

moon blood prayer ritual

Your moon cycle is a **powerful time to let go** of what is no longer serving your path forward. it is a time of **sacred destruction**. the womb is letting go and so we honor this process. This blood is rich in life giving stem cells, with energetic coding, DNA and is the threshold between our **old and new timelines**.

Returning to earth

Once upon a time, all our bodily fluids, and even our bodies, were all returned to the earth to decompose. This is being **reciprocal with the earth** and as human animals on this planet **it is our birthright**. There is an ancient Hopi prophecy that states, “When the women give their blood back to the earth, men will come home from war and earth shall find peace.”

Cramping / Discomfort / Other “Symptoms”

Our wombs want us to **notice and listen** to them, when we are caught in a routine of ignoring, dismissing, or pushing through our sacred time of bleeding, we may experience more cramping which is your wombs way of **trying to get your attention**. It’s a practice to listen to our sensations and **be open to receiving any insights** about what our body + spirit are asking for.

Intentional Cleansing - Five Days of Prayers

The first day of our bleed we are cleansing for ourselves. We are **releasing everything from the last cycle** that does not serve us personally. Releasing any **stress** you have been carrying. Lay on mother earth with your womb on her and let her **take everything you do not need**. Lay there until you feel this process is complete. When you return your blood to the earth on this day it is with a **prayer for yourself**.

On the second day we are bleeding for our men. Men don’t cycle the same way we do and so we cleanse on their behalf, including our **fathers, brothers, partners, friends**. Any **men that are important in your life**. As you return your blood this day, you are praying for the men in your life that **the earth may transmute what is no longer needed**.

On the third day we are cleaning up for **our life purpose, our work or our service** to the community, as well as for our home. We pray for **clarity & guidance on our projects, goals and dreams**. As you return your blood to the earth we are praying that we **move with ease and direction**.

On the fourth day we are bleeding for our **grandmothers, our ancestors, our teachers, guides, & medicine women**. On this day when we return our blood it is in the name of these ones whether they are still here on earth or not, we know that they are with us and communicating with us. We open to any messages they may send us.

On the fifth day we salute the sun, giving gratitude. We **plant our seeds** on this day for our next cycle, set your intentions and raise your hands to the sky, and feel your feet firmly rooted into the ground.



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If you bleed longer than five days you can continue to pray for whatever calls to be prayed for and if nothing comes for you, gratitude is always a great thing to infuse into your spiritual payments to the earth.

Practical tips for collecting your blood:

There are many ways to collect your blood to return it back to the land but the women I work with tend to use some type of padded underwear or cloth or reusable pads that you can simply rinse with water and return that water to the earth, then you can wash and dry as normal.

The reason for these methods over cups, disks, natural fiber tampons etc is because during your bleed there is a large potent energy (chi) flowing down and out of your yoni and all these items I mention, seem to stagnate that energy leading to more blockages, cramping etc. Note: cups that create suction also create downward pressure on the cervix.

The seasons of your cycle

The cycle of our wombs mirror the four seasons of the earth.

Days 1-6 Winter, this is your rest time, your death season. It's a time of hibernation.

Days 7-14 Spring this season is like slowly emerging from your cocoon into your full bodied self again. Its a time for new life, new projects and being creative.

Days 14-21 Summer this is the time in your cycle when you have the most outward focused energy, as winter is a good time for self care, during summer you have more energy to pour out so its a great time for being social.

Days 22-28 Fall this phase is a good time so slow down, begin to prepare for the next cycle of winter and honor yourself for what you accomplished this cycle. This is the season of the harvest, so celebrate your life.

Moon blood contains stem cells which are highly regenerative (healing + life giving) It is not dirty or something to be ashamed of in fact it is something full of potent and valuable information and energy.

Read this article for examples of how menstrual blood derived stem cells are used in medicine: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4904135/>

