



**G**oddess  
Foundation

*Raising feminine energies for a better world*

## **Global Sisterhood Meditation**

**Meditation of Sisterhood - to raise the feminine energies for a better world.**

*Please, use this meditation at any and every opportunity, whether alone or in a group.*

*Thought is energy, positive thoughts and visions sent out into the cosmos will have incredible power to bring about a change for the better in this world, and build a global Sisterhood.*

*The main vision needs to remain the same, as in women helping women, the stone circle, the circle of women, the silver ball of love and support and the sharing of our supportive Sisterhood as women wanting to see peace, love, balance, justice and a healthy Mother Earth. Please feel free to make your own version of the journey to the Circle, ensuring it remains with women helping women with the obstacles along the way.*

*The reason for using stone circles in the visualisation is because they can be found worldwide and they are some of the oldest known monuments built by mankind from an era pre orthodox religions, so they are spiritual rather than religious. If women start to visualise this gathering in stone circles, it sets specific places for the build up of energy, be they actual or psychic.*

*This meditation has been used in Goddess Circle's with women sharing amazing stories of the connection to other women within this visualised Circle. Together, we CAN make a better world !*

### **The Meditation**

Make sure you are comfortable, feet on the floor feeling the power and oneness with Mother Earth. Be rid of the tension of the day, relax your body, let your shoulders drop and take some deep breaths. As you breath out, release the stresses and worries of the day, as you breath in feel your whole being glow with positive and loving energies.

Now, feeling perfectly relaxed and at peace, see yourself stand and walk towards the door of the building you are in. As you put your hand on the door handle, it changes into a gate. Open the gate and step into the beautiful, vast, green field.

Way in front of you, you can see a hill, upon the hill you can see bright colours but can't make out what it is. You look around you and see there are many women on paths all leading toward the colours on the hill. There are women in front of you, off into the distance, and women walking behind you about to come through the gate onto the same path.

You start walking across the field, aware of the women around you but focusing on your own path. To start with, the path is easy, the sun shines down, the way is flat and you enjoy the ease of the journey. You come to the edge of the field, and to continue on your path you have to make your way through a bramble hedge. You try, and become entangled and scratched. Suddenly, as if from nowhere, women come away from their paths to help you. Together, you gently pull at the hedge to make an opening. The women help to clean your wounds and make sure your clothing is straightened.

Take a good look at the women that have helped you, remember their faces.  
*(Pause as the meditation allows a connection to these women)*

As you all make your way through the hedge, most women go back to their path, some remain on different paths. You feel good about the help of these women and continue along the path which is again an easy journey. The sun continues to shine, the walk is flat.

Now you come across an incline which is strewn with sharp rocks. Some small that hurt your feet, others that are huge and you have to climb over them. On the next path along, a woman stumbles and cries out for help. This time it is your turn to go to her aid. As you do so, other women make their way toward her. For this part of the journey, you and the other women help each other along until you are all beyond the rocks.

Notice how many women worked together, was there one in particular that led the way?  
*(Pause as the meditation allows a connection to these women)*

You and the women go back to your own pathways to head for the colours on the hill.

*(If you wish, you can add other obstacles, situations or connections in here)*

The colours on the hill are now in sight and you can see that it is a gathering of women in brightly coloured clothes. The path now becomes easier, an incline but just beautiful, fresh, green grass.

You reach the top of the hill and you discover there is a stone circle. There are already many women here, more still arriving from every side of the hill.

Women gathering together, all ages, shapes, sizes, colours, dressed in various clothes from so many nationalities.

Take a look around, do you recognise the Stone Circle? What does it look like? What kinds of people can you see?

Can you see grandmothers? What does the oldest woman look like? Can you see any young women with babies?

Does anyone stand out to you?

*(Pause as the meditation allows time to take in what these women look like)*

The women are now forming a very large circle within the stone circle at the top of the hill. You join the circle as everyone holds hands. Feel the loving energy of this Sisterhood flow gently from woman to woman.

You feel energised, at peace and safe.

Above you all, in the centre of the circle, you see a glowing silver ball of energy.

You and all of the women in the circle focus energy on building this silver ball with loving, supportive, positive energy.

It grows as you watch it and add to it your own offering of energy.

The energy feels amazing; powerful yet gentle, loving and compassionate yet determined.

The silver ball of energy is now high in the sky, as huge as the hill you all stand on.

As you watch it, it goes higher still until you see it burst way, way above you all, like a gigantic firework.

Now you see this energy flowing all around the globe, some settling on Mother Earth to heal her,

and gently finding it's way to the other women around the world who can not be with you.

Women who are oppressed, abused, sad, lonely and in need of love and help.

As this energy reaches them, they feel supported and loved and no longer alone.

Not knowing where it comes from, they simply feel connected to other women; one world, one Sisterhood brought together with love.

The circle is now broken as you stop holding hands with each other.

You turn to face one of the women next to you, look into her eyes and then hug. Take a good look and remember what you see and what you feel from this woman.

*(Pause as the meditation allows a connection to this woman)*

You now turn to face the woman the other side of you, look into her eyes and then hug. Take a good look and remember what you see and what you feel from this woman.

*(Pause as the meditation allows a connection to this woman)*

The sun is going down, it's still warm but the evening is looming and it's time to make your way back. The way back seems easier, the rocks are not so jagged and the gap in the bramble hedge is still there. You work your way across the field, glancing over and seeing the other women making their way back as well, now feeling as if you know each other.

You reach the gate, and as you put your hand on it, it turns back into the handle of the building in which you started.

When you have settled back into your seat, become aware of where you are sitting, your feet on the floor. Take a few deep breaths to recover from your journey, and when you are ready, open your eyes.

*Pause a while, then either speak about your journey or write it in a journal.*

*It would be wonderful if you would choose to share your journey with us.*

*If you would like to do so, please email [annabell@goddessfoundation.org.uk](mailto:annabell@goddessfoundation.org.uk)*