



*The Pillars
of the
Feminine
Mysteries*

Stalking the Goddess in the 21st Century...

Module 2: **ENGAGING YOUR SUPER-POWER** ~ *Keeping the Sacred Timing through Moon Lodging*



Welcoming The Sacred



Check-in

Imagine it... one week a month...*four days, four beautiful, precious, glorious days...just for you.* Four days for you to rest, to go within, to be quiet, to dream. Four days to cleanse, to fast, to eat healthy food, to connect to your Spirit, to heal. Why? Just because...just because of the body you were born into this time...Four beautiful days, every 28. Can you? Can you imagine it? Can you dream it? Can you even imagine one day? What would it feel like? Could you stand it? (Could your family?) Could you handle three days of silence of no outside input of thought other than your own, along with another day of study, retreat, and creativity? What would you do with the time? How would you feel? What feelings of guilt and shame would arise if you had to neglect a few details, not cook a few meals, or...even...*shhh*...call in at work? Would you need support...outside help...a baby-sitter, cook and maid?



**Obviously, I wrote this before Corona...
I actually wrote it when I had just
discovered Moon Lodging for myself....**

**But I had not had the support of tracking
my cycle...and neither had most of the rest
of the generation on this planet now....**

**So I never could figure out why others
found it so difficult to manage. Most
women (myself included) found it very
difficult to keep this promise to
themselves. But we didn't have a
container for it...**

Now we do..

*Once again...I am going to teach this
class as if it is your first exposure to any
of this information. Most of you are
familiar with some of it, but I want you
to have all the pieces...*

So let's just pretend for a minute that we really could set aside some time every month around our cycle just for us...

How would it change your life? What do you imagine would be different? How would your family treat you? What would be their responses? What do you think it would do to you and for you?

Or better yet, think for a moment...how would society be different if this was the norm? What would happen if suddenly women starting calling in---*and checking out, clocking out, taking off*---even ONE day a month? What if mothers started "calling in 'well'" for their daughters every month? What would it be like for boys to be envious of being within a female body, rather than proud they didn't get stuck with one? What if girls were proud and happy to be within their female bodies, no matter how they were shaped? What if "that time of the month" was not looked at with dread but anticipation? What if our bodies did not hurt then? What if when "the blues" showed up, we embraced them for the insights and messages they were going to give us during "our stay in the lodge?"

Really think about this...take it in...what would change?





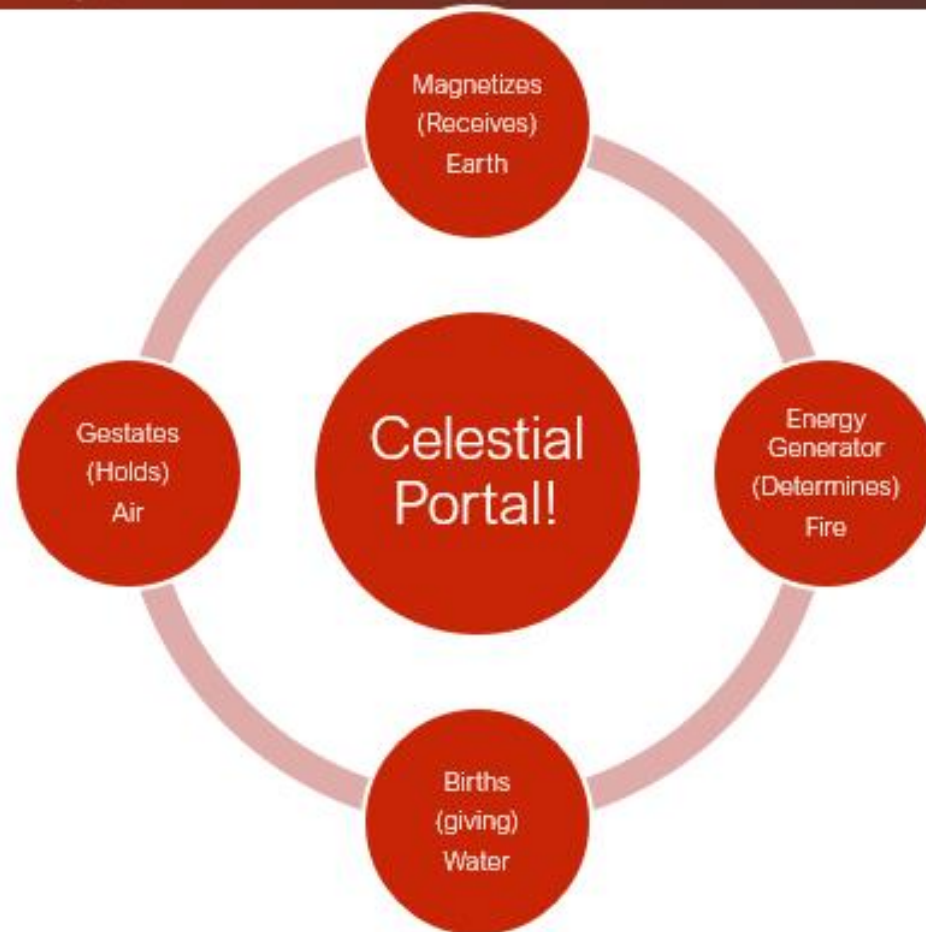
“Indigenous tribes lived in harmony with nature on this planet for over 14,000. It has only been in the last 200 years that humanity has taken such a toll on the environment that we have seen a huge decline.”

This is the gift of the Moon-Lodge...the Red Tent...the Bleeding Lodge--the ancient practice of indigenous tribes that literally gave women time off, and in most societies, demanded that they take it.

Our ancestors considered a woman’s menses a very sacred time, for this is when a woman is most spiritually in tune and most sensitive to her surroundings. She is more open and able to receive messages from her inner guidance that will aid her in living a more harmonious existence. TRIBAL LEADERS KNEW THEY NEEDED THIS VALUABLE INFORMATION FOR THE HEALTH AND SAFETY OF THE TRIBE!!!

So, indigenous cultures incorporated systems that made use of this time in a powerful way for the tribe. They created a moon lodge where women could learn from other women how to care for their bodies. They could share with other women their feelings and concerns and utilize this time to receive messages from higher forms of guidance. They would also do this on behalf of the tribe. As they learned how to care for their bodies in an appropriate way, their wombs, and consequently the earth, remained healthy.

What the Womb Does

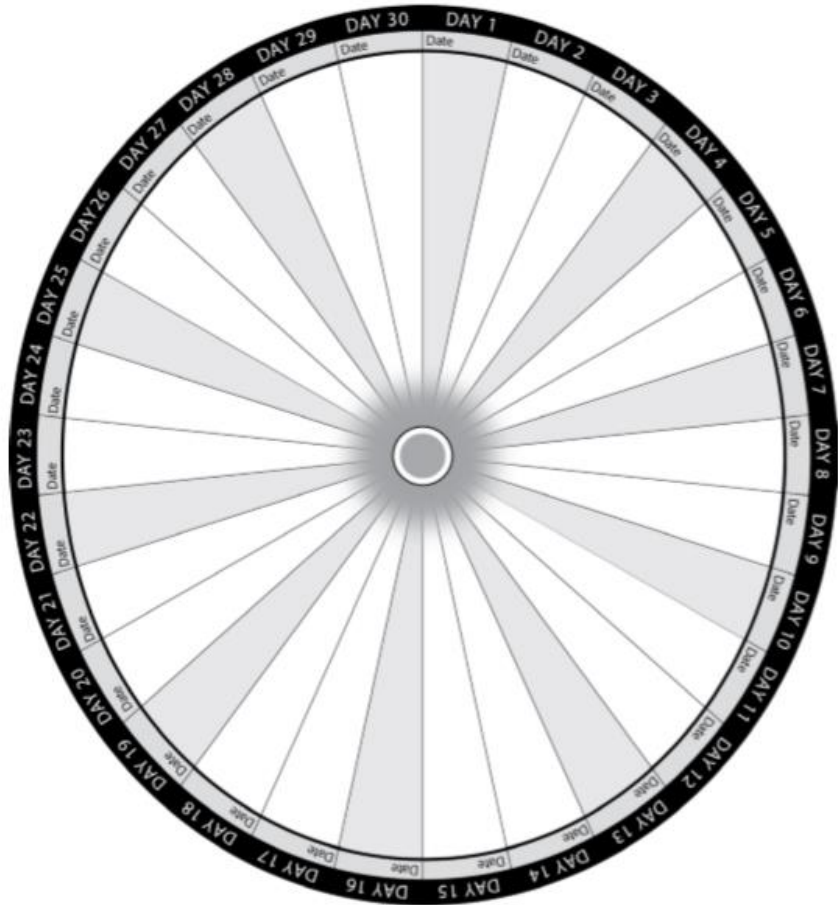


And remember this...

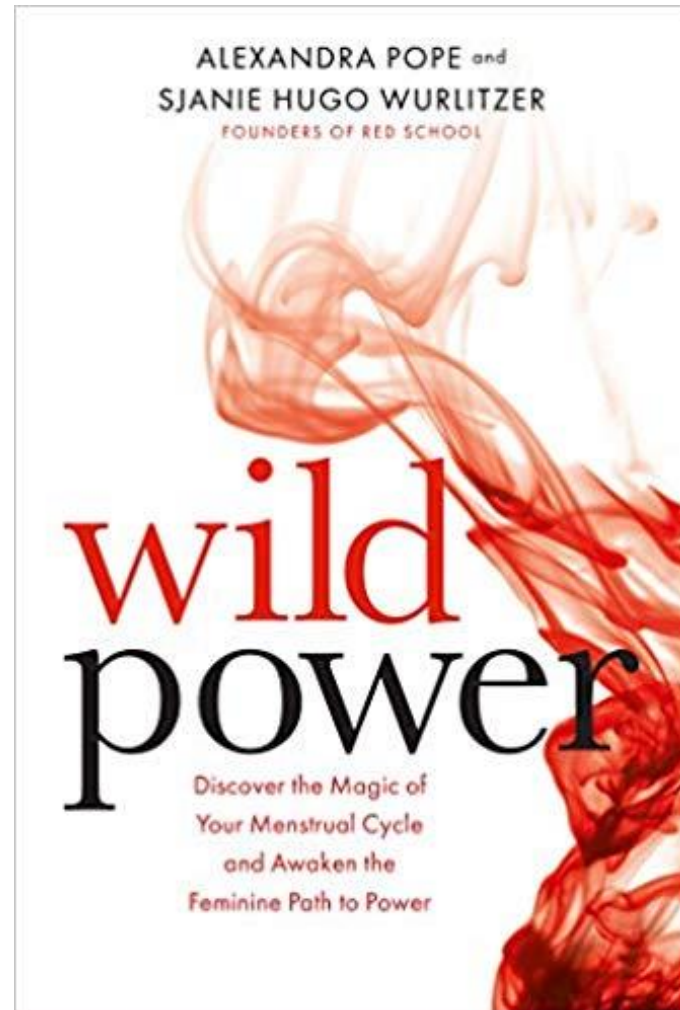
*This kind of training
would happen
naturally...*

*We wouldn't spend the
first 15-20 years of
adulthood making
messes and cleaning
them up!*

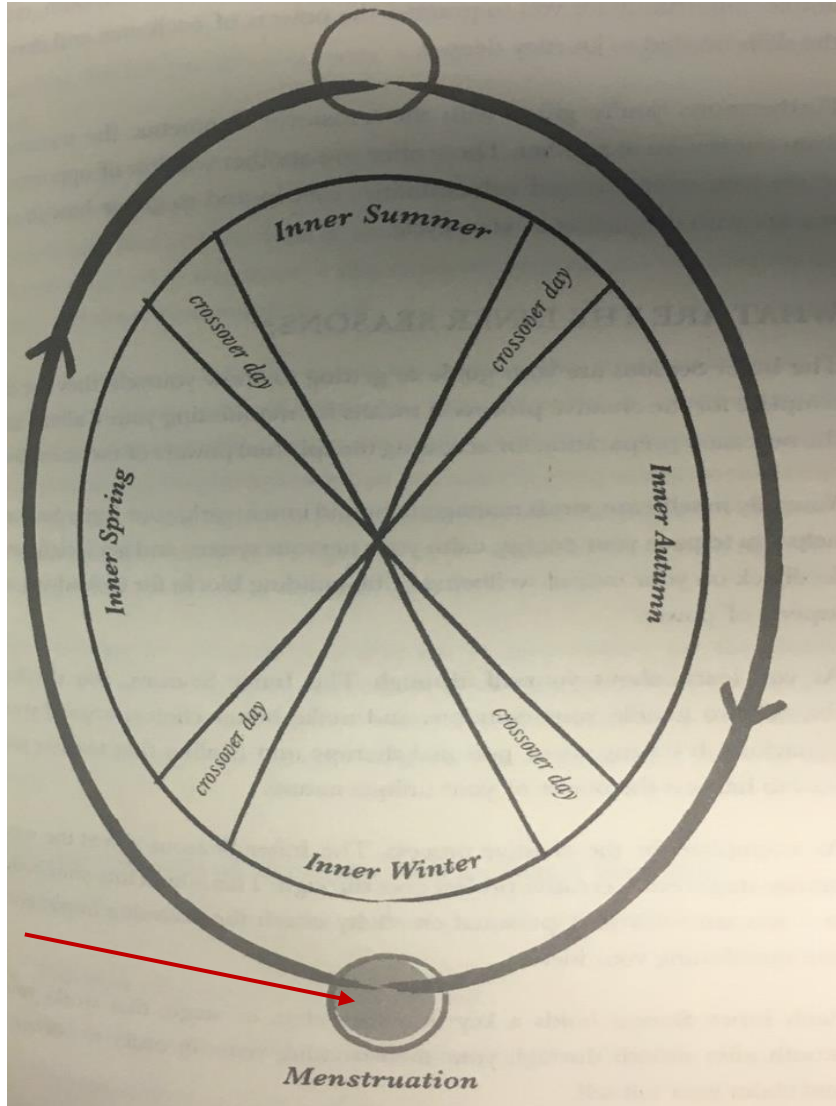
On the first day of your period start recording your thoughts and feelings on Day 1 of the Menstrual Chart. Watch the patterns of your cycles unfold as you continue to record over a number of months. Begin a new chart at the start of each period. Copy this blank sheet as needed.



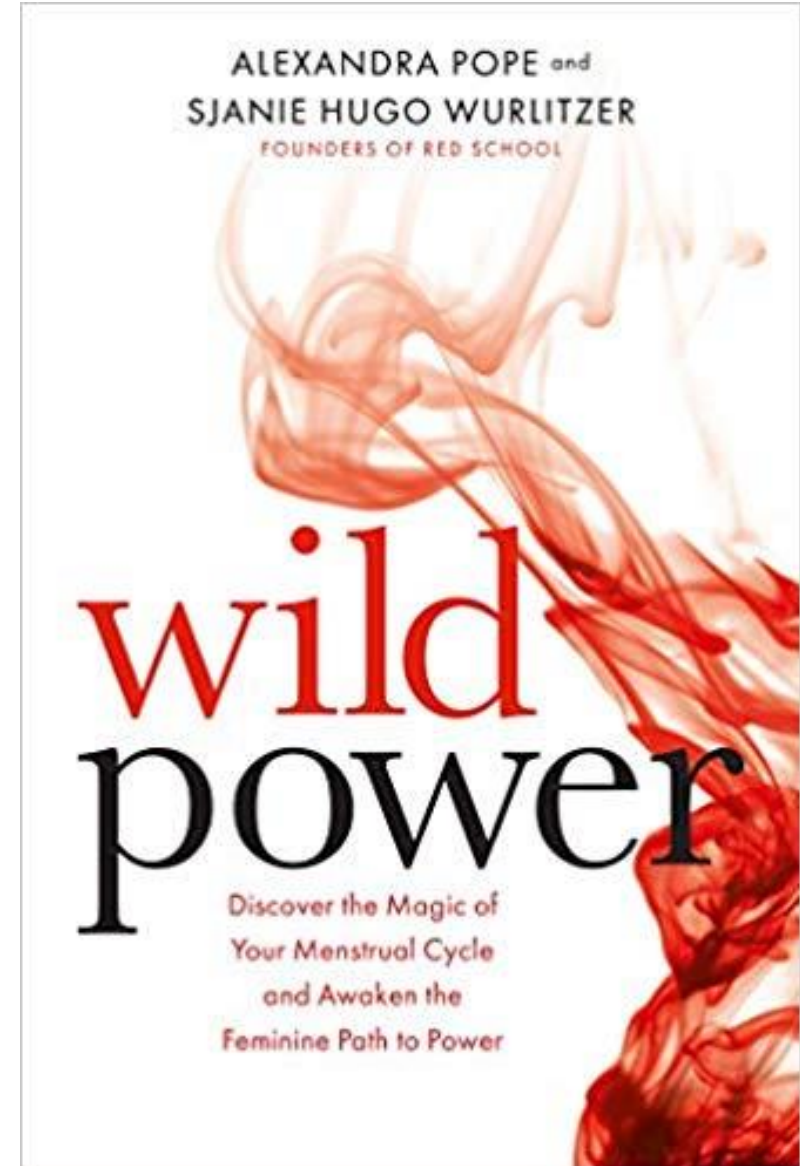
© Red School Ltd 2015



As you have been tracking, you have been building a sacred container to hold your WILD POWER!



Right **HERE** is the *pivotal point* when this power is unleashed! If you are not there to catch it, ***YOU MISS IT!***



Our current culture and “indoor” habits have separated us from honoring the cycles of the Earth and Moon and these women’s rites have become all but forgotten.

I personally feel that these rituals and the wisdom contained within them hold the keys to our survival questions, and in order to retrieve our answers, we must return to the ceremonies of honoring ourselves and the planet.

But we must do them in a way that makes sense to us NOW!

And I remind you of what we learned last week...



Why tracking our cycle is important for the earth right now...

The menstrual process makes us UNDO our EGO!

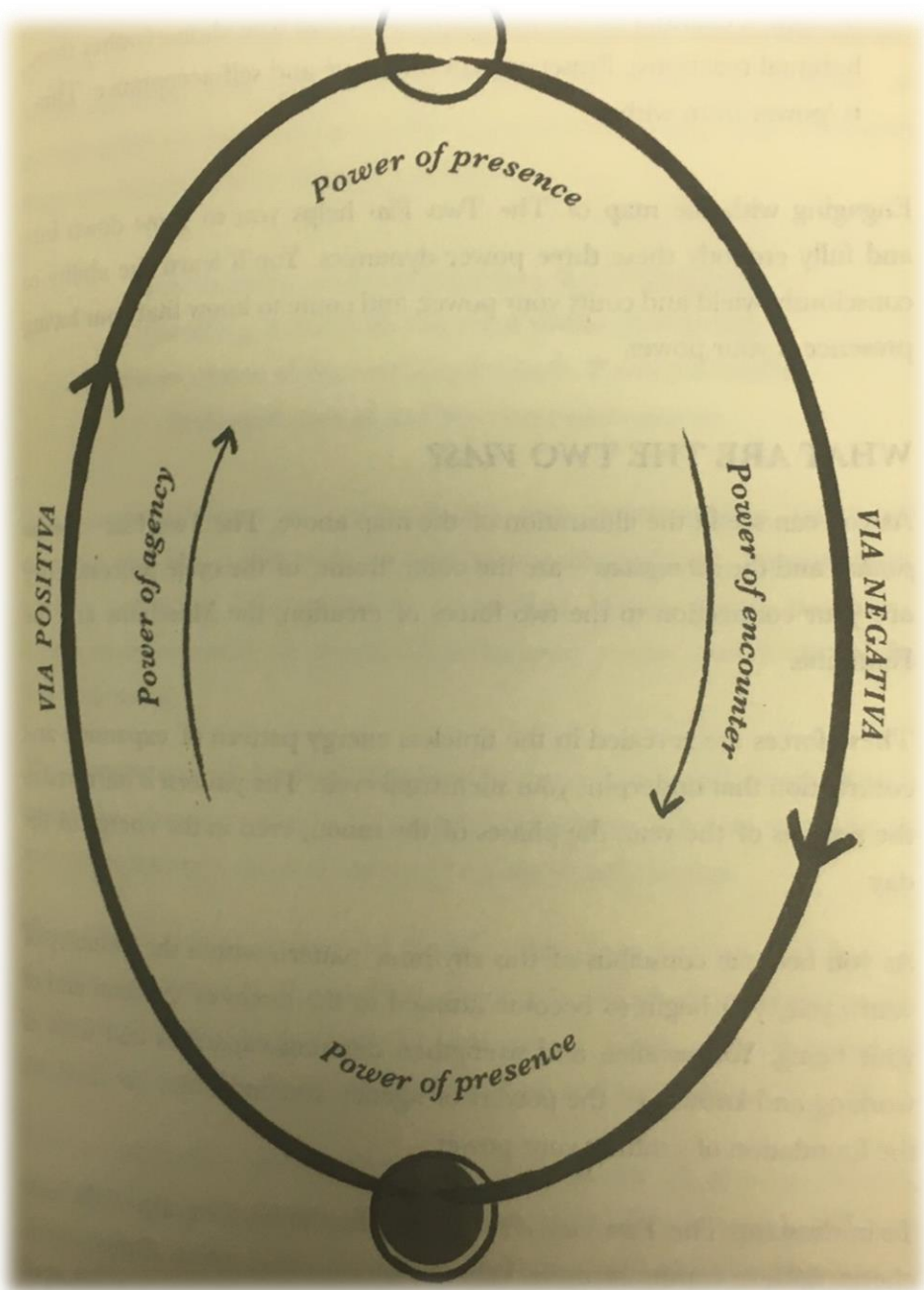
It reminds us we belong to something larger. ***We need each other and the Earth.*** We need to be responsible for each other and for the world.

In essence, ***each menstrual month, we're shifting from an egoic worldview, in which the emphasis is on me, to a sense of our self and the world as one: to a feeling of us.*** We're evolving our capacity to think and feel for the World's Sake. We're allowing for a higher order of evolution. The built in ***imperative of your menstrual cycle is to facilitate this evolutionary process.*** But if you only honor the MASCULINE (which equates to not practicing moon lodging or tracking) you can end up sabotaging this natural process of initiation.

In just short 200 years of a gradual decline of attention to this cycle and women gradually virtually not practicing, we have watched the systematic destruction of our ecosystem that had functioned for centuries. We are watching her die.

But if it only took that long to bring her to the brink of disaster, we can, through a collective effort, bring her back.





And it only makes sense, that as you really start to find your rhythm, you will want to take some down time. When you really let yourself feel what your body is feeling, you will naturally provide yourself with what you need and desire.

So here are some guidelines to get you started...

- 1. The information received as the menses begins is the clearest. Therefore, the most powerful time to experience this energy for yourself is the first day of the onset of full bleeding. Traditionally, the quiet alone time lasted for three to four days. However, if you only wanted to devote one day to this process the hardest bleeding day would be the most appropriate. Among traditional dreaming peoples, the most prophetic dreams and visions were brought to the people through the Moon Lodge. In other words, the most useful information that can come to us, comes to us from the women that use their moon times well. In fact, in ancient times, no woman would attempt to teach others or put herself in a position of authority if she was not practicing Moon Lodging on a regular basis. She would be considered ungrounded and her instruction would be considered suspect. Consequentially, for each of us who do not honor this time, much is lost, including the respect of others for our bleeding. If you are beyond the bleeding stage, setting aside 1 day at the new or full moon is a great way to continue this practice.**



2. You may want to set aside a space to do the lodge. You can make it as elaborate or as simple as necessary and possible. Remember, the more ceremony you surround it with, the more powerful it will be for you. There were some traditions in which the women were responsible to keep a fire burning during this time. Traditionally, they would sleep and dream during the day and keep the fire burning at night, dancing and drumming in prayer on behalf of the tribe. As your moon-time approaches, feel the openness and sensitivity increasing. Pay closer attention to where you allow yourself to be, and to the energy around you because you imprint very deeply during this receptive time. Choose to immerse yourself in what you wish to receive, create and magnify through yourself. Turn toward beauty, peacefulness, song and vision for a radiant, harmonious life for your children and the children of seven generations to come. Refine the objects of your attention, until the blood comes and you retreat into the peaceful beauty and quiet of the Moon Lodge, leaving behind the everyday world for a few hours or days.



3. You may want to officially begin or open your lodge with a small ceremony, inviting the ancestors and grandmothers, and the Great Mystery to be with you as you begin this journey.



4. During this time, it is suggested that you keep your meals simple. Ancient women existed on simple corn cakes during this time, so it might be fun to make some cornbread. Or you may want to drink juices and teas to assist the body in this cleansing space. It is a great time to utilize all the healing tools you have been given during this course.



5. It is also suggested that you limit the amount of outside human information that you expose yourself to—no music with words and no reading during the early period of the lodge. You want to clear your space so you can become in tune with Mother Earth and the ancient ancestors. You don't want to have to filter this information through the information of others. This keeps the information pure, fresh and new. Thus, connecting with Nature any way you can, even a fire inside in a fireplace is a good thing. At the very least, light a candle.



6. You may want to create a lovely notebook to keep within the lodge or reserve for your lodge time where you can record your visions, dreams, imaginings and intuitive flashes. You may also want to engage in art projects so having these tools available is also suggested. If you choose to share lodge space with someone, you may want to have a book where all of the information is shared with others. This is a way of unifying the information and making it available to all who visit.



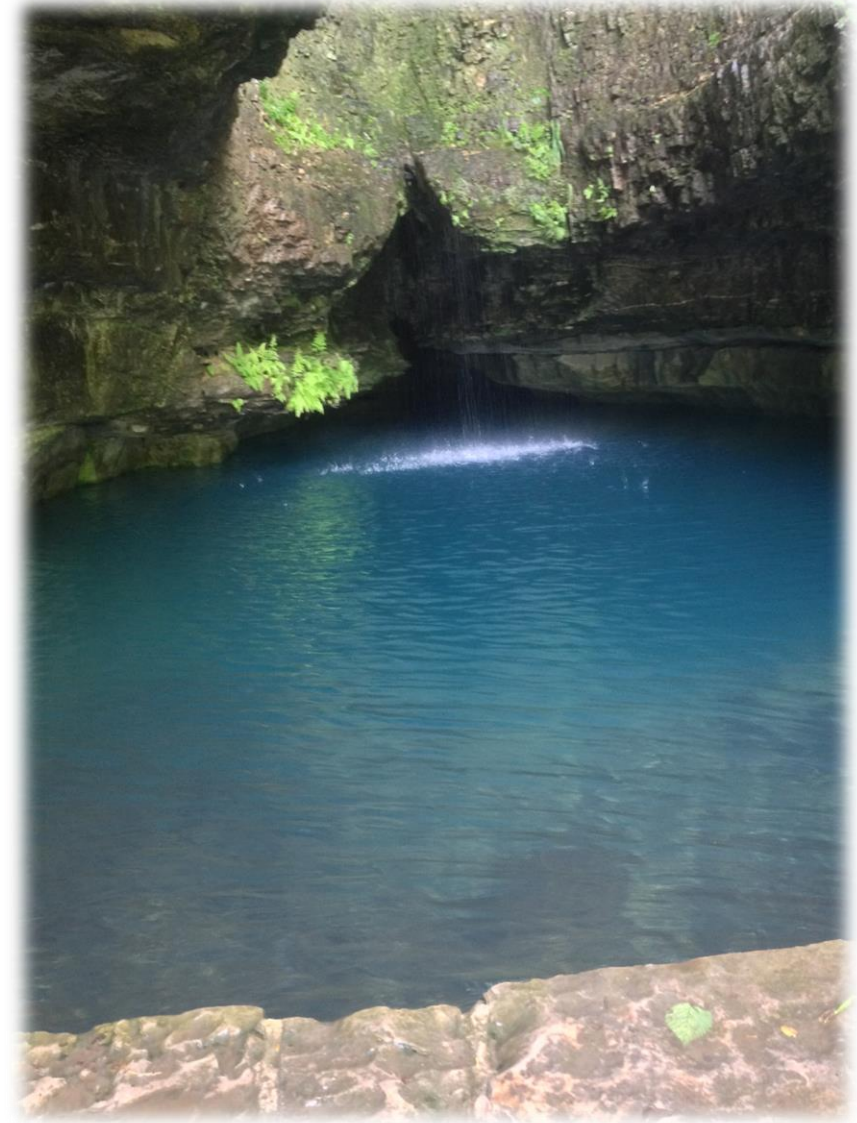
When you perform a ritual like this, you awaken all the spirits of women who have done this in the past and you connect with them. You literally call in the Spirit of the Moon Lodge. So, while in the moon lodge it is important to remember to keep the vow of using the transparent veil in calling vision for your people, praying, “Not for myself alone, Great Spirit, do I ask this vision, but that all the people may live.” Thus the dream can begin to unveil itself once again through strands woven from many women’s dreams. The weaving created through gathering to share on the New and/or Full Moons and from the records created and kept here can create a fuller tapestry, more easily understood and made real in the ordinary affairs of life. In this way we can begin to make the dream of peace real in our everyday lives.

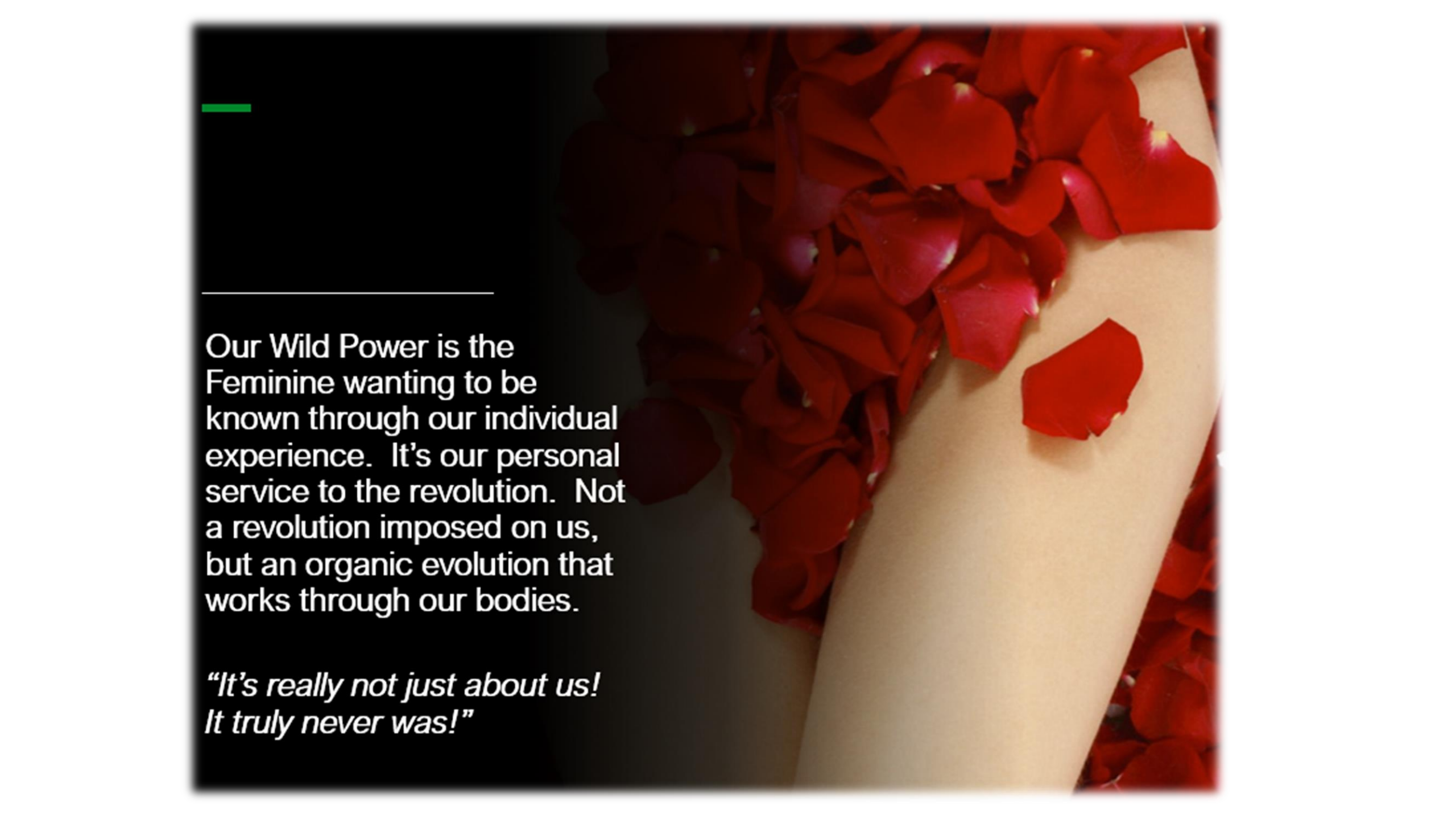


8. As the flow of blood begins to slow and complete itself, you may engage more in outward activities, crafts, etc., even sharing this time with other women, if your situation permits. As the time begins to wane it is a good time to review the information you have received and set intentions for what is to come during the coming moon cycle. Familiarizing yourself with the energies of each moon cycle will help with this process. If your moon cycle is in sync with the Moon, you will be in perfect position to build energy for your intentions during the coming 20+ days. In ancient times, the women would enter the lodge at the New Moon and receive the information, and then present it to the men when they came out of the lodge for implementation in the tribe and society. As we build the energy for our dreams we are assisted by the energy of Grandmother Moon, making us at our most powerfully attentive, aware and present for action in the world at the time of the Full Moon.



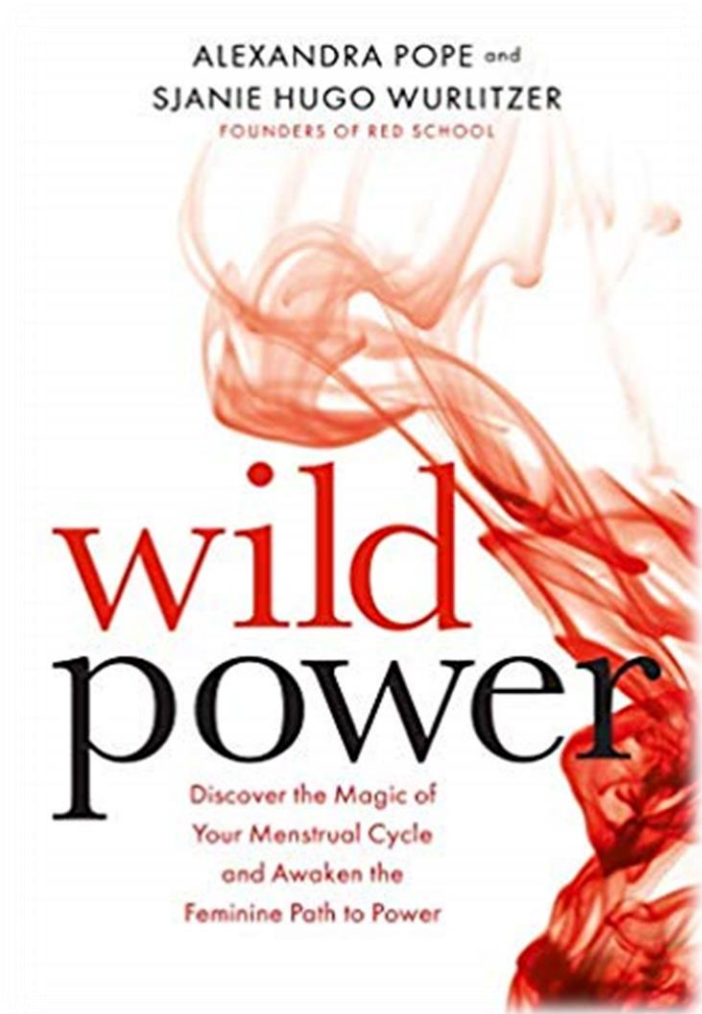
As we turn away from this time, the veil thickens for us again and we step back into the present. We begin to reintegrate ourselves back into our 3-D world. This may take some getting used to. Just know that most sacred ceremonies have a life of their own. When you invite it into your space, the energy of the ceremonies of the past come with it. This is a gentle loving space, but requires respect, honor, and quiet. You get out of it what you put into it.





Our Wild Power is the
Feminine wanting to be
known through our individual
experience. It's our personal
service to the revolution. Not
a revolution imposed on us,
but an organic evolution that
works through our bodies.

*"It's really not just about us!
It truly never was!"*



Homework:

- Continue Tracking your menstrual cycle.
- Begin planning now for time off at your bleeding time or the next New Moon, whichever you are using. You will need to really plan to make it happen.



Questions

A silhouette of a person dancing on a beach at sunset. The person is in a dynamic pose, with arms extended and legs slightly apart. The background is a vibrant sunset sky with a gradient from purple at the top to orange and yellow near the horizon. The ocean is visible in the foreground, reflecting the light from the sun.

So I ask you...

- What if you had known?
- What if you had been practicing all your life?
- What if there were others like you who did?
- What would our world be like?

INTEGRATION DANCE

For our
daughters...





Gratitude
&
Closure

Ground
