

Celebrating First Menstruation with the Worldwide Womb Blessing



In the past, the change in the season from spring to summer was seen as the Earth changing from a young girl, with her growing, dynamic energies, into the fuller, gentler, fertile energies of the adult woman and mother. The Worldwide Womb Blessings follow the seasons of the Earth as she journeys around the sun, and in this journey we recognise and resonate with our own cyclic nature.

To take part in the Worldwide Womb Blessings young girls need to have had their first menstruation, and so we would like to make a special celebration to welcome these new young women. We offer this celebration:

- at the **May Worldwide Womb Blessings for the Northern hemisphere** entering summer
- at the **October Worldwide Womb Blessings for the Southern hemisphere** entering summer
- at the **December Worldwide Womb Blessings for both hemispheres**, as the solstice is the time of both the Dark and Light Mothers and we celebrate the Circle of Sisters worldwide.

The celebration can also include older girls and women who did not have a welcoming celebration when they first started menstruating.

The way you welcome a newly menstrual young woman into your Worldwide Womb Blessing Group is up to you, but here are a few suggestions.

Before the Blessing:

Depending on the age of the girl, you could give her a copy of the book *'Red Moon – Understanding and Using the creative, sexual and spiritual gifts of the menstrual cycle'* so that she can read the story of 'The Awakening' before the Blessing Day. Or you could suggest that her mother reads the story with her and shares her own experiences of the four phases of her cycle.

As the organiser you may like to read the information about the story of **Snow White** in *'Red Moon'* and find a short version of the story to read in the Worldwide Womb Blessing Group. You could then explain the story in the group as a 'menstrual myth'.

Tell the regular women of the group about the celebration, and ask for **four women** to represent the four female archetypes. Ideally they should represent the archetype by the menstrual phase they are in, or their stage in life.

You may like to use apple imagery to decorate the Blessing room. If you cut an apple in half you will see 5 pips – one for each of the archetypes, and one to represent the spirit of the woman who embodies all four expressions of the Divine Feminine. The red apple in the story of Snow White symbolised Snow White's first blood. Have a large red apple in the centre of your circle or on the altar. Make apple pie or apple cake for everyone to eat after the Blessing in celebration.

It is nice to give the newly cyclic woman gifts from each of the archetypes that reflect her new cyclic nature. Some suggestions are:



- Spring Maiden (Snow White): a white bracelet to wear in her pre-ovulation phase, a white candle.
- Summer Mother (Good Mother): a pink bracelet to wear in her ovulation phase, a Womb Bowl.
- Autumn Enchantress (Evil step-mother): a purple bracelet to wear in her pre-menstrual phase, black or purple candle.
- Winter Crone (The old peddler): a red bracelet to wear in her menstruation phase, a second womb Bowl.

Other gifts could include a journal for her to start charting her cycles, a mandala representing the cycle for her to colour in each phase, a shawl, a copy of *Red Moon* or a copy of *Snow White*, a statue of a moon animal or moon goddess.

You may also like to download the First Menstruation card from the Womb Blessing website with the beautiful picture by Arianna Verolini illustrating Eve meeting her Womb Tree from the story 'The Awakening'. Everyone in the group could sign the card to give to the girl at the end of the Womb Blessing.

To reflect her change from young girl to young woman, the girl could wear white to enter the group and be given a red shawl to wear during her first Worldwide Womb Blessing. It would be nice for her mother to make or buy this for her and to give it to her.

After the Blessing

Have a celebration with a feast, music, singing or dancing, but ask the mother what she thinks her daughter may enjoy. It may be that her daughter is shy and will not wish to be the centre of attention.

Suggestion for a structure

Girl registers for the group's chosen time.

Women meet to decorate the room before the group starts.

Women who are new to the group are told about the First Menstruation celebration being held before the Womb Blessing.

- The girl enters with her mother or with the woman who will represent her mother.
- The four women representing the archetypes welcome her and ask her mother if the girl has changed from a child into a young woman.

The archetypes indicate that the mother should place the red shawl around her daughter to show everyone that she is now a young woman and can enter the group.

- The mother and daughter sit with the group as the organiser invites each archetype to explain to the group the energies she brings in the menstrual cycle. After each archetype has spoken, she places her gift or gifts in front of the daughter and gives a blessing / wish for something good in the daughter's life based on the archetype's energies.



For example: Maiden – ‘May you achieve your goals and your heartfelt dreams’. Mother – ‘May you find true love and give love easily’. Enchantress – ‘May you discover your magic and create the world’. Crone – ‘May you always know your path and your inner beauty.’

- At the end the girl is given the red apple by the woman representing the Crone, and the girl takes a bite to symbolise that she has taken her first journey into the winter of menstruation. The apple is then placed back on display.

The organiser welcomes the young woman to her first Worldwide Womb Blessing and explains to her and to the attending women what is going to happen.

Then everyone takes part in the Worldwide Womb Blessing, the Sharing meditation and the additional Archetype Meditation if included.

At the end, the organiser may like to read Sovereignty’s blessing from the story ‘The Awakening’ in ‘Red Moon’:

Dance your patterns,

Weave your spells,

Write your poems,

Sing your stories,

Paint your beauty,

Give birth to your children.

For older girls and for women you may like to include the following, spoken by Sovereignty:

‘You are now my representative,’ she said. ‘You have the power to see both worlds, the inner and the outer. You have the magic to create patterns and ripples in the fabric of both of these worlds. You can touch the web of prophecy, of initiation and of life itself. This is your gift of moon bleeding. You know instinctively of both worlds and at the time of darkness you can walk between these worlds and mediate their energies.

‘The modern woman walks in the world of science and technology as well as the world of nature and intuition. These worlds are not absolutes, but rather they mesh together. Both worlds are equally real to a woman and she has the ability to balance them in a flow of awareness from one to the other. It is by this ability that all women are wise women, all women are priestesses.

‘A woman who is aware of her cycle must be true to it, but she is also responsible for the use of her energies, their expressions and their effects on others. Responsibility does not mean that she should not use her abilities, but that she should not hide behind her menstrual cycle or use it as an excuse. The responsibility which comes with the gift is great; it is to yourself, to other women, to the community, the land and to future generations.’

Sovereignty raised her hands in blessing.

'Dance your patterns, weave your spells, write your poems, sing your stories, paint your beauty, give birth to your children.'

Eve felt overwhelmed with love for the Lady and for the land and tears fell from her eyes. As each sparkling droplet fell onto the ground, a single white flower formed.

Then eat apple cake and celebrate! :o)

Resources: 'Red Moon - Understanding and using the creative, sexual and spiritual gifts of the menstrual cycle' by Miranda Gray



"Since I was 12, I knew about the existence of the book "Red Moon" and I was very eager to find out what it contained. In the summer of 2014 I finally decided to buy it, and when I read it a creative fire, asleep for too many years, finally burnt inside me. With my heart full of joy, I restarted painting. Eventually, I decided to represent the scene of the tale "The Awakening", where the Lady of the Moon shows little Eve the *Womb Tree*; the Great Feminine power. Luckily, today I am a Moon Mother who is reawakening a lot of creative energy deep inside me.

I am grateful to Miranda who has appreciated with enthusiasm my artwork and decided to use it to invite mothers celebrating their daughters' first menstruation. I am also so glad that my painting is now available for so many women and it is part of such a beautiful work. I hope that this painting could be a powerful message for all mothers and girls, engraved in their hearts, helping them to walk the path of the feminine with the clear awareness that Rites of Passage can be an essential part of our evolution and life."

Arianna Verolini 2015.