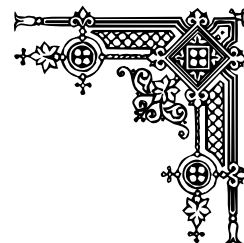
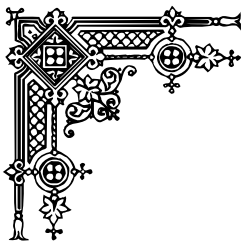


MENARCHE INITIATION ITEMS

- White clothes or gown to represent the Maiden.
- A red item of clothing to put over or change into to represent menarche and stepping into womanhood.
- White cord at least 3ft long or increments of 3 (or whatever fits around your hips/waist)
- Red cord at least 3ft long or increments of 3 (or whatever fits around your hips/waist)
- Pomegranate seeds or juice.
- Your moon blood or if not available pomegranate juice.
- A token for your Maiden (something you can always wear during your moon-time).
- A mirror (if you take the optional bath it can be your bathroom mirror).





BEGIN IN YOUR WHITE MAIDEN GARMENTS.

Set up your altar with the items above. You can include red and white candles, a picture of Persephone, a picture of yourself at the age of your menarche. Anything that represents the womb to you, create your altar with your Maiden and intuition.

Cast a circle calling in Air to the East, Fire to the South, Water in the West, and Earth to the North. Call in Persephone, your spirit guides, and your maiden. Remember to hold love and compassion in your heart for your Maiden and only do what feels good to you in this ceremony.

Take the White cord/lace representing the Maiden you were before Menarche and the Red thread of Blood, life, womanhood, and fertility. Tie them together in a knot and begin to wrap them together. While you are wrapping them together say this chant (and keep repeating starting from the "Woman and Maiden" part) until you come to the end and tie the ends together as well. Keep 1 -2 inches on each end loose.

I WEAVE THESE THREADS OF
RED AND WHITE
WOMAN AND MAIDEN
I AM ONE
BLOOD AND WOMB
YOUR MYSTERIES HAVE BEGUN

You have created your Menarche cord. Dip each end of the cord in your Moon blood or pomegranate juice. Say:

I AM MAIDEN
I AM WOMAN

Wrap the cord now about your waist/hips:

I HOLD ALL THE MYSTERIES OF CREATION
IN MY WOMB!

(Optional bath)

Draw a bath and bring your red clothes, seeds, Moon blood and or juice with you.





Strip off your Maiden garments and set the Menarche cord around the rim of the tub or close to you. I would not recommend getting it wet.

Before you step into the tub, anoint your womb with your Moon blood in the shape of a crescent moon, or sideways C. If this is too uncomfortable use the juice instead. Or if you want to be bolder, anoint all your chakras, or third-eye, heart space and breasts!

Offer 3 pomegranate seeds to Persephone in your bath, along with 3 drops of moon blood or juice.

You are stepping into this bath as a Maiden!

Take as long as you want to soak in this bath... imagine you are in your womb space swirling in the mysteries. Keep the bathroom as dark as possible while you are in this space.

When you are ready, step out of the bath as a woman! Cross the threshold and put on your red garment. Place the menarche cord back on your waist.

Proceed to your altar or mirror with your gift in hand for your Maiden.

If you did not take a bath simply put on the red garment either over the white or replace it altogether. Put your cord back on and proceed to the mirror with your gift.

Gaze upon yourself in the mirror... let your eyes soften and see with the maiden and woman and goddess all inside of you and gazing back at you.

When you are ready say:

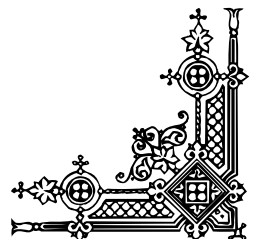
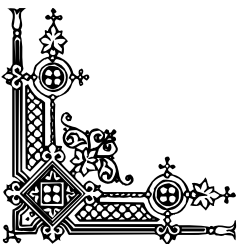
YOUR NAME, YOU HAVE CROSSED THE THRESHOLD FROM
MAIDENHOOD TO WOMANHOOD.

YOUR WOMB IS FLOWING!

YOU ARE THE KEEPER OF MYSTERIES!

CREATRIX!

MAIDEN AND WOMAN!





YOU ARE GODDESS!

I LOVE YOU.
I CHERISH YOU.
I SEE YOU.
I HONOR YOU,
MY MAIDEN.

Present your Maiden with your gift and say why you chose it. Say anything else you want to say to your Maiden right now. Take your time with her and be present.

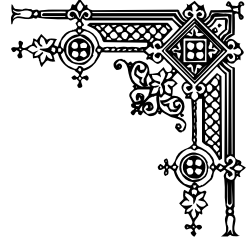
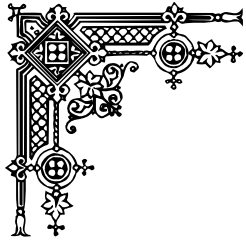
Take some time to close the circle and journal about your experience.

Also keep in mind: the gift you choose preferably could be something you can wear while on your moon-time. For example, a ring or other piece of jewelry.

If not, simply keep the gift and menarche cord on your altar every time you are experiencing menstruation as a reminder of the beautiful mysteries and magick flowing through you!

Here are potent days of the moon cycle to perform this ceremony:

FIRST DAY OF YOUR MOON-TIME
NEW MOON, AND FIRST QUARTER FOR MAIDEN ENERGY
SOLAR AND LUNAR ECLIPSES - THRESHOLD ENERGY
FULL MOON FOR EMBODYING DIVINE FEMININE
EQUINOXES - INITIATIONS FOR THE MAIDEN



REFLECTIONS

A series of 20 horizontal lines for writing, with a decorative border of moon phases on the left and right sides.

