



Find yourself in a comfortable seated position on your cushion. You can use whatever seated relaxing position as long as it makes you feel comfortable, whatever makes you feel at ease and it is completely pain-free.

If you don't have a meditation cushion you can use whatever suits you. You can even sit on a chair, on your couch, or on your bed.

Take your time to find your space and your time.

Sit up nice and tall, keep your shoulders relaxed, close your eyes and breathe. Feel free to lay your arms down softly on your thighs...

Once you find your moment take some deep breath in through your nose and exhale out from your mouth... Get connected with the present moment...

Close your eyes and take a deep breath...

With your weight on the floor or the chair notice the heaviness of your body...

Pay attention to your lower abdomen. In your lower abdomen, is your womb tree... Its beautiful trunk is divided into two main branches, beautifully deep green, white flowers, and red fruits... The roots of the tree sink into the depths of the earth...

Now become aware of the full moon on top of the glass that immerses you in a beautiful light on silver. In this white light of silver, all the colors of the rainbow resonate, softened by an unequaled human vibration. Feel, that in the light of the moon there are rays of light...

The light is your way of seeing your body and your center of the womb.

Open your womb and fill it with color, energy, and love for the moon...

Gently whisper:

"With love, I open my center of the womb to receive the energies of the moonlight".

Now it's time to take things to the other level... the full moon is the perfect time to forgive and let go what no longer serves you...

Think about all the things you don't want to rule your life ever again... Immerse yourself in the rays of moonlight for 5-10 minutes. Notice how you feel, what you perceive, what you're doing...

Visualize the things you want to release and say out loud:

I CHOOSE TO LET GO...

To conclude, let the roots of your Womb Tree descend deep into the Earth. Bring awareness to the level of the heart and feel gratitude for the healing gift received from Mother Moon...

Take a deep breath. Smile...

When you want to end the experience, simply thank and repeat all the images that have come to you and that have dissolved in the bright light of the full moon and that have been the voice of your soul:

Thank you

I love you

I forgive you

I bless you

I have faith in you

Remember that any practice you intend to do, the difference between an autogenic training and a ritual will always make it your inner attitude: the sacred is in the relationship between you and the soul, in your ability to give yourself to the unknown, fearless. Make sure that every ritual you choose is the symbol of your sacred rite par excellence: the will to love unconditionally.

Now you are ready to open your eyes gently...

Namaste