

FOCUS #1



LET'S GET STARTED

*To Honor One's Moontime Creates and Manifests
Order, Balance and Harmony in One's Life*

1st month-Menarche

What was your first moontime, your menarche, like? The spirit in which you entered your first moontime often has the power to set a tone for attitudes and expectations of your moontime experience. Negative expectations can create negative experiences. Positive expectations transform into positive experiences. Did your mother or a close female friend or relative explain to you what this 'change' was about? Did she explain what this monthly transformation would be like, explain your newly emerging sexuality. Did she tell you that you could nurture, heal and create life while being a vehicle for Divine energy? Did you know that now you had, as they say in India, "born the flower?"

How did you enter your first moontime or menarche? Were you surrounded by loving wembyn, given gifts, shown how to create rituals to honor your special time of the month? Was there someone who taught you about the rhythm of going within and withdrawing from the outer world in order to let yourself dream and be receptive to visions? And did she explain that these visions might bring answers, suggest solutions or open you to new directions in life?

Hopefully someone was there to tell you how important it is to remember to respect your moontime, your needs, both your inner and outer flows. Might there have been a wise elder who reminded you that squatting on Mother Earth and letting your blood flow onto her was

sacred and empowering to you both? That to be in harmony with your moontime teaches you to be in harmony with the cycles of nature, the moon and Mother Earth?

Was your menarche a joyous celebration and a positive affirmation of your entrance into wombyn-hood? Did anyone explain that now you had the power to create life and experience monthly visits to the Goddess' garden of light and dark? Did anyone explain to you that the moon was your sister and that you follow her phases and changes?

Or was your entrance into wombyn-hood unpleasant? Did you look forward to starting your period and yet once she appeared you were confused or disappointed? Was it painful to be *on the rag* and were you embarrassed that now you had the *curse* every month? Did someone say that now *aunt flo* was in town and make you feel like it was a taboo. Were you warned that now you could get pregnant? Did your mother give you a ritualistic slap? How did it feel, smell and make you think or affect your body? Were you ashamed, abandoned, unsupported and uninformed?

In our North American culture, all too often, a girl's first moontime is not honored or celebrated. Most wembyn are left on their own, not mentored by any older, wiser wembyn; given just enough information so they can 'deal' with this new change. If your menarche wasn't sacred and special it may have created a mindset that unfolded into a less than desired moon-time.

The good news is that you can replace the original old, painful experiences with positive, joyous affirmations that will tell your unconscious that healing has begun. This healing will filter down to your conscious, corporal body and emotions so that your moontime can become a happily anticipated time of the month.

If you don't know where to begin, here are some questions that might get you started.

1. How did you feel when you entered your menarche? How would you have liked to feel?
2. How supportive were your mother, father, family and friends? How supportive would you have wanted them?
3. Were you confused? In pain? Emotional? What could have made that better?
4. How did you feel about becoming a wombyn? How would you really have wanted to feel?
5. What would the perfect menarche have looked like for you? What didn't happen?

If your menarche was less than perfect and you feel that you may have received some negative programming that has translated into pain or discomfort, you can use the technique of visualization to help reprogram your mind with positive thoughts and feelings.

Find a quiet place and time where you feel comfortable, warm and safe. Relax your whole body using a technique that works for you. Maybe you want to do this the next time you are in your moontime.

When you feel relaxed, using your mind's eye, wander and scan your entire body until you find your womb. Try to imagine what it looks like, feels like, how it smells, what kind of texture it has and what color it is.

Visualize it in your mind's eye. Then look closely and see if there are any dark spots. Look for any places of weakness or illness. If you find any dark or weak areas, ask them why they are there and where they came from. Ask them what you have to do to heal them. Listen to their answers which are often subtle or intuitive. When you have those answers, thank them. Imagine the dark spots, weak areas, imbalances leaving, lightening up and going away. Pay attention to the feelings and thoughts that may surface as the dark transforms into light. Send love to the darkness, send healing and strength to the weakness. Trust yourself.

If it's your emotional world that suffers, look inside your heart and see what confusion it harbors about your moontime. What sorrows might have gotten lodged there? Where did they come from? Offer forgiveness and see them leaving.

Then let your mind wander and visualize the menarche celebration you would have wanted. Who would you have liked to be there? What ceremony or ritual might you have embraced? What wise wisdom would you have liked to have received? From whom? Let your mind and imagination roam freely and see the perfect menarche you would have liked to have, one that is free of shame, guilt or confusion.

Now visualize your womb well, strong, vibrating with life. This is your source of strength and power so see it filled with healing feminine energy and love. Know that you can always draw this energy from your source or well and that this energy is limitless. Then visualize this energy flowing throughout your entire body to revitalize and re-energize it. Visualize this energy bringing light to any areas of darkness anywhere in your body or mind. Feel the certainty that you are your own source of unlimited healing. Moontime blessings!

