



THE HISTORY BEHIND
SACRED
FEMININITY



and unleashing your
divine, innate power

INTIMATE MAMA

A photograph of a woman in a dark, flowing dress walking barefoot through a field of tall grass. The image is partially obscured by a large, light green rectangular box that contains text. The title 'Womb Wisdom' is written in a large, elegant, cursive font across the top of the page, overlapping the image and the green box.

Womb Wisdom

Across cultures and throughout history, the measurement and organization of time have been deeply connected with the natural rhythms of the world and the human body. In ancient times, women played a vital role in this process, as their menstrual cycles provided a reliable and cyclical framework for understanding time and its passage. However, with the rise of modern, industrialized, and patriarchal society, the natural rhythms of women have been overshadowed by the linear, male, 24-hour cycle that governs much of our daily lives. It is important to recognize our strength, find balance with our feminine and masculine energies, reclaim the wisdom of our bodies, and realign with our natural cycles for the well-being of individuals and society as a whole.



The man's cycle

Contrary to women's cyclical nature, the modern world operates on a linear, 24-hour clock that matches the man's hormone cycle. It prioritizes productivity, efficiency, and consistent activity. This makes sense for the way the work space existed when men were the sole providers.

The standard workday, designed around this male-centric rhythm, often leaves little room for the natural ebbs and flows of women's energy and productivity. By doing so, many women experience the struggle to balance work, family, and personal life while bypassing their own biological needs and rhythms to fit the mold that was created and paved for us. While we are grateful for the changes from generation to generation of female empowerment, it's time we step into our true power by being guided by our bodies' true nature.

Women in Society

Women used to work within the household, raise their children, help in community, and keep everything afloat. Then women entered the male centered workforce. We took on their daily structures and functioned in their roles, but something happened - women continued to do the work at home on top of their part in the workforce. Women worked double for generations and we are finally seeing a shift. We are seeing present, conscious, and deeply involved men, partners, and fathers. It's beautiful & there's still more work to be done.

Embracing our feminine power is not about gender equality; it's about honoring the unique strengths and rhythms of women, something that was an innate knowing in the past. By reconnecting with our natural cycles, we can tap into a source of deep wisdom, intuition, and creativity that has been suppressed in a male-dominated world. It's a way of restoring balance and harmony into our lives.



Calendar Consciousness

Calendar consciousness was first developed from women's natural monthly cycles because of its correlation with the moon's phases. It has been practiced for thousands of years across many cultures in a variety of different ways and continues to prove the power of women and their deep, divinely designed connection to nature.

Chinese women pioneered lunar calendars 3000 years ago with the 28 mansion constellation system.

They divided the celestial sphere, aligning their calendar with the lunar cycle.

In Hindu culture they had the 28 Nakshatra's, a similar lunar zodiac system.

The Mayans had a calendar that was based on their menstrual cycles and it's relation to the rhythms of the moon and Venus. This calendar was used for both agricultural development and societal organization.



✧
*this is your
permission
to make waves,
be you, the
moon does it
all the time*

Various cultures developed unique methods of tracking time aligned with menstrual cycles:



- ✓ The Ishango bone is one of the earliest known examples that dates back approximately 20,000 years with carved notches for tracking.
- ✓ Siberian cultures, particularly the Nganasan women, utilized ribbon marking systems, sometimes sewing colorful strips of fabric onto garments to count the months of pregnancy.
- ✓ The Maori used a cosmology system that tracked the relationship between humans and celestial bodies, particularly the moon. In Maori culture, the moon symbolizes the husband of all women, as menstruation often aligns with lunar phases.
- ✓ The Suri culture used knot calendars to track their menstrual cycles. Each knot or bead on a small rope represented a day, allowing women to monitor their cycles and plan accordingly.
- ✓ In Native American Yurok culture, women placed a stick a day into a basket as a means of tracking time and cycles.
- ✓ The Toltekatl, also known as the Aztec calendar, is a more complex system focused on astronomical events and religious ceremonies. This calendar contained elements related to agricultural cycles and timekeeping as well.
- ✓ Scandinavian Primstav sticks, also known as runstavs, were wooden staffs with notches for the days of the year and descriptive characters for solstices, equinoxes, and holidays.

In The Woman's Encyclopedia of Myths and Secrets, Barbara G. Walker shares that the Gaelic words for "menstruation" and "calculation" are the same (miosach and miosachan) and the Romans called the calculation of time "menstruation," meaning "knowledge of the menses." The words "rite," "sabbath," and "ritual" are also all derived from words pertaining to menstruation.



These ancient practices show the intrinsic connection between women's menstrual cycles, lunar rhythms, and the development of calendar systems, highlighting the significance of menstruation in shaping human culture and civilization.



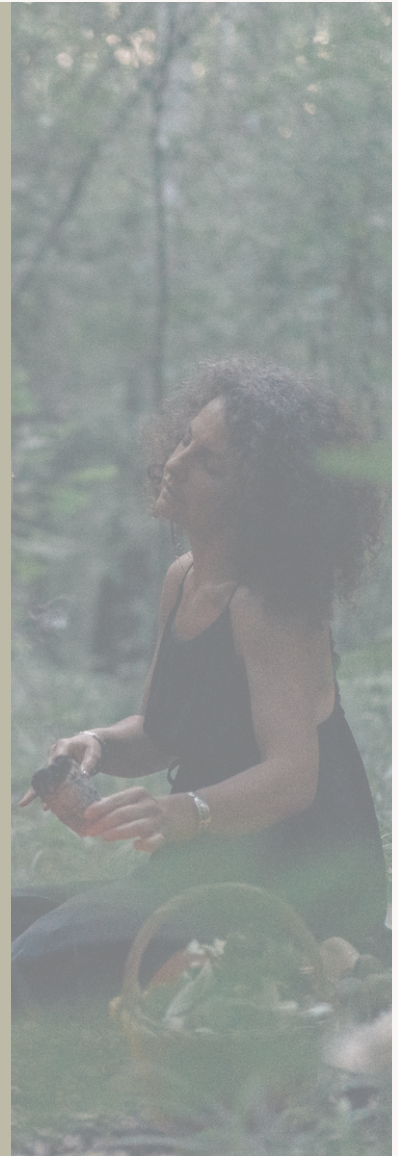
*The moon is a reminder
that no matter what phase I am in,
I am still whole*

Only in modern days has our monthly bleed been seen as a burden, a time of discomfort, and something to hide. Traditionally, it has been known as a time of sacred celebration and connection.

- ✓ In some Native American cultures, the menstrual cycle is seen as a sacred time of connection with the earth's natural rhythms. Women would gather in a special space known as the Moon Lodge during their menstruation. They would rest, meditate, and share wisdom with each other. The Moon Lodge was considered a place of power, where women's intuitive abilities were heightened, and their visions and dreams were valued as potent messages from the spirit world.
- ✓ In certain Hindu communities, menstruating women are considered sacred and are secluded from household chores and social activities during their menstrual period. They are encouraged to rest and engage in spiritual practices such as meditation, chanting, and prayer. This period of seclusion is seen as a time of purification and renewal, allowing women to connect with their inner selves and the divine feminine energy.
- ✓ In Balinese culture, menstruation is celebrated as a symbol of fertility and life-giving power. During the Melasti ritual, which occurs before Nyepi (Balinese New Year), women who are menstruating are invited to participate as they are believed to possess special spiritual energy. They join the procession to the sea, carrying offerings and prayers for purification and blessings. This ritual honors the cyclical nature of life and the interconnectedness of all beings.



- ✓ In Tibetan Buddhism, the Red Tara is a deity associated with the menstrual cycle and feminine energy. Women practitioners may engage in special rituals and meditations dedicated to the Red Tara during their menstrual period. This practice is believed to harness the transformative power of menstruation, allowing women to cultivate compassion, wisdom, and spiritual awakening.
- ✓ In various African cultures, menstrual blood is considered a potent symbol of life force and ancestral connection. Young girls may undergo rituals of initiation into womanhood that celebrate their first menstruation as a sacred rite of passage. These rituals often involve teachings about womanhood, fertility, and the responsibilities of adulthood. Menstruating women are honored as carriers of the collective wisdom and spiritual lineage of their ancestors.



These sacred rituals and cultural perspectives on menstruation hold an elevated status of women during their menstrual bleed. Women also held high positions as priestesses, healers, and oracles, and their menstrual cycles were seen as a source of divine power. Menstruation was not taboo or impure but rather a natural and sacred expression of feminine power and spirituality

Reclaiming our Natural Rhythms

To step back into our feminine power, it is essential for women to reclaim ownership of their bodies and cycles. This involves honoring our natural rhythms, listening to our bodies' needs, and creating space for rest, reflection, and rejuvenation. By prioritizing self-care and cultivating a deeper connection with our intuition, we can empower ourselves to live in alignment with our true nature.



“Our cycles ensure that we do not live static lives. Instead they demand that we live dynamically, constantly exploring the different gifts of feminine power that each portion of our cycle holds. Part of learning the art of being a woman is learning to honour each element of our cycles and ourselves.”
— Lucy H. Pearce





*In every phase, she mirrors the moon,
waxing with vibrant energy,
waning with quiet reflection.*

*Her strength flows like the tides,
a powerful dance of resilience and grace.*

*She is a woman, connected to the lunar rhythm,
illuminating the world with her ever-changing
light.*

