



Video Transcript

Learn To Heal Your First Menstrual Cycle Honoring Menarche As A Sacred Feminine Rite

Welcome to today's video where we're going to be demonstrating the monarchy ceremony, and I'm here today with the lovely Maria and Natalia to support this process. So as you go through a monarchy ceremony. Firstly, I want to acknowledge the weight of this ceremony. We are as women, the temple of the divine feminine, so as Gaia is the mother of all, we are the mother of co-creation.

And this process, it's not just about looking at your period, it's about healing the lineage of women that have been silenced, shamed, and shunned. And so we want to really consider this process with deep intention. We wanna begin with looking at our props, bringing flowers, crystals, candles, allowing your senses to become alive, acknowledging once again, we are a temple of the divine feminine.

And what do we want in temples? We want honor, we want intention and respect. So this is why when we begin this process, we want to acknowledge the respect that we want to give to our womb, to our femininity, and to Mother Earth and Gaia. And from there, we wanna then sit around, or if you are doing this by yourself, that's also okay and acknowledge when did I start my monarchy, my first moon period?

How did I feel? And what was my relationship with my cycle? How did I perceive that relationship, and where did that perception come from to just take in time? You can have your notebook with you or you can just consider this internally. It depends on you and how you process. Once you've got all of this information or you've shared it in a beautiful woman's circle,

the next thing we want to do is go into a Gaia Mother Nature meditation, and this is about our integration.

This is about us allowing Gaia internally to rewire. And remove how we perceive our monarchy and how that experience was. So as we go through that meditation, which will be a part of the library, we are going to go back into the mane, build that relationship with Gaia, and allow her to guide us through what it should have been like because it is a sacred, sacred initiation.

And it should deserves to be honored. And so as you go through that process, you are rewiring that process within. And then from there we go into the next step, which is letting go in nature. So we wanna consider things such as purification and release. So how we can do this is we can consider dipping ourselves into water, or we can bring a bucket into the ceremony and imagine pouring the bucket of water over us.

Or we can specifically do the ceremony on the full moon because this is a time where the energy begins to get released within us. So just consider fire moon it. It doesn't really matter. It's about you connecting to Gaia, connecting to your inner sanctuary, and asking what feels right for me here. And then from here we wanna go into a deeper release, dancing, howling, jumping, and allowing ourselves to really let go of the residue of internal trauma because this, this stuff, it stays within us.

It builds us in shame, and we wanna let go of that and start creating a new vow. And then from here. Our last step is to come fully back to Gaia. So we are the co-creators and she is the creator. And so our new vow is to then honor this cycle from here on out. And one way you can do this is when you get your next moon.

Then you can choose to utilize your blood and offer it to the land. Or if you use period panties, you can hand wash them. And then with the water that you've used, you can offer that to the land as we come from Mother Earth and Gaia. In this V, we are returning to that honor and that sacred femininity. So again, if you do do this, vow, do it with intention.

Allow yourself to go out into nature, acknowledge what you're doing, take a breath, acknowledge Gaia around you, connecting and offer this beautiful, sacred blood as a star. Of the new divine feminine coming back home to ourselves. And on that note, ladies, should we begin our monarchy ceremony? So as we begin our monarchy ceremony, I encourage you to also begin a ceremony for yourself or with your friends and other women in your community, and you can go to the Gaia Goddess Library and find the monarchy visualization to support you in the healing process.

Healing. My name is Amy Sar, and this is the wonderful Guy, goddess. Thank you so much for joining us today.

