in this way. It might take several or many times, but it will transform—on its own—in the presence of your compassion.



Remember, your womb and the primordial sacred womb of life are one. Go to your womb and there see/sense the belief that limits you. Hold it, forgive it, love it within your womb so that it can die a peaceful death.

When you have gotten to the know the first step of the Creation Meditation, you can become familiar with the next two steps at the New Dream Foundation Forums under Path of the Sacred Feminine.

Then if you are inspired, return to the Forums and under Creation Meditation **share a story about your transformation through this meditation that will inspire another woman who may be struggling with a similar limit.** In this way, we will gently encourage each other to continue the journey of re-creating ourselves. After all, this is our divine birthright.

In my heart and songs,
Reverend Misa

Please feel **free give this to women you know and love** so they too can enrich their lives through this meditation created for us!