

Goddess Sacred Menstruation

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One of the most powerful acts a woman can do is reclaim her moon-time. This dynamic rite of passage reawakens women to discover their body wisdom and natural birth rite.

Regardless of their biological age, women are choosing to become more aware and educated around the energies associated with their womb cycle. This is a sacred journey that affects their natural environment reverberating out into the community around them.

Women ebb and flow with the moon's phases. The moon, menstruation and ovulation are inter-related. Each month premenopausal women shed their skin (uterus lining) like a snake. All women experience the transformation of life, death and rebirth. We have been given a wonderful opportunity to drop into our bodies and feel the intuitive process associated with this cycle. Women have been disconnected from their moon-time for thousands of years and this has affected us on a deep level. Women's moon-time is not to be ignored for it is intricately linked to our self-esteem, as creative, energetic and powerfully psychic women. Goddess calls us to know ourselves intimately and listen to our inner voice - to look at how we nourish our bodies, minds and souls.

Traditionally women bled together around the dark moon, associated with the crone aspect, and ovulated around the full moon, associated with the mother aspect of the triple-goddess. This was an ancient, collective, feminine power that has since been lost by our disconnection with nature and her seasonal rhythms and wisdom. Another possible contributing factor was the advent of electricity and less time spent in natural light. Nowadays, to enable personal resonance, women relate the length of their individual cycle with all of the moon's nine phases.

An incredibly valuable exercise is for women to chart their monthly moon-time rhythm. Women experience a very different energy when they bleed around the full moon than when they bleed around the dark moon or any of the waxing and waning phases.

Women have a direct link to this magical, transformative substance that can support Mother Earth. Women can choose to use beautiful cloth pads and return their menstrual blood to the land. This sends a coding to Mother Earth and she vibrates with the pulsating flow. Recently women from all around the world returned their sacred moon-blood to the oceans with the powerful intent of sending healing to the oil spill in the Gulf.

In the past, menstruation has been viewed as taboo by many different cultures. Women have felt ashamed and embarrassed around bleeding, especially as young maidens. Within our contemporary society the first blood mystery of menarche has not been treated with reverence. As a society we need to replace these negative conditionings with a more empowered understanding. Young menarche women need to feel valued and accepted within the group collective. It is a time of great initiation into womanhood.

We hear ancient stories of when bleeding women would communally retreat to menstrual huts, also known as the rent tent. They would become power-holders to heal, dream and regenerate. Other members of their community would bring them food and truly honour the bleeding women's space.

Today we see the re-emergence of these red tents - as many women choose to withdraw as our ancient sisters did. Within our own homes we can also make goddess time for ourselves to respect our much needed solitude. Even if it is just a short space within the day or night, give yourself permission to rest and receive the gift of prophecy and vision in silence. Wear something red to symbolise this connection.

During your moon-time accept that it is okay to go inward, to be introspective and dreamy. Allow yourself to access those magical realms and express your creativity.

I am woman I am goddess, I am woman I am goddess,
I am woman I am goddess.

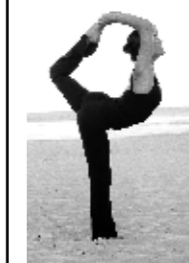
Mikailah is a teacher of women's sacred rites. Her passion is celebrating the wild feminine. Visit www.mikailah.com, or email Mikailah@live.com.au.



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