

# Your Sacred Bleed

*My child, this is a love note for you during the time of your first bleed. These are the words I wished were shared with me, the comfort, the insight and the guidance.*

~Welcome to your sacred bleed~

My love, this blood that drips freely from you now is part of your power. A sacred cycle that you will journey with from now until you reach a new life stage. Your womb is shedding and going through an ancient cycle which will occur every month. Not every woman bleeds but all women journey through a monthly cycle. Your sacred bleed is the expression of your inner winter, your time to release, let go, look inwards and harvest the treasures which reside there. You are a beautiful complex being, that moves through an inner cycle that is in harmony with the natural world.

Your bleed, my darling, is your sacred cycle.

These feelings and sensations are your womb and body trying to communicate with you. You may feel confused and overwhelmed at first as you adjust to the changes in your body, that is ok be gentle with yourself. Feel all there is to feel during this time. It is ok to feel vulnerable at this time, this does not make you weak, this is your bodies way of becoming more in tune with veils of life. Your womb has an intelligence of its own, love it, honour it, listen to it and your life will be full of magic and profound insights.

People may give your moon cycle and bleed time code names to dare not speak of this sacred time, to shame and hide it. But there is no shame in this monthly expression of the feminine. Know that they say these things and act that way because the structures they live in have taught them to and they do not understand their impact. Do not make yourself or your experience smaller to fit their ideas, they have been mislead and deterred from their own feminine expressions as well. The structures we live in may encourage you to disengage from your womb and sacred bleed, do not adhere to these limiting beliefs. Women who live in their full power and who are deeply connected to their cycle and to nature challenge the structural 'norms', this is why they have demonised such a natural expression of life. The honouring and reclaiming of our sacred cycles will actually create a healing that reaches further than those who bleed but will benefit the wider collective. There is a shift happening, a changing of tides, the power of the sacred cycle will no longer be silenced. There is an ancient returning occurring, choose to move with that energy. Be strong and know that there are thousands of generations of powerful women standing behind you to give you the courage you require. .

This blood and this time holds wisdom beyond your imagination, learn to listen to it. Listen. Listen to what she has to say. Listen to her for she will help guide your life and help you navigate the unsure waters of life with ease. The more you listen, the stronger your relationship with her will be and the less issues that may arise. Listen to her but also speak with her, so that you are in communion on this life journey. Integrate her so she knows that you have not abandoned her and that you deeply honour her and she will in turn provide you with wisdom and guidance for your life ahead.

You are a magical cyclical being that is a reminder that we are a part of nature not separate to it. That we live in sync with the wild. Very forget her, never ignore her, she is you. So every time you bleed allow a smile of knowing to cross your lips as you celebrate another deep dive in to the mystery of life and of self. Celebrate this time and be in stillness, listening and honouring as you gather up the wisdom held in your womb and in you bleed to guide your next cycle. This is your sacred cycle.

Welcome beautiful cyclical one. You are home.