

Ceremonial Sacred Time



Before the Moon Mother initiation and after the Moon Mother initiation are sacred times – times when we are either prepared energetically for the changes we are about to receive or times when we have received sacred energy and we are held in a special place in the presence of the Divine Feminine. During these times we have the opportunity to ask the Divine Feminine for help, for healing, for love, and for guidance.

In-person initiation ceremonies can take a long time, and most students meditate before their initiation and sleep afterwards.

With distant initiations it is not always possible for the Receiver to sleep after the initiation, and it can be more difficult to stay centred and to meditate if there are external disturbances. Below are some prayers and meditations that you may wish to do if you find it challenging to focus inwards or to relax during the initiation ceremony.

If you are deep in meditation or prayer before, during, and after initiation this is wonderful, because it intensifies your experience of the presence of the Divine Feminine and of her gifts of transformation and healing.

However, don't worry, you won't miss out – if you wish, you can do these activities and meditations in your Rebirth month!



Optional pre-initiation prayer

If you become distracted by outside noises, people, or activities while waiting for initiation, you can use this prayer to bring your attention back:

See, know or feel that you are in the meditation's landscape. In your mind say the following:

Divine Mother, bless my mind with your presence and love.

(Pause and imagine or feel that your head is filled with moonlight and loving awareness.)

Divine Mother, bless my heart with your presence and love.

(Pause and imagine or feel that your heart is filled with moonlight and loving feelings.)

Divine Mother, bless my womb with your presence and love.

(Pause and imagine or feel that your womb is filled with moonlight and loving completeness.)



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**Divine Mother, fill my whole being with your love and light
so I may be the best Moon Mother that I can be.
and walk your path of love and light.**

I welcome your presence in love and prayer.



Optional post-initiation prayer if you are unable to sleep or rest.



Imagine that you are in the meditation's landscape with the Moon Mother. In reverence say in your mind:

Mother bless me on my path.

(If you wish to become a Moon Mother you may like to say, "Mother bless me on my path as a Moon Mother.")

(Ask for guidance and pause to listen or feel the response.)

Mother bless me so I may know your wisdom for my life.

(Ask for guidance and pause to listen or feel the response.)

Mother bless me so I may feel your love.

(Ask for guidance and pause to listen or feel the response.)

Mother bless me so I may share your love.

(Ask for guidance and pause to listen or feel the response.)

Optional post-initiation archetype meditation.



Choose the activity based on your current phase:



Maiden activity – pre-ovulation phase.

- › List what you feel gratitude for about your body.
- › List what you feel gratitude for about your life.
- › List what you feel gratitude for in your relationships.



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Offer this gratitude to the Divine Feminine as a prayer.

(Pause)

Now feel the love and light of the Moon Mother flowing over you.

(Pause)



Maiden affirmation:

Divine Feminine, light my path so I may clearly see my direction.

Fill me with energy and hope,

with passion and enthusiasm,

and with the confidence to be a Moon Mother.



Mother activity – ovulation phase.

- ♥ Love attracts, so what do you love?

(Pause and feel the love flowing through you.)

What would you love having more of or doing more of?

(Pause and feel the love flowing through you.)

- ♥ How can you communicate more love in your life?

(Ask for guidance and pause to listen or feel the response.)

Offer all this love to the Divine Feminine as a prayer.

(Pause)

Now feel the love and light of the Moon Mother in your Chalice.

(Pause)

Mother affirmation:

Divine Feminine, hold me in your love so I may walk my path with love.

Fill me with your love so I may love completely,



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**with your empathy and understanding,
and with the compassion to be a Moon Mother.**



Enchantress activity – pre-menstrual phase

- * Where is love needed in yourself?
(Ask for guidance and pause to listen or feel the response.)
- * What needs to be changed in your life with love?
(Ask for guidance and pause to listen or feel the response.)
- * What needs to be created with love in your life?
(Ask for guidance and pause to listen or feel the response.)

Offer these areas with your love to the Divine Feminine as a prayer.

(Pause)

Now feel the love and light of the Moon Mother in your womb.

(Pause)

Enchantress affirmation:

**Divine Feminine, surround me with your magic so I may welcome your love.
Fill me with your magic, so I may free the love that is bound,
with your creativity and intuition,
and with the spiritual awareness to be a Moon Mother.**



Crone activity – menstrual phase

- Feel the love of the Moon Mother lying within your womb.
(Pause and feel her love.)



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- Feel the love of the Moon Mother lying within your heart.
(Pause and feel her love.)
- Feel the love of the Moon Mother lying within your mind.
(Pause and feel her love.)



Let this love radiate out into the world as a prayer.

(Pause)

Crone affirmation:

**Divine Feminine call to me from your darkness so I may know my soul's purpose.
Fill me with your acceptance so I may meet everything with love,
with your wisdom and intuition,
and with the calmness to be a Moon Mother.**



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