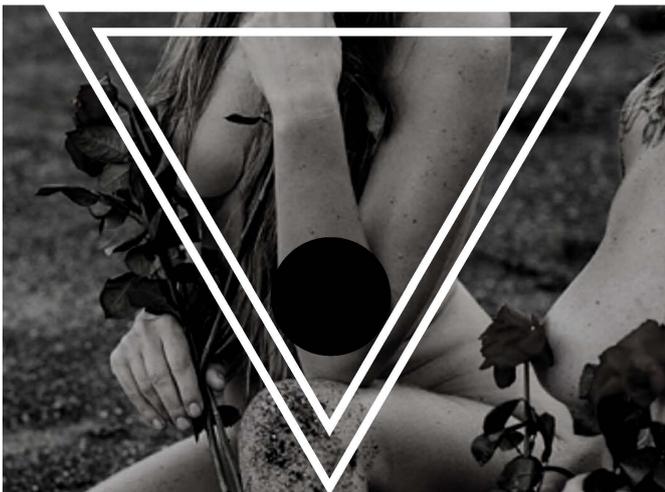


YONILICIOUS



# MENSTRUAL MAGICK



KRISTIN MURRAY ALEXI

Welcome to the wisdom and the magick that was once highly revered by women and the human family on a whole. I am so humbled and honoured to invite you back into the magick and mystery of the profound experience of womanhood.

This guide has been created for women of all ages that are bleeding in hopes that an honouring of our sacred blood and moon time will once again be revered as it was pre-patriarchy.

I pray that a change will come to the epidemic of yin depletion we now see across the planet, and that it will help women to connect deeper to their cycle and living in cycles in general. This will result in less hysterectomies, less pills needed to cover pain (emotional and physical), and more insight into fertility awareness.

This shift would mean that both unwanted pregnancies and hormonal contraception would decline, as too would the harmful side effects, creating space for women again to experience the death and rebirth that true cycling brings, and finally more awareness created on the magick of women.

Our womb is our wisdom centre. A magical tool in a life of chaos.

However, if we don't work with her the chaos snowballs and we work against our own highest good. Our womb/body/hormones are changing every single day. Like the faces of the moon. It is OKAY to not want a cuddle and kiss some days, it's OKAY to be angry other days, it's OKAY to be super excited and childlike, it's OKAY to be introverted and reflective, it's OKAY to be all things separately or simultaneously ... constantly changing like a running river, a swelling tide, a crashing waterfall.

The feminine is like this. If not, we are stagnant in our emotions and only further stress ourselves and create resentment within our relationships

We are often expected to act a certain way all the time- this just isn't reality for humans- especially females. Some days we are producing more estrogen, others more progesterone, others LH and others FSH ... constantly changing. We are incredible beings of change- we bring variety, the spice of life! Which now in patriarchal times becomes a mere joke and something to push us down.

It is honestly impressive that we are able function so well as cyclic beings in a linear society alongside the Gregorian calendar. However, it is so important to honour the cyclic beings that we are. Once we can hear the voice of our womb and honour where she is at she becomes an unwavering guide. She knows. She feels. Every day of the lunar cycle she feels. She changes. She creates. She releases. She expands. She contracts. And her voice once listened to is loud and crystal clear. Always rooting for our highest good. ( I call my womba she, you may not <3).

Each season of our cycle -summer-autumn -winter -spring has a purpose. Nature is perfect and magnificent and a powerful tide to try to work against. When in autumn and winter phases of the month -premenstrual and menstrual - we have heightened senses which is often dismissed, we are labeled as being too sensitive and our sensitivity is ignored. If we go deeply into this time we are able to uncover so many precious insights for ourselves and our loved ones. This time was once a revered time for women and we were known as the "wise womban bleeding"... in autumn (pre-bleed) we would reflect on our past cycle to see what we could do better, and in winter we would tap into our psychic abilities to envision the best steps to take moving forward, which is why women were called upon during this time for their wisdom for the well-being of the tribe/family.

In current times we often work so hard against these cycles or push them down into the depths- either to please others or to get on with our lives, not only do we miss so much of the wisdom and jewels that come through during this time, the energy of this manifests itself in unhealthy ways. During autumn instead of reflecting on how we could have done things better in a healthy, objective and loving way, we become judgemental of self and others. During winter instead of tapping into our psychic abilities to envision better futures we can become deeply depressed. During both of these two naturally yin phases (rest and non-doing) we can push through and be more yang in our lives, depleting our yin and pushing ourselves too hard, making everything more difficult. By doing so we are going against nature (and then often burnt out by our moonpause phase in our 50s or before). Bringing our awareness to our cycles can truly transform our lives. We are cyclic beings after all.

The Gregorian calendar does not allow for the constant changes in our bodies. It is up to us to make this a reality for ourselves. However small of a step we can take towards living in alignment as a womban. For our own health and wellbeing as well as the health and wellbeing of the community. See page 17 for more information on the four phases of our cycle.

### Women as creatress

Our sexual energy is our creative energy, and our eggs and sperm are creative potential. As beings of creation where we can create life out of two tiny cells- practically out of thin air (and for womben sustain life within us for 9 months). However, what happens if we don't create (especially during the ovulation phase)? Drama. Drama which often results in negative self-talk, judgement of others and a general downward spiral during the premenstrual phase.

Often drama seems to appear out of thin air- arguments, fights, negative thoughts and conflict created from practically nothing. From a tiny incident, word, feeling, thought etc. Sometimes these dramas need to play out for a purpose, however if we consciously use our creative energy, especially as womben, to make creation a priority we save so much precious time.

## Painful Periods

One of the most powerful tools that we have with painful periods is to go into deep journey with the pain and find our deepest wisdom. Then, once the estrogen begins to build post period and we enter into the maiden phase filled with energy and life we are truly reborn with wisdom from our pain. The pain shows us where we need to give love and attention. This may mean more rest, more exercises, different foods, different herbs and supplements, different womb and yoni care practices and energetic healing. Therefore, while our pain is oftentimes our greatest struggle it is also leads to our sweetest reward.

During our bleed we open psychically if we give ourselves the time and the space. We can all dive deep into our bleed and descend into the underworld to gather all that is needed to give birth in our life. As mentioned, traditionally, during our bleed is when women would be called "wise woman bleeding" and where we would be revered and called upon for answers for how to best serve our tribe- we can also do this for ourselves, our healing and our best steps moving forward. We just have to come back to that place of knowing, honour this time of visioning, and take the quest into the depths of our spirit and the void beyond what we can understand. See page 6, 10 and 15 for ways to help alleviate pain.

### **Blood Care**

The energy of our sacred blood is downwards and out. Our bleed is actually a time of release and detoxification, as well as a time of reflection, introversion, visioning and heightened psychic awareness. For so long we have shoved tampons into our yoni and gotten on with our day rather than honouring this beautiful and profound process. Using a pad can help with letting the blood flow, however commercial pads have been designed to the detriment of women's health for capital gain- to make us bleed more so we buy more. Reusable pads that are made of organic materials are a far better option and they also make blood magick much easier (soaking them in water and using the water fueled with this life force energy. A luna cup can also be wonderful for this, however it does not allow for the natural flow). Alternatively, you can sit on the earth while bleeding, however we will get into this further on. Menstrual fluid contains some blood, as well as cervical mucus, vaginal secretions, and endometrial tissue. About half of menstrual fluid is blood. This blood contains sodium, calcium, phosphate, iron, and chloride, the extent of which depends on the woman. Vaginal fluids in menses mainly contribute water, common electrolytes, organ moieties, and at least 14 proteins, including glycoproteins

## **Sacred Ritual**

Ritual is so beneficial for womban, and our bleed is such a perfect time for this. Womb journaling during our bleed and its relation to the moon even deepens this practice of coming back to time and life as cyclic- the feminine way. I have included a cycle tracker in this book to help you with this process.

Creating sacred ritual immediately brings us out of our yang and "go go go" to our feminine state of being. Reconnection to earth ° ether ° self ° body ° wisdom ° plants ° nature ° spirit ° water ° trees ° flowers ° herbs- the mystery of life that we were once burnt for understanding deeply and working with, we now have the freedom to connect to. Gathering flowers and herbs for a bath or yoni steam or to place on an altar, brewing a tea for your bleed to help warm you and celebrate your fertility, connecting with the soil of the earth through our blood. There are so many ways we can nourish our yin through nature and sacred ritual. See below for sacred ritual practices.

## **Self-Care**

Our womb sits in the pelvic bowl, perfectly suspended by ligaments and hugged by our bladder and colon. She is constantly working away producing hormones and releasing life potential eggs and life sustaining fluids. If in the correct position she leans forward with her fallopian tubes and ovaries reaching back behind her. She is magnificent. Our pelvic bowl is what holds these wonderful organs and tissue and chi. Due to being an extremely sedentary society this vital region does not get the flow of energy needed for optimal health resulting in stagnant chi. There are a few ways to alleviate this with sacred ritual, some while bleeding while others not while bleeding.

1. Yoni steam (not while bleeding)- powerful during full moon for spells using chanting to each trance like states- you may like to put amethyst in the steam or in the space you are steaming in.
2. Use a yoni egg (not while bleeding). (Powerful when using crystal magick (only use nephrite jade, obsidian or rose quartz).
3. Massage the womb with your own healing hands (personal magick).
4. Receive a womb massage (this can help alleviate menstrual pain while bleeding).
5. Give yourself a yoni massage (not while bleeding)
6. Receive a yoni massage (not while bleeding)
7. Castor oil packs (plant magick)

Yin time is crucial during our bleed. Just because we CAN do everything others do while bleeding, doesn't mean we SHOULD do ... anything at all really. If you usually charge through the 1st and 2nd day of bleeding I invite you to try to organise your life beforehand so that you don't have to do so much while bleeding and see what happens. Pre-cook meals, have the house tidy, maybe take an RDO. Have an Epsom salt bath (or 2) or foot bath if you don't have one with some fresh flowers or essential oils. Draw, write, read or meditate for some of the day, have no phone time and sit in the sun breathing. You might surprise yourself that in doing nothing while bleeding you can actually relax and be completely okay with being and non-doing, which is innate to the feminine aspect of ourselves. You may then find yourself daydreaming and visioning some fun/interesting/powerful things.

Water makes up a huge portion of our being, especially as women. Our waters ebb and flow with the moon and our moon time. Our swelling breasts and bloating tummy isn't something to shun or hide or self-criticize, we are swelling with the loving milk of human kindness, where we encompass all around us with our giving hearts. Or, if our bloating feels uncomfortable it is simply showing us where we maybe need to show some more love- eat foods higher in potassium and lower in sodium, drink more water, be kinder to yourself throughout the month. We are gloriously curvy beings ... and no fashion model can ever depict how our curves will go. Feel what is right and healthy and you. Don't let numbers and shapes own you. Remember that our water is in constant ebb and flow and will not remain the same next week/month/tomorrow. We change throughout our entire lives as women, like the ocean and rivers and lakes. The only thing that can remain the same is our self-love. You will know if there is stagnation that needs some extra love to shift, but not to judge or hate or try to starve away.

Our cycle plays such a huge role in how we are feeling day to day. Living in a society where the feminine is not honoured and revered we have often dismissed this power. We can become offended if someone points out that we are frustrated due to PMS, as if it something to be ashamed of. Or we pass off our sensitivity and emotional states as "just being hormonal" when really this sensitivity and emotionality are our greatest gifts. It is when our senses are heightened, and we can tap into our inner realms of wisdom. It is when we can feel so strongly so as to shift old paradigms of thought and belief-not only for ourselves but for our relationships and communities also. This sensitivity signals what is no longer working or acceptable. It is our evolution.

## **What is Magick?**

The term Magick is differentiated from "magic", so as to disassociate it from performance magic- which is an art of acting and trickery. Magick in this booklet refers to two things in particular. One being action based ritual. When we take action in any matter, and put our energy towards something with our loving focus, we bring life into manifest. Not with in-tension, but rather with life force energy creating through us. The second thing this book is referring to is the concept of Abracadabra- I speak therefore I create. The power of belief. That if we believe we are in danger, our body will react in accordance to our beliefs. The same is true if we believe we are safe, loved and worthy, our nervous system reacts accordingly. The more soothing our spells (also known as mantras) can be, the more magickal transformation we will see in our lives. Magick is also seen with our extrasensory gifts, as well as our ability to use plants and scents to enhance our lives and experiences.

There are many ways to experience magick, however this booklet will mainly be utilising colours, crystals, our cyclic nature and blood. It will be giving examples of different ways you can work with your blood to shed and create a more supportive environment. Along with menstrual flow and archetypal energy you can use the moon to help further strengthen your spells, using the full moon for birthing and the dark moon for releasing.

## **Sacred Space**

Preparing a space that is for ritual only is optimal for magick and ritual as it allows you to go deep into your wisdom and power without the distraction of outside influences.

## **Altar work**

Creating an altar to use during your bleed is a really effective place to start. You can create an entire space (power circle) with your altar in it. You can use your personal totems/power items to charge the space such as crystals, heirlooms, enchanted objects, scribe materials, candles, objects representing and honouring the 5 elements of creation (earth, water, fire, air and spirit). You can also surround the space in crystals or sit within a drawn 5-pointed star. You can also use your blood to draw the circle. You can use colour magick within your space and altar to support your rituals also by choosing certain colours to scribe in, decorate your altar with etc. It is also helpful to have something you can use to burn scribed papers in.

## **Magickal tools:**

These tools are ways we can help bring ritual to life. They are not necessary yet they help create deep connection to our magick. Remember: everything is sacred, nothing is sacred. We do not need to use things from across the globe or that hurt the earth to experience magick and ritual. Many things can be found in the park, in the home, at second hand stores and garage sales.

## **Colour magic**

Colour magick is easy to do as it is all around us, and is experienced every day such as when we see a clear blue sky and feel a certain way, or when we put on an item of red or black clothing that can instantly shift our self perception and character.

**Red:** Our will to survive and get through the hard times. Motivating, awakening to our life force and inspires action and confidence. Passion, sexuality and lust. May be agitating.

**Yellow:** Joy hope, happiness, fun, logical, mental clarity, communication, contact spirits/other realms, element of air, energy boost.

**Pink:** Compassion, Love (self-love and love of others), romance, kindness, friendship, peace, physical and mental health, emotions, family relations, heal the heart. It is the mixture of red and white- the colour of the two different nectars secreted from the yoni. More red- action, passion, power. More white- insight, sensitivity. (Yonilicious uses pink a lot due to the light-hearted and loving energy it brings to quite heavy work).

**Green:** Balance and harmony. Heart chakra. Equilibrium between heart and head. Renewal, rebirth and growth. Peacemaker. Powerfully positive colour, mediator. Strong sense of right and wrong. Take moral path, do what is best for most people. Possessive and materialistic. Healing, fertility and growth, sensation, element of earth Venus, abundance, prosperity, health and money.

**Orange:** connect deeper with instincts and intuition. Help recover from grief, disappointment and despair. Communication and social situations.

**Blue:** Trust, honesty and loyalty. Helps self and others to find peace, calm and tranquillity. Helper, giver. Lasting friendships. Speak truth. Renewal, healing, protection (Both psychic and physical), meditation, dream magick, work, weather, water and Jupiter.

**Purple:** Empower psychic abilities and magical practices. Attune to higher realms. Dream recall.

**Black:** Protective (which is why witches -women with their wits wore black during times of witch hunts). It helps to protect by reducing stress and drama. It is associated with hidden and secretive things, therefore, you may also like to use a rose if using the colour black for secrets in your magick (rose is the keeper of secrets). The mysterious and the unknown. Conjure all aspects of Saturn, remove negativity, remove blocks, remove bad habits and unwanted situations, connect with ancestors, honour death. Black also represents the crone phase in our cycle and life.

## **Colour magick continued:**

**Grey:** Stability, calmness and composure. Wise man and womban.

**Silver:** Empower intuition, prophetic dreams (also use mugwort and amethyst under the pillow for this), connect to astral plane, the moon, flow of tides, manifest dreams, any feminine aspects of the divine. Illuminate a way forward during difficult times. Release and cleanse negative energy and find new paths that were hidden. Expand intuition and other psychic gifts. Reflect whatever energy that is given out.

**Gold:** Wealth, success, achievements, triumph, abundance, prosperity, masculine energy, the sun, warmth, optimistic, positive. Good health, good luck, attraction and glow, divine aspects of the masculine. Extremely healing (this is why Yonilicious uses this colour a lot).

**White:** Purity, unity, perfection, new beginnings, clean slate, wholeness, completion, create a state of creation- what your mind can conceive you can create. Healing, regeneration, unity, blessings. Connect to spirit and all things. Protection. All-rounder. It also represents the maiden phase in our cycle and life.

## **Crystal Magick**

It is important to honour the crystal realm when using them. They have been taken from their home- mama Gaia to help serve us, so paying tribute to the crystal kingdom through prayer/ offerings/time in nature together is a beautiful way balance the energy of give and take. Here are a few of my favourite:

**Amethyst:** Physical (nervous system) and emotional support. Prevent nightmares and insomnia. Enhance meditative states, purifies aura. Protective shield. Develop psychic abilities. Grief.

**Rose quartz:** Unconditional love. Opens the heart chakra. Blood of Aphrodite. Self-love. Restoring trust. Forgiveness. Understanding. Dispels fear.

**Clear quartz:** Charge other crystals. Clarity. Master healer. Absorbs, release, regulates energy. Balance and revitalise physical and subtle body. Harmonise all chakras. Aids concentration.

**Selenite:** Named after the Greek Goddess of the moon Selene. Use as a wand around the body like an eraser to cleanse aura- ward of toxic energy. Place on windowsills and in corners of the room (or sacred circle). Abundant stone. Use with other stones to enhance effect. Connect to highest level of consciousness. Cleanse other stones.

**Citrine:** Abundance, manifesting, absorbs negativity, alleviate self-esteem, dispels anger, optimism, mental clarity.

## **Blood Magick**

Our menstrual blood is said in Goddess Worship to serve as a purifier, to help with renewal, and to prepare us for higher spiritual accomplishments.

Menstrual blood is both life giving and life sustaining and is therefore believed to be a powerful tool to use in ritual.

During our bleed it is a special and sacred time to do our magickal rituals, as we are at our most psychically heightened and aware states during this phase.

Below I have listed some different ways that you can use menstrual magick to support action based rituals in order to heal, to shed what no longer serves you, and to create a supportive menstrual cycle and environment for you.

You can use these spells to help with fertility/pain/imbalance, as well as to activating magickal powers for releasing, visioning and cultivating. These are just some examples to give you some ideas however there is endless potential, depending on how you want to work your own individual magick and medicine. You can consider part of this practice as a way for you to tap into and create from your own intuitive powers and innate wisdom. You can incorporate the above tools of colour and crystals to assist you with your practice.

## **Blood Elixir - for healing**

Menstrual blood elixir is a blood homeopathic to help heal the wounded womb and feminine archetypes that have been so greatly oppressed during the last 5000 years of patriarchy. To create this elixir, wait until a time where you feel most at peace with your cycle/life/a loved one/blood. Being mindful of this reverence, take 1 drop of blood and add it to a 1 litre bottle that has words of love and power written on the bottle such as “balance” “heal” “love” “health”, enchanting the elixir with your simply worded spell. Then add 500mL of high quality water and 500mL of clear alcohol (vodka for example) to the bottle. You Listen to your body for what your dosage should be.

You can now use this tincture to assist balancing things in the body that are physically or energetically out of balance, as ingesting the small amount of menstrual flow is a taking in of information letting all of the physical and light bodies know where they need to bring more balance and harmony. Feel free to incorporate colour magick and moon wisdom into your elixir, again listening to your own innate wisdom.

## **Blood elixir II - for manifesting**

You can again collect your blood, this time collecting as much as you can (the easiest way to do so is with a menstrual cup). Place the blood into a silver chalice, representing the elements of the Moon, and the feminine guiding principles.

Placing your hands over the blood, take a deep breath into your heart, and then sigh out the breath, sounding an “ahhh”. This sound is in itself alchemical medicine, as it activates the vagus nerve, engages the parasympathetic nervous system and connects us to our hearts and our cervix. As you do this imagine energy coming from down along your arms and into your hands, out of the physical body and into the elixir, infusing it with unconditional love and compassion for all that is and all that will be. On the next inhale breathe deep into the womb space and sigh out an "oohhh", imagining energy flowing from your womb into the elixir, while imagining it is your are either wanting to bring to life (menstrual blood is considered to be an extremely potent attraction ingredient). Once you have completed your ritual, use the liquid as an earth libation (see below for more information on this).

### **Bee Magick - for manifesting**

Bees are the greatest alchemist of all, and their medicine is so sweet. Using honey in spells therefore brings the energy of alchemy and sweetness which are each supportive of the emotional body.

There are multiple ways you can use honey and bee magick in your spells. One way is to gather a little honey in a glass jar or silver chalice. Then place a small rose quartz crystal into the honey as a mutual offering to the crystal kingdom and the bee nation, along with one drop of menstrual flow. Using the honey, draw a flower on your body, on a mirror, or in the earth, and write in the centre of the flower what sweetness you would like to bring into fruition. Then you can scribe in the petals words to support this manifestation. You can also do the same drawing of a flower on a piece of paper and place the drawing into the jar and screw the lid on until the magick happens. Remember to always celebrate when our desires come into fruition, acknowledging them in one way or another.

### **Fire and Scribe - for releasing**

Take a piece of paper and place one drop of blood onto it. Then begin to scribe on the paper what it is you wish to release. You may like to incorporate silver into this ritual in some way, such as using a silver pen, and to do it during dark moon (using stored blood if you aren't bleeding). Once you have finished, set fire to the paper sending it well wishes with your blood.

A similar spell for **manifesting** do during the full moon, scribe/draw onto the paper with some of your blood what you would like to see to come into fruition, and instead of burning the paper, place it on your altar and light a silver candle while stating "so mote it be".

You can also use your blood for automatic drawing/writing, by mixing your blood with paint (whatever colour you wish to work with) with and use a finger to scribe or draw automatically and then observe what comes through for you.

### **Enchantment**

You can create a personalised talisman by enchanting it with song and/or blood. Using something made from a porous well absorbing material is best such as clay (you can create your own pendant in the shape of a womb, womb or whatever feels right for you). You can also use a family heirloom to connect deeper with your ancestors. You can use this talisman in your rituals, on your altar or you can simply wear it.

First make sure you are feeling well centred before beginning the process by taking some deep breaths or meditating before hand. Then, take your emblem and begin to gently apply your menstrual flow while singing (chanting) an enchantment into the emblem. The chant will vary depending on what you are wanting to use the emblem for.

### **Example: Protection spell**

"I use my blood in a sacred way, to connect to the earth, to connect to the stars, to connect to my highest self and my highest good. I use my blood with reverence and love. I love all beings, all creation. I attract this love back in all forms. I am protected. I am love. I am loved. I am protected. I am love I am loved. I am protected. I am love. I am loved. So mote it be."

## **Blood divination**

This is best to do while you are menstruating, as it is when you are most psychically open and connected to the cosmos and your highest self.

Collect your blood in a luna cup and place it into your most sacred and special vessel, maybe a ceramic cup from your grandmother or something that you have handmade. Close the eyes and take some deep breaths down into the womb- your inner eye, sighing an "ooohhh" on your out breath. Once you feel calm, centered and connected, open the eyes with an unfocused gaze and look into the vessel. Observe the first sensations/feelings/thoughts that arise. Sit with whatever they may be, do not question yourself and your skills, as it is truth. It may seem crazy, unrelated or extremely cryptic, however it will be somehow connected. The insight will either reveal itself instantly, or over time it will begin to make sense. With more practice over time you will be better able to attune to your gifts and insights and make sense of the divinations faster and faster. It is a muscle that needs practice. These skills would have once been taught to us after our initiation into wombanhood with our blood rite of passage pre-patriarchy. The practice may have been paused however it is not lost or forgotten entirely. You may like to be wearing amethyst while doing this ritual.

## **Helpful questions and verses to use for your spells**

"What do I wish to let go off?"

"What can I create room for to receive & manifest & grow in all aspects of my life?"

“ I call in “ “I release” “an so it is” “so mote it be”

## **Archetypal wisdom**

During your rituals you can also connect to the many different female archetypal energies that we each embody– calling in those which will best support you for your practice (such as Kali to destory, Lilith to connect to your wild womban, Aphrodite for love and sensuality).

Remember that you are calling upon the energies of these female archetypes that already exist within you- not calling upon anything outside of yourself).

Some of our spells may ebb and flow with the energy of our moon and our cycles so be sure to rework the ones that need more love and attention.

## **Plant Magick**

The easiest and most profound plant to use in plant magick is the rose. Rose is one of the highest vibrational medicine in existence. In the Arvigo teachings there is a story of a woman hemorrhaging during birth where the midwife used rose petals in a yoni steam to cease the bleeding. Roses have been revered for thousands of years with many different symbolic meanings including the divine feminine, teachings of Mary Magdalena, and a symbol of Aphrodite.

Have you experienced an affinity with roses that is unexplainable? Have you experienced roses as symbols or found them on your path recently? This is because the rose is the plant kingdom's manifestation of the feminine.

Roses and the yoni resemble one another, so it is a beautiful, gentle yet potent plant to use to help heal yoni and womb trauma. You can use roses in a bath/ yoni steam/ tea/oils. However the plant kingdom has consciousness, and as with the crystal kingdom it is important to honour the rose and all other plants for all of the healing work they are doing, and for leaving the earth of mama Gaia to help assist you with your healing.

### **Plant magick for menstrual pain:**

Copaiba: anti-inflammatory

Peppermint: increased oxygen

Idaho Blue Spruce: pain killer

Chamomile: antispasmodic

Epsom salts: magnesium (spray or powder as a natural muscle relaxant) - dark chocolate also helps!

Clary sage: hormone balancing (be careful around pregnant women with this plant)

Ginger: warming

Vitex: hormone balancing (interacts with hormonal contraception)

Onion: blood cleansing

## **Psychic powers**

### **Most powerful between the 1st-3rd day of cycle**

When Menstruating, we are entering the phase of our Greatest Magical Power – the Crone Womban, keeper of the Greatest Mysteries.

During this time we are psychically open and able to receive visions for ourselves and our community.

During ancient times womben were not allowed to go near purification lodges, warriors or healers while bleeding, as the people of the village knew that womben were heightened in their power during this time and would affect those trying to purify, fight or assist others (not because we were believed to be dirty as patriarchy has told us).

In ancient times, men would sit in similar lodges, as well as go on vision quests without water and food for days at a time, just so that they could do the same visioning that womben do when they bleed each month. They would also use plant medicines to journey to the mysteries of the universe, something that womben did/do not need to do to journey and vision.

It is worth to note here that post-menopausal woman are believed to be even more powerful in their Magick, as they have absorbed the remaining 400,000 or so eggs remaining in their ovaries, filled with creative potential.

Fun fact: in Taoism, menstrual blood is called "Red Dragon". In this tradition there is an ancient technique called "beheading the Red Dragon", which means to master the technique of consciously ceasing menstruation in order to keep all of the magickal menstrual blood within the body, creating more energy, vitality and unlimited power.

I hope that if you don't already, you are beginning to see your menstrual flow as a personal power, not something that is dirty or shameful.

**Four Phases of the lunar and menstrual cycles and their connection.** Please note: at times our lunar and menstrual cycles do not sync up with the moon as women are sensitive beings and can be affected by artificial lighting after sundown, or an imbalance in hormones. It can also mean that the woman has some witchy work to do with the dark moon and needs her energy, or that her soul is in need of a double descent journey within one cycle to the underworld, with both menstruation and the dark moon.

### **Crone phase: dark moon - time to BE**

#### **Day 1-7ish**

On day one our estrogen and progesterone levels drop and we begin to bleed. This phase brings the energy of the crone, the wise woman bleeding, deep winter, the middle of the night, and into our earthly physical form (especially if we experience pain).

Day 1-3 are most likely to be our strongest visioning portal– spiraling down to meet our shadow in the underworld.

This is when we are our most inward and most cosmically connected to the universe (releasing spells or divination work best now). We need to give our time space to journey in solitude during this time due to our heightened sensitivity and need for rest and replenishment.

This is the perfect time to let go of beliefs and unhealthy patterns and relationships. It is also time of distillation of wisdom and experiencing clarity of future action.

We also journey a life review of the past cycle- if we take time to understand what we are needing to learn now during this phase, we will not need to repeat the same lessons in the next cycle.

### **Maiden phase: first Quarter Moon -time to DO**

Estrogen begins to build during this phase, bringing us lots of newfound energy, just as springtime and the dawn of a new day does. We also gain lots of creative ideas with the help of the element of air and its connected to the mind.

We release a hormone called FSH, which stimulates a follicle to become ready for our egg release in summer.

We nurture the seeds of wisdom that have come through with the crone phase of our bleed and winter with the high energy of the maiden.

Our nectar is watery and thin and slightly fertile. We can use this nectar as a love potion with the energy of the maiden dabbed on our wrists and neck.

? afZM 8g^\_ aa` ZfL Wa6A

Our hormones peak during ovulation, as does the heat of summer or the sun at midday. A drop in basal temperature and then a rise again sees to a release of an egg- filled with creative life potential. We can use this creative energy to create sacred rituals, or our ritual pieces, such as an amulet or things of beauty for our altar.

Our nectar is now like raw egg white (easy for sperm to swim through).

Our cervix is high and soft open wet (in contrast to other times where it is low and firm- like the tip of the nose).

This is a great time to host a circle or dinner with sisters using this peak in energy to nurture and celebrate the fruits of our wisdom, planted and nurtured during dark and first quarter moon.

7 UZS fde! ? SYW? SIS, 'Sef cgScfW\_ aa` Z47

Progesterone begins to build Vgd` YfZ|ebZSeW, as does our heightened sensitivity and awareness of problems and what needs to change for our/our partner's/family's/community's highest evolution.

Our nectar shifts from dSi WYi Z|fW ZWi VSdW, to a white creamy consistency of either toothpaste or pasty glue (sperm cannot swim through this).

We become reflective of the last three phases and harvest all that was for our highest good, and begin the elimination process of what did not work.

There may be a sense of pride or failure, of relief or regret, depending on what came into fruition in our last cycle, and what didn't.

The energy of the watery maga can be highly emotional, therefore it is best to journal many if not all of the problems that we see during this phase, so that we can review them during the grounded crone phase and discern what truly needs to be shared, what doesn't actually matter, what can be worked through alone and what our projections may have been, and therefore where we need to do some personal work

Lastly, as we are of the earth and constantly living with/on/from her, it is beautiful to reconnect to her through our blood and to give back to her. Using our blood to do so as mama Gaia doesn't expect us to sacrifice for her, but to share with her as she does with us.

Please note: your cycle may not flow the way that this book is portraying, we are each very different experiencing life very differently. This is simply a rough guide to a regular cycle.

### **Libation to the earth, embodying the archetype of the Goddess Gaia**

One way you can do this is to sit on the earth while bleeding, saying a gratitude prayer either out loud or internally. It is beautiful to do this practice until you experience a gratitude tear, which is the most healing and loving alchemical water that can ever be created (different types of tears have different molecular structures). It is truly beautiful to gift these tears to the earth along with our blood. Another way to give back to mama Gaia is to soak our used pads in filtered water with rose quartz crystals and rose petals overnight, and to then water our garden with this brew while singing a song to her such as:

"I gift you my blood mama Gaia in gratitude for all that you gift to me and the human family".