



*1000* Tara's  
for

**Menstrual Hygiene Day**



**Red Tara Tree**





WHEN  
1000 TARA'S UNITE,  
THE TONE OF OUR  
SACRED EARTH SHALL  
SHIFT FROM FEAR TO  
COMPASSION

- TIBETAN Prophecy -

WHEN  
WOMEN START  
AGAIN TO OFFER  
THEIR MOONBLOOD  
TO EARTH, MEN WILL  
COME HOME FROM  
WAR AND THERE  
WILL BE PEACE


- HOPI Prophecy -





**This e-book is the result of the  
Menstrual Month 2024 organized by  
Red Tara Tree.**

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# Introduction

Dear soul...

During the Month of May of '24, Menstrual Month, we gathered as a global sisterhood to break the taboo around menstruation and to honor the FeMale nature as sacred and as a catalyst for peace.

We came together during the Opening Ceremony on the 1st of May and we sat in sacred circle during the weekly Red Tara Tents, where we tapped into the wisdom of the Womb and the spiritual power of the menstrual cycle, both for ourselves and for the collective. Our supreme moment was Menstrual Hygiene Day, the 28th of May, where we held an incredibly touching Collective Healing Ceremony, guided by international healers and teachers in the field of the Divine Feminine.

At the end of our Healing Ceremony, we were honored by a stunning surprise act of some Brothers who shared very touching words to honor the FeMinine.

We have made an e-book to commemorate all of these events and to give you lifetime access to the replay, transcripts and sharings of the beloved Tara's participating during Menstrual Month.

We received a cascade of appreciation after the Collective Healing Ceremony. To let the appetite for our e-book grow, we will start with some of these sweet and loving testimonies of people who were present during the Collective Healing Ceremony and/or saw the replay.



I hope you enjoy the e-book!  
Mieke Anthuenis  
Red Tara Tree

For more info on the original invitation to unite as 1000 Tara's, click [here](#).  
And waw, what a beautiful worldwide web of light was birthed:





# Words of love after the Collective Healing Ceremony



What struck me most was a realisation that came to me after the Red Tara Tent on 23 May. It was a deep deep certainty that the Hopi prophecy 'When women start again to offer their moon blood back to Earth, men will come home from war and there will be peace.' — is not a promise! It's not a 'maybe', not a 'lucky draw' — It's a vision, a report about our future that is already unfolding right now! With these acts together this month, we have indeed started holding hands in honoring our blood and restoring our sacred feminine rituals, and have made the first steps towards a glorious new time here on Earth! And by the time all 1000 women have held hands in living this sacred ritual, men will have come home from war to enjoy our newly created and peaceful Earth — as they are also making progress in putting their weapons down on all possible levels. As within, so without. I am so honored to be part of this process! Thank you so much for being a catalyst for this change!

Ida



Thank you for your courage and energy you trusted in the work for the ceremony. Even seeing it in replay it reached me deep and in a way profound, I can't really find the words. Reconnecting with the first ever bleeding was reliving a moment of pure joy to me. The glimpse of sisterhood & brotherhood is comforting. Thank you.

Vera



I just finished watching the replay of The collective healing ceremony. I am so deeply touched and in tears by all the beautiful transmissions and by the surprise at the end. Wow! Words can not describe the healing I received from this...

Annikka



Listening to the Brothers speaking towards the end of the ceremony, I was so moved I wept. I had never heard men speak so publicly and so vulnerably of their relationships with women and the feminine. Their words were balm to my soul... I bow to each Brother who spoke. I thank them from my heart for their openness and their courage, their gift in presenting an alternative way of being to my wounded inner masculine. What the Brothers said, each in his own way, is, I believe, what most women most need to hear. Spoken in a gathering of this size and nature, and held within Bärbel's transmission of Divine Feminine love, made it the most potent expression of honouring the Feminine that I personally have ever heard, a big step towards the return to the axis of love between masculine and feminine for the benefit and healing of our world.

Jenny



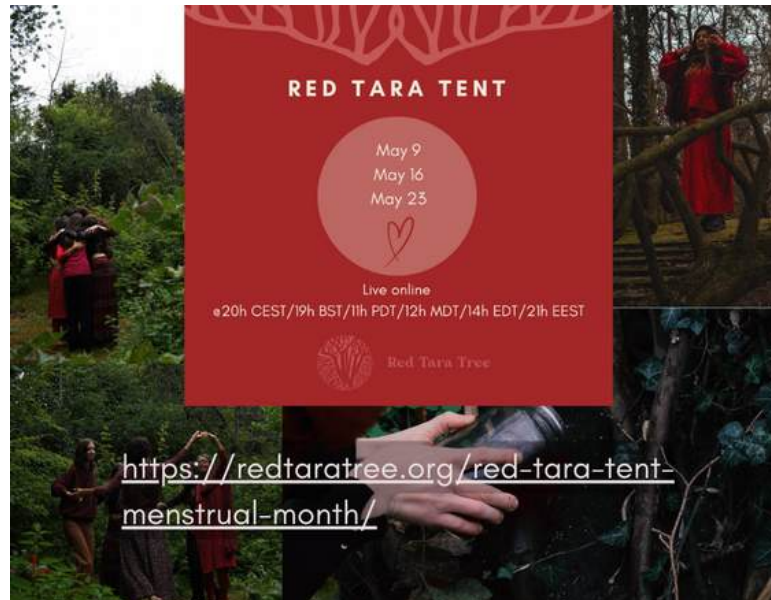
That was so incredibly beautiful. It touched me deeply ❤️

Kim





# Replays



Click [here](https://redtaratree.org/red-tara-tent-menstrual-month/) for an excerpt from one of the Red Tara Tents



Click [here](#) for the replay of the Collective Healing Ceremony.



## PROFILE

Mieke is a womb awakening teacher, shamanic womb healer and priestess, menstrual mentor and yoni steam facilitator. She dedicates her life to birthing New Earth and bringing back ancient feminine wisdom, healing arts and spirituality. Since 2005, she has been walking a spiritual path with strong influence from her time in Peru and Colombia. She is trained in core and womb shamanism. Since 2018, she works as a Moon Mother and Vaginal Steam facilitator. With a background in Tuina, she also seeks to bring in the rich eastern view on womxn's well-being. In her trainings, retreats and 1-on-1 sessions, she blends these modalities together, based on the needs of the client, to facilitate a deep and safe space for healing and transformation.

[www.redtaratree.org](http://www.redtaratree.org)

# MIEKE ANTHUENIS

*Red Tara Tree*

## INTRO

*Mieke shares a letter from a participant and a download she received with reflections on taboo...*

## TRANSCRIPT COLLECTIVE HEALING CEREMONY

*I would like to read the letter of one of the participants of the Red Tara Tents during this Menstrual Month. The Red Tara Tent is a sacred circle of sisters where we connect to the wisdom of the womb and the sacredness of menstruation. After reading this letter, a download came through that I would like to share with you as well.*

*Quote from Marije's letter:*

*"I want to let you know that I am so very grateful for your initiative to unite 1000 Red Tara's for Menstrual Hygiene Day, May 28.*

*I am currently on my period and am collecting my blood mixed with water.*

*It's my first time doing this.*

*It is the first time in my life that I have consciously thought about my period.*

*It is the first time that I feel the power that comes from this.*





*It is the first time in more than 34 years that I have had my period that I don't find it dirty, don't think it smells, but that I am fascinated by the beautiful red blood mixed with water in a glass bottle.*

*What I find so special, and that is why I am emailing you, is that I feel shame around collecting my own menstrual blood and a kind of fear when pouring it out into nature.*

*I do this secretly, I don't want my husband or children to see or notice that I am collecting my blood. I told my husband and my daughter about the prophecy and my 16 year old daughter thought it sounded logical and my husband listened with interest. But I still don't tell them that I'm collecting blood now. I feel shame and that it is forbidden.*

*I got up extra early yesterday and today to have a little ritual; to light candles, sing, dance and walk into the garden. I took the blood mixed with water to pour on the beautiful fern, the bush, the plane tree. I feel the bark of the tree, I see how my blood sinks into the earth.*

*I feel in my heart that this ritual was not allowed for years, that you had to do it in complete secrecy because it was dangerous. I feel how my foremothers were never able to honor their blood and remained cut off from their power. I feel all this when I walk into the garden and I feel alert, look around, does no one see me?"*

*These are the words of my beautiful sister, whom I met for the first time in the Red Tara Tent 2 weeks ago.*

*And I want to say how touched I was when I received this letter. I must say that I have been scared and I have felt shame too.*

*I have felt scared sometimes when first I started working with Womb Awakening and Womb Healing back in 2017, a time when not so many people were working with the womb yet. The womb was still a forgotten organ, a despised organ, an easily thrown away organ. For thousands of years, the womb has been seen as the most taboo part of the FeMale body, that in it's entirety was seen as SIN. During the last decade the womb has made a miraculous comeback. And luckily so, because the womb IS a power place for the WoMan, the womb is the birthplace of humanity, a carrier of the creative principle in more than one way. The womb is an essential part of feminine empowerment and spirituality.*







*And then I have sometimes felt unease when I started working with Vaginal Steaming, which combines care for the womb with working with herbs. We all know how many female herbalist healers died in Europe between 1200 and 1700, or actually we don't know, because the records are taboo. Some researchers say millions were killed during those long and dark centuries, leaving a traumatic imprint in our cellular memory that is also taboo. And herbs themselves, although vigorously patented by pharmacy, have been discredited for a long long time, just as our overall connection to nature and Mother Earth has been discouraged as pagan and sin. And yet, Feminine empowerment and spirituality are very much based in the earth and the fact that every creature on our planet, animate and inanimate, has got a divine spark inside.*

*And then I sometimes felt shame when I started working with menstruation, aka the curse, the dis-ease, ornamented with epithets as unclean, dirty, shameful, gross, the time of the month when women are annoying and unreasonable, a collective stigma leading to a world where an initiative as Menstrual Hygiene Day is necessary, a world where a huge percentage of the persons who bleed suffer from menstrual imbalances ranging from mild to debilitating, a pandemic that does not receive attention, a world where most of the women have to hide and conceal this natural phenomenon that is happening inside of them, and that while this monthly phenomenon inside of us does not go unnoticed at all! As advanced as we consider ourselves as a society, there is still a taboo on menstruation. Yet, menstruation and birth are two sides of the same coin. Learning how to flow with the menstrual cycle holds an enormous empowering potential for the bleeding person, on the physical, emotional, energetic and spiritual level of their being.*

*When then, as a next step, I started teaching about giving the moon blood back to nature... the taboo reached it's fourth degree. When already the womb, the earth and menstruation are taboo, then giving the moon blood back to nature really hits all the records. Launching an invitation to give our blood to nature on a global scale, with 1000 Tara's, well, it took me some time to find the courage. Still, there were times and still there are places, relics of a pre-patriarchal society, where giving the moon blood back to nature, is the most natural thing to do, an act of gratitude for life and reciprocity with nature, an act inspired by the awareness that the menstrual blood is full of nutrients and stem cells and is coded for life. It is no coincidence that WoMen have always been keepers of the earth. They were the initiators of agriculture, impregnating the seeds before they were planted in their menstrual blood, so strong are the life-bringing qualities of the blood. And it is no coincidence that in ancient times the dead were painted with red ochre before they were buried, because this color symbolized the menstrual blood, a substance so strong that it even brings life after life.*





*It is a curious thing how big the taboo can be on giving the menstrual blood back to nature...*

*Let us take a look at all the places in the world where there is blood shed right now, war, armed conflicts... Human blood is shed in so many places, so abundantly, so horribly.*

*Ukraine-Russia, Palestine-Israel, Myanmar, Sudan, Ethiopia, Somalia, Syria, Yemen, Mali, Nigeria, Democratic Republic of the Congo, Afghanistan, Mexico, Venezuela, Burkina Faso, Haiti... And there are more examples...*

*All these conflicts result in a huge number of casualties and humanitarian crises, affecting millions of people globally.*

*Then, seriously, how taboo could giving our blood to the earth be? How shameful can it be? How harmful can it be?*

*Now, there is an interesting thing about the word "taboo". The original, etymological meaning of this word is "sacred".*

*Just like birth and menstruation are two sides of the same coin, taboo and sacredness are two sides of the same coin.*

*When you take the taboo out of the taboo, it becomes sacred again. When you take the sacredness out of the sacred, it becomes taboo.*

*We are here together today, to take the taboo out of the taboo and to bring the sacredness into the sacred again.*

*It is time, sisters, it is time to break the taboo around menstruation. Menstruation and thus also menopause and menarche. It is time to shift the shame and to honor the sacredness of the FeMale nature.*





*It is time to re-connect to the memory of our foremothers who gave their moon blood back to earth. Our foremothers who lived in a time before patriarchy, a society that was peaceful and egalitarian, a paradigm that we have forgotten.*

*It is time to connect to the frequency of the New Earth and the future generations. The future generations who have already anchored and totally integrated within themselves and within their community the values of peace, co-creation and harmony. The future generations who are already living from a profound sense of sacredness of all of life and an intimate understanding of the interconnectedness of all there is.*

*The future generations who have already forgotten how to be scared, just as we have forgotten not to be scared. It is interesting to notice that the word “scared” has the same letters in it as the word “sacred”. Let’s shift the world from scared to sacred, sisters, from fear to compassion.*

*Past, present and future are one and the same. It’s all here right now. Let’s just find our way between the dimensions, let’s find the paths of light in the collective consciousness and connect to the frequency of peace.*

*This revolution is a peaceful guerilla. And actually “guerilla” is a too combative word. The real change that we will bring, will come not from fighting, not from going against, not from judging. The womb, the earth and the menstrual blood have something in common. The womb carries the codes of masculine and feminine. The menstrual blood carries the codes of life and death. The earth carries the codes of creation and dissolution. The womb, the earth and the menstrual blood don’t take sides. They go beyond duality.*

*The revolution that we bring, does not come from fighting, it does not even come from doing. It simply comes from loving and accepting ourselves and honoring our FeMale nature. It is an INVOLUTION more than a revolution. The only thing we need to do is just BE. Be and heal and love ourselves.*

*To go back to the letter of Marije...*





*She feels scared and still, she does it. She wakes up early in the morning and she gives her moonblood to nature. She makes the taboo sacred again. And I know many of you here do the same.*

*That is why sisters I am enormously honored and grateful that you are here. I honor your courage.*

*Courage. Courage is a word that refers to the french word “coeur” which means “heart”. Courage is a virtue that is inspired by the heart, by love, by compassion.*

*I honor your courage and your heart, I thank you for your desire for love and peace, I thank you for being here....*



## FREE GIFT

*\* 20 minutes free intake to heal menstrual imbalances or menopausal symptoms with yoni steaming  
**Book a session with me.***

*\*The monthly **Red Tara Tents** are free and will remain free.  
Subscribe to our **newsletter** to stay posted.*

*\*Dutch only:*

***preview tot de online course***

***“Maan:Stonden. Je menstruatie als Gouden Kans”.***

*De preview bevat een aantal geschenken die je alvast een idee geven wat je kan verwachten van de cursus...*

*Bij aankoop van Maan:Stonden krijg je als bonus de online cursus **“Become A Conscious Bleeder”** gratis erbij.*





## PROFILE

Mare Cromwell is the Founder & Director of the Great Mother Love Way non-profit. She is a humble servant to Mother Gaia. As an internationally known Gaia Mystic & High Priestess, visionary, healer and award-winning author, she is committed to Birthing the New Earth. Mare has studied with Native Americans elders for 26 years, and channeled: "Messages from Mother... Earth Mother" and "The Great Mother Bible". Mare co-webweaves Spiritual Global Grids including the 1000 Goddesses Gathering Global Grid and leads the "Great Mother Love Way" year-long course along with other programs on Nature Spirits, Sacred Gardening and related topics.

[www.greatmotherlove.earth](http://www.greatmotherlove.earth)

# MARE CROMWELL

*Great Mother Love Way*

## INTRO

*In the Channeling from Mama Gaia, she will be speaking to us women about the Sacredness of our bodies, moon times, moonblood, and more.*

## TRANSCRIPT COLLECTIVE HEALING CEREMONY

*I am humbly calling on Mother Gaya to hold us all in sacred, sacred, sacred space.*

*I humbly call in the Creatrix, the great divine feminine, greatest divine feminine of our universal realms to bless us.*

*She showers us with her luminous love beyond words within this incredibly powerful and significant field of energy that has been manifested here, held by so many beautiful spiritual beings on so many levels, serving Mother Gaia's highest good, and our highest good to help us birth the new earth.*

*Now from our Mother, a message for you:*

*My beautiful, beautiful daughters. I am so excited. I am so joyous that within the realms of humanity at this time, there's so many of you reawakening to your sacredness.*







*And you are reawakening to your powers to give you the powers of your womb spaces, a reawakening to Me and to your foremost Mother here on our sacred earth. I invite you to dance under the full moon, Grandmother Moon, and soak in this beautiful joyous energy of your moon cycles.*

*As hard as they may be at times when you experience pain, I invite you to realize that your moon cycles are a dance to your sacred journey here on earth, right? It's a dance within your body and outside your body that is so powerful, far more powerful than you realize even because your powers extend from your moon cycles and your womb space out into the multi-dimensional realms even beyond earth.*

*And you're all connected to my heart.*

*I invite you to connect to my heart right now. If you're not already feeling deeply connected to my heart... Feel how the love from my heart is emanating through my bones, my rock layers to exactly where you are, in your sacred part of the earth where you sit or you're laying down. I invite you to allow my energies into your womb space, your most sacred, sacred center. I'll invite you to allow my energies into your heart, into your entire energy body, your aura, your biofield, and your energy to activate you in the most subtle ways to the love field, that the circle sees earth and that you are an integral part of the earth. And your moon cycles are an integral part of the earth.*

*Because collectively, you are helping to weave with the support of so many others, our New Earth. It's a New Earth of so much love, quantum divine love, so much peace, so much harmony and peace. And you are birthing this from your womb space. You're celebrating your divine feminine self, celebrating how you flow.*

*And if you're not flowing anymore, how you used to flow, you still are flowing energy. You know, you're still creating there from that sacred, sacred center within you. It could be your projects, your books, your flower gardens.*

*I invite you to see each one of you as a flower awakening in the garden of this new earth, and soaking in the powerful beautiful energies from Grandfather Sun and Grandmother Moon, yeah, and anchoring those energies into your sacred temple of your body, yeah.*

*Allowing the flowing of your energies, the flowing of your blood, and the offering of your moon blood back to all my beautiful sacred children, the trees, the standing ones, the plants.*





*It's all a dance of energy, and it's getting more and more glorious and beautiful the more each one of you comes back home to me and the sacred practices.*

*You are my beloved, beloved daughters in the human realms.*

*I'm celebrating every single one of you.*

*I'm holding you with my love, including all of you to let go of the shame and the fear, to walk through the fears.*

*You can ask your ancestors serving the highest good to support you, because they have walked through very tough times.*

*And if you don't work closely with your ancestors already, know that they're waiting to be called in and call on me to support your courage, your hearts, and your dreams. You're stepping into who you truly, truly are as divine beings.*

*You are part of this incredible web of love around the planet, our sacred earth. I am beaming on all of you so much.*

*Maybe you feel my beaming on you, hmm, holding every single one of you. Hmm, hmm, hmm, connect with me, come home with me if you don't already feel like you are very, very connected with me.*

*I love you, I love you beyond, beyond beyond words.*



## **FREE GIFT**

*The Mother's Love Cord Connection is a powerful way to connect energetically with Mother Gaia to cultivate a deeper connection with her, to both support her and allow her healing energies to help us.*

**[www.greatmotherlove.earth](http://www.greatmotherlove.earth)**





## PROFILE

Emmi is an intuitive healer, energy medicine practitioner and a shamanic Womb Priestess and teacher, dedicated to re-awakening ancient feminine wisdom. Trained in various healing modalities, Emmi creates sacred, safe, and non-judgmental spaces for deep transformation, and facilitates the emergence of authentic connection, profound knowing and inner power for women of all ages around the world – with the intention of raising the frequency of our planet and fostering deep healing one womb at a time. Emmi also hosts the Sacred Feminine Power podcast, is a three times best-selling author, and runs House of Gaia, a suburban sanctuary for healing in Lusaka, Zambia and is a health freedom advocate.

[www.femininerevered.com](http://www.femininerevered.com)

# EMMI MUTALE

*The Feminine Revered*

## 🔴 INTRO

*The Womb Activation awakens a deep cellular remembrance of the sacredness of your womb and connects you to the ancient feminine wisdom and power that she holds.*

## 🔴 TRANSCRIPT COLLECTIVE HEALING CEREMONY

*Blessed be as you allow the words from Mare and from the Mother to integrate, to fall deeper into your consciousness, deeper into your cellular memory, deeper into your womb space.*

*I invite you to place your hands over your lower belly, over your womb.*

*Close your eyes and take a couple of deep, deep breaths, allowing your breath to bring you more fully into the present moment, into your precious body temple, and into our sacred container here and in your mind set an intention to receive this womb activation, it's words, and it's vibration as deeply as you are ready to receive it right now.*

*If you no longer have a physical womb, connect with her energy, the etheric blueprint that will always be inside you.*





*With your next in-breath, bring your awareness into my words, react and see, sense or feel or even hear the presence of your womb inside you. Please connect with this presence and simply allow my words to sink deep into the cellular memory, the lining of your womb.*

*Daughter, through your womb, you are intricately connected to the great Mother Earth. Activate this knowing now.*

*Through your womb, you are intricately connected to Mother Earth. Please activate this knowing now.*

*Through your womb, beloved, you are intricately connected to the first mothers on our planet. Please activate this knowing now.*

*Through your womb, you are intricately connected to all women who have ever been and who will ever be. Please activate this knowing now.*

*Through your womb, my daughter, you are intricately connected to collective womb consciousness through the simultaneous presence of the past, present, and future, the simultaneous presence of the masculine and the feminine energy, the simultaneous presence of birth, death, and rebirth. Please activate this knowing now.*

*Through your womb, beloved, you are intricately connected to dimensions beyond our planet. Please activate this knowing now.*


*And through your womb, you are intricately connected to the primordial creation power, the feminine principle of creation. Let's activate this knowing now.*

*Through your womb, beloved, you are intricately connected to the miracle of new life, the miracle of bringing through new souls on to this planet of ours. Please activate this knowing now.*

*And through your womb, beloved, you are intricately connected to feminine wisdom, and knowing that we need to activate now.*

*And through your womb, beloved, you are intricately connected to vast healing powers, our alchemical powers for yourself and for the collective. Please activate this knowing now.*





*And through your womb, beloved, you are intricately connected to the cycles of nature. We need to activate this knowing now.*

*When you walk through your womb, you are intricately connected to the cycles of celestial bodies.*

*Through your womb, beloved, and through your soul, you are intricately connected to the magic mystery power and healing nature of menstrual blood. Please activate this knowing now.*

*Through your womb, you are intricately connected to your manifestation power and potential to give you your power to birth and dream into being anything, anything at all. Please activate this knowing now.*

*Through your womb, beloved, you are the creator of the New Earth. You are a conscious creator of a better world. You are beautiful for humanity and for our sacred planet. All the living breathing organisms, humans, and all living beings seen and unseen that dwell amongst us. Activate this knowing now.*

*Beloved daughter, you are beautiful. You are a miracle. You are beautiful. You are a divine spark. You are the creator of new worlds. Please own this, step into this knowing, into this power, please.*

*And join hands with all the people who are consciously weaving and dreaming, and dreaming into being and rebirthing a new world.*

*Blessed be*



## **FREE GIFT**

*Chakra-Centered Goddess Activations*

*Description: 7 High Frequency meditative activations intended to lift your spirits, bring you solace and hope, and bless you on your journey!*

**[www.femininerevered.com/goddess-activations-signup/](http://www.femininerevered.com/goddess-activations-signup/)**







## PROFILE

Karin Persons, MSc, has been on a path of devotional service to the Goddess for the past two decades. She is the founder of the Dutch House of the Goddess and of MoonMysterySchool. Most of her teachings are rooted in the Venus Cycle and Rose Lineage. She specializes in healing transformational journeys via embodied felt-sense experiences and is passionate about the BloodMysteries. Karin is a fulltime priestess and healer. She wrote books on Menarche and on how to facilitate sister-circles, next to her body of scientific work and many online courses. She teaches an intense Priestess Path and Esoteric Soul Healing, a practitioner training developed by Kathy Jones. Meet Karin for this training in Glastonbury and in the Netherlands.

[www.moonmysteryschool.com](http://www.moonmysteryschool.com)

# KARIN PERSONS

*Moon Mystery School*

## INTRO


*Karin brings a guided meditation to heal the first and the last blood.*

## TRANSCRIPT COLLECTIVE HEALING CEREMONY

*And just breathing in  
feeling your body sitting on the chair, on the couch,  
on the earth  
wherever you are now, listening  
and again breathe in  
feel the air entering your nose  
cooling your throat  
filling your lungs with energy, prana, oxygen*

*wiggling your toes  
touching the tips of your fingers  
and then closing your eyes  
just listening to my voice  
and journeying into your inner vision  
to a time and place long long ago  
maybe many decades  
back to the time of your first blood*





maybe you do remember that moment in time  
do you remember where you were?  
do you remember who was there with you? What they said, did?  
do you remember how you felt?

And then breathing out  
letting that memory float around you  
becoming aware of what is happening in this moment now  
in your body with this memory  
breathing out  
journeying further back in time  
back through time  
where clean white sheets were drying in the sun and the wind  
back in time where women wiped their hands on long skirts with aprons  
back in time to fields with colourful flowers in high grassland  
back in time where women sat together in circle to bleed  
under the moon  
back to the times of the motherworld

Back into that time  
to the day of your first blood then, your menarche  
A very very special day

You remember it well  
your birth-mother kneeled before you  
she looked into your eyes and said:  
"it is time my daughter,  
it is that time, we both prepared for,  
this night your first sacred blood has flown,  
your body let's you know that she is ready to take part in the greater cycle of fertility

You are invited my child, my daughter  
into the cycle of green beings and red women  
your fertile blood connects you to mother earth herself  
she needs your blood for her plants and for all the green beings that give us oxygen  
with your wombblood you have become part of that cycle of life  
you are now a cyclical being

then, your mother takes you by the hand  
and together you walk to a small river





*a little bridge goes from this side to the other side  
and there on the other side you see a woman in a beautiful red dress waiting for you  
behind her are many many women in red dresses  
they wear red roses in their hair, red ocre symbols on their arms, on their foreheads  
they look so beautiful, so vibrant, so alive  
they are the cyclical bleeding women*

*just before the bridge, your mother kneels again  
she takes your hands in her hands, and looks into your eyes  
and she asks you for a symbol of your childhood  
for the time you spent in her body and the years after so close to her,  
she was always there for you,  
you feel what symbolises that time with her  
and you give it into the hands of your mother*

*she then kisses you on your brow  
"dear daughter it is your time to cross this bridge now  
And to become part of the circle of cyclical women  
in the next phase of your life  
you need more wisdom, knowledge and experience, then I alone can give you  
you need sisters, wise women, aunts and friends that you trust  
who will guide you when you are lost in the ever changing moods of a cyclical woman  
know that I will always be part of that bigger circle of women  
it's is time now, to cross the bridge and  
to step into the power of your cycle"*

*you see a tear rolling from her eye,  
you see how she loves you  
how proud she is*

*Then the woman on the other side of the bridge is clearly beckoning you to come to her  
you have been prepared for this day  
you have witnessed other girls crossing this bridge  
and you feel that you can  
you feel that it's all in you to make this crossing*





*one last big cuddle with your mother  
and then you step onto the bridge  
you hear the drums calling you on the other side  
beautiful flowers in red and pink and purple and white guide you on your way over  
the bridge*

*then you step on sacred ground on the other side  
the woman in red kneels before you  
and she too takes your hands  
you look into her eyes*

*and you look into the eyes of your older self  
small wrinkles around those eyes, your eyes  
pain and pleasure, laughing and crying  
life happening*

*you see You  
whose blood has stopped to flow  
you see the insecurity in her eyes  
not knowing if it really was her last blood this time  
you see in her eyes  
how you are connected to her in this moment of your first blood*

*both of you with such changes into your bodies  
such changes into your emotions  
such changes in the way you perceive life,  
and your thoughts on yourself*

*you are her and she is you  
the one with her first blood  
so ready to experience her first full mooncycle  
and the one with her last blood  
not knowing after so many years of being cyclical  
how it will be to go on without her cycle*

*you step into her arms and she guides you to the circle  
where you receive a beautiful red rose and are clothed into a red dress  
when you look around in this circle you see so many familiar eyes  
faces of women of all ages, bleeding women*





*you see your mother your elder sister the girl next door  
you see your aunt with the grey hair  
there are all cyclical women dressed in red*

*then they start to drum to dance and you hear the songs you have heard so  
many times coming from their women's tent  
where they bleed together under the moon  
songs about Luna, and Nisa, you hear Hekate, Diana, Artemis and so many  
many other names  
you know that in time the rhythm of the songs will flow together with the  
rhythm of your blood*

*Then the drumming stops and the woman in red  
who received you on the bridge now steps out of the circle*

*you see that around this circle of women in red  
a circle of women in darker shades of purple and black and earthly brown  
has gathered*

*the red woman is welcomed into this circle  
with words alike the words how you were invited into the red circle earlier  
she also gets a new dress in beautiful purple  
and a wonderful dark crow feather in her hair  
she knows in time she will become one of the wise ones  
one of the ones who are crowned by life itself*

*And then both circles start to circle around and around and around they go  
the red purple and black threads of energy merging  
a vortex a swirl of energy  
that you feel deeply deeply inside your belly  
inside your womb, filling your pelvic area  
a thread that connects daughter to mother to grandmother to greatgrandmother  
back to the first mother  
back to mother earth*







we are her daughters  
 you are her daughter  
 a cyclical bleeding woman  
 connected to the green beings  
 connected to life  
 to oxygen  
 to fertility  
 we are life  
 you are life  
 you are wisdom  
 you are embodied blood mysteries  
 inside you are the maiden lover mother weaver crone

you are full circle  
 you are full circle  
 you are the circle of life  
 blessed be



## FREE GIFT

*The Phases of Woman are deep reflections of the Venus Cycle (or Celestial Rose) and other planetary rhythms. You can read all about it in this e-book.*

***Phases of Woman***





## PROFILE

Diana Beaulieu studied Human Sciences at Oxford University and has 20 years of professional experience in anthropology, music, storytelling, shamanism, and womb healing. Diana is the founder of Sacred Woman Awakening, for women who wish to step into their embodied feminine power through healing the Womb. She trains women worldwide to become qualified to offer their services as Sacred Womb Awakening Practitioners.

[www.sacredwomanawakening.com](http://www.sacredwomanawakening.com)

# DIANA BEAULIEU

*Sacred Woman Awakening*

## INTRO

*Diana brings an ancestral healing energy journey into our collective roots in the Earth with the intention of bringing healing light for the feminine body and menstruation wounds.*

## TRANSCRIPT COLLECTIVE HEALING CEREMONY

*Hmm, so taking a moment to really absorb these words of love from the primordial mothers, from the feminine wisdom that runs in our veins.*

*We're gonna take a moment to acknowledge also the wounded mothers, the wounded grandmothers and the wounded ancestors whose memories sit within our wounds and within the body of the earth.*

*And to acknowledge the ones who've been shamed for their bodies, for their blood. To acknowledge that some of that may still sit within us now.*

*And to let ourselves know that now is the time to release those imprints, to release any imprints of shame, fear, and disgust in the body, or fear of the body, fear or anger and rejection against the body and rejection of the blood, perhaps tuning in to memories of our own lives.*





*We can just allow our consciousness to settle down through our bodies, down through our chests, our hearts, down through our bellies, down into our wombs. And then let our awareness go even further, down through our perineums, through our legs, or feet, and right down into the body of the earth.*

*And we can allow this awareness in the body of the earth to start expanding, as we start to explore our own experience of what we might find inside the earth, the stones and the crystals, the soil, and also the bones, the bones of the many women who gave their bodies back to the earth, but who carried with them the shame and the rejection of the feminine body.*

*So we can start to notice how the earth is holding ancient imprints, not only of our beauty and our wisdom, but the wounded feminine, who from cradle to grave, didn't feel safe or valued in her body, who felt a shame and secrecy in her blood. And we can arrive and acknowledge that collective imprint of the world and ask the earth for healing.*


*The earth is also tired of holding our wounds. She wants us to shine, and she wants herself to shine. So we can invite a beautiful healing light from the center of the earth to push up through all the layers of metal, stone, crystal, soil, and to find the bones, the imprints of our ancestors, and to shine in and around those memories, for those encodings, shame and fear, and to shine a light that simply dissolves away the old, the old distorted stories our mothers and grandmothers had about themselves, feeling that light pushing up, all the way through the layers of the earth, through the surface, healing the deep wounds and the deep memories.*

*Take some moments just to allow this healing light to work its magic under where we sit.*

*We can allow that light to spiral further, spiraling out from where we sit into an infinite range so that eventually all of us dotted around the world start to join up the light that we've called up. And now the entire earth is illuminated with this healing light and she can breathe a sigh of relief, let it go of the old imprints so that indeed the wisdom of the original women can be felt more strongly and can shine through the bones, back up into our bodies.*

*And if we have a particular feminine lineage ancestor we would like to invite into this healing, one whose spirit has left or whose body is in the earth, we can bring her into mind.*





*We can bring her into awareness. Perhaps there's one or more ancestors who we've loved and connected to and whose pain we've seen or felt. And we can simply ask the earth to envelop that specific lineage ancestor or ancestors with more and more light and more and more healing.*

*And to allow beautiful threads of light from the earth to rise up into our bellies and our wombs, transmuting and releasing that lineage pain from our bodies and filling our wounds with purity, with love, so that everything that we birth from our wombs, whether physical, emotional, or spiritual, creative, can be infused with the ancient love of the original women.*

*And as we go deeper into the earth with our awareness, and we become aware of a sacred bond between women and the earth, and we remember how blood has always been a sacred contract and a feeding of the earth and repaying for a nourishment for us, we can acknowledge the earth and her desire for these ancient ways to return to the world as she spirals, her healing through the ancestors of the world, through all the different layers of wounding, and all the different layers of her being.*

*Thank you for bringing this collective healing into our ceremony today.*



## **FREE GIFT**

7 Signs You Need Womb Healing: free PDF quiz Is Your Womb Energy Out of Balance? Are you ready to make shifts in your life on a deep, transformational level?

But how can you be sure if Womb healing is the right way forward for you? Start by reading the 7 Signs You Need Womb Healing and deciding whether or not you recognise these signs in your own life.

**[www.sacredwomanawakening.com/womb-healing-signs](http://www.sacredwomanawakening.com/womb-healing-signs)**





## PROFILE

Mieke is a womb awakening teacher, shamanic womb healer and priestess, menstrual mentor and yoni steam facilitator. She dedicates her life to birthing New Earth and bringing back ancient feminine wisdom, healing arts and spirituality. Since 2005, she has been walking a spiritual path with strong influence from her time in Peru and Colombia. She is trained in core and womb shamanism. Since 2018, she works as a Moon Mother and Vaginal Steam facilitator. With a background in Tuina, she also seeks to bring in the rich eastern view on womxn's well-being. In her trainings, retreats and 1-on-1 sessions, she blends these modalities together, based on the needs of the client, to facilitate a deep and safe space for healing and transformation.

[www.redtaratree.org](http://www.redtaratree.org)

# MIEKE ANTHUENIS

*Red Tara Tree*

## INTRO

*Mieke guides you into a collective moon blood offering to Mother Earth, letting go of what no longer serves and dreaming the new into being, both personally and collectively.*

## TRANSCRIPT COLLECTIVE HEALING CEREMONY

*Dear sister, please keep this connection to Mother Earth warm within your belly and body.*

*Sisters, with your active imagination, imagine yourself sitting next to a tree, or in front of a tree, or with your back leaning against a tree, whatever feels more aligned to you right now.*

*Connect to the power of the tree, this messenger between heaven and earth, this tree that connects you to the Tree of Life. This tree makes you part of nature, you are a branch, a leaf, a root, a tree.*

*Feel yourself sitting there... Let your womb sink into Mother Earth.*

*Feel how your womb is ready to bleed.*







*Feel how your womb is ready to shed her skin, the endometrial lining of last month, like a snake sheds it's skin.*

*And feel that you are ready to re-enact a very, very old ritual, practiced by our foremothers all over the world, from Sumer to the Aztecs. It's the ritual of women bleeding, bleeding on the physical level, shedding the endometrial lining and bleeding symbolically, allowing yourself to die before you die. Letting go of what no longer serves you, your stress, your depression, your anxiety, your worries, your pain, your fear, your guilt, your shame, your anger, all the conflicts, all your pain, all the tension, prepare yourself to let go of that which is an obstacle to your growth.*

*Prepare yourself now to perform a great work, that is to bleed for the collective, to let go together with your moon blood of all the negative burdens within our society, the war and destruction, pain and grief and mourning.*

*Know that as you are doing this great work, you reconnect to a lineage of women and priestesses who bled not only for themselves but for the collective.*

*So allow your womb to open as you're sitting right next to the Tree of Life. Allow your womb to bleed into the earth, even if you are not bleeding anymore, even if you do not have a womb anymore, keep reconnecting to the energy and the memory of the moon blood and the womb.*

*Letting go of your blood, letting your blood sink into the earth, sink into the earth together with the roots of the trees, sinking deeper and deeper.*

*Let all your negative burdens become humus, become humble, let your pain compost in the earth. Give it all to Mother Earth, She receives without judgment, She transmutes with love. Let's perform his great work, sister, with consciousness and dignity.*

*Take your time to let go, on the personal and the collective level. Honor the bones of our ancestors buried in the ground with our blood. Let them know we are ready.*

*And when you are ready letting go, when you are ready shedding your skin, it is time to dream to new into being, the higher version of yourself, the higher version of humanity, the higher version of our world.*

*Now that we have made space by releasing the old, we can welcome in the new world.*





*Women are the most visionary while they are bleeding, let's use this power for the collective, and for the highest good of ourselves and humanity and our Mother Earth.*

*So sister, in this beautiful, beautiful soil that is wet with your blood, plant the seeds of the new. Give your vision of compassion and love to the Earth.*

*Feel your vision, sense it, taste it, smell it, do this great work with all of your senses.*

*Take your time, take your time to dream, dream, dream the New Earth into being, the highest version of yourself and humanity.*

*Take your time.*

*Now let's weave all our visions together. Let's birth the New Earth together.*

*Blessed be.*





## PROFILE

Bärbel is a womb healer and guardian of the ancient wisdom of the womb. She is a Priestess, Shamanca, Sai Shakti Healer, Peristeam Hydrotherapist, Womb Massage Therapist, Doula and Psychotherapist using a broad number of techniques to support her clients in their healing and growing journey. Bärbel shares a sacred love with her husband since 35 years, they have two adult children.

[www.wombspirals.com](http://www.wombspirals.com)

# BÄRBEL WALT

*Womb Spirals & Zyklisch Leben*

## INTRO

*Bärbel brings a blessing from a very ancient wisdom tradition: the Sai Shakti Healing Blessing*

## TRANSCRIPT COLLECTIVE HEALING CEREMONY

*Blessed be.*

*I ask the Divine Feminine to be with us in, the Divine Feminine with her many faces, the Great Mother, Mother Mary, Mary Magdelene...*

*I ask the Moon to bless us, please.*


*I ask You to come from the bottom of my heart and from the depth of my womb space, and to give us Your blessing, Your protection and Your support.*

*Please, bless our visions of the New Earth.*

*Bless our hearts, our wombs and our souls.*

*Please help us to let go and to surrender to life itself.*





*Please take care of our dear Mother Earth, Her own body and Her children and all Her children, please.*

*This is the time of transformation, prophecy and change.*

*Please, support us to find peace and love, peace with each other, and love for Mother Earth, peace outside and peace inside, and dedication to our true divine purpose.*

*Let's stay quiet and open ourselves for this divine energy transmission.*

*(Sai Shakti Healing Blessing)*

*Blessed be.*



## **FREE GIFT**

Together with my colleagues from Vaginal Steaming Austria I want to offer you a special reduction for all our training!  
-15% for all trainings with this code: VSASPECIAL24

**[www.vaginalsteaming.at](http://www.vaginalsteaming.at)**

English free gift:

**[www.wombspirals.com/1-000-taras-gift/](http://www.wombspirals.com/1-000-taras-gift/)**

German free gift:

**[www.zyklischleben.at/1000tarasgift/](http://www.zyklischleben.at/1000tarasgift/)**



# SURPRISE ACT BY OUR BROTHERS

”

Hello Tara's,



We, men, are grateful to join you here today in this sacred circle, in this space of unity between women and men, we want to honor all of you.

We feel the profound importance of the feminine in our lives and in the world, and we are committed to value it in all that we do.

We honor your menstruation process and the ritual where you are giving your moon blood to the earth. I feel your courage, your connection to the cycles of nature and life, and your deep understanding and embodying of the sacred feminine. You are restoring a balance that our world desperately needs.


I would like to ask you, Tara's, to guide your partners and your boys home into this sacred menstruation cycle. I feel that there is a lot of eagerness with the men to understand what it really means as men to support you in the menstruation process.

Men, we are standing in the strength of our brotherhood, we too have a role to play. We are called to end our own battles. Not only the wars fought on battlefields but also the wars within ourselves. Our struggle for dominance, our internal battles of anger, fear and pain. These are the wars that tear us apart from ourselves, from our partners, from our children, from Mother Earth and from our tribes.

Today, we men, commit to lay down our weapons, both physically and energetically. We recognize that the strength we seek is not found in conflict but in peace, not in domination but in balance, not in taking life but in supporting life. It is a call for us to return to our essence, to embrace the peace that lies within, and to honor the sacred feminine in all its forms.







I bring honor to our brother, Eran, whom I met in an event with Ton Van der Kroon and Anne Wislez in the beginning of this year in Tomar, Portugal. He was once a soldier in the Israeli army and decided to lay down his weapons.

Today he is supporting soldiers who are coming back from the battlefield in Gaza to heal, to transform and follow his example to lay down their weapons too to find peace within. I would like to do the same ritual as we did in Tomar with him.

I invite all the men here to place our right hand on our heart and deeply feel how we transform our internal battles, fear and weapons into compassion and inner peace. Feel how we give our weapons to the altar of the divine feminine.

Brothers, our greatest duty is to be of service to the world around us. By creating this safe space for women, we are not only protecting and honoring them but also healing ourselves. In this space, we can finally end the war within ourselves, find peace in our own hearts, and emerge as warriors of peace and guardians of balance.

I would like to end with a deep honoring of my partner Mieke who has dedicated her life to create awareness about the sacredness of menstruation and embodying the sacred feminine. She has put a lot of energy and passion in this month's ceremonies and Red Tara Tents, she is a true goddess to me.

Thank you so much beautiful souls and may peace and compassion guide you.

Olivier Vaneckhout

[oliviervaneckhout.com](http://oliviervaneckhout.com)

”





Thank you for the honor not only to be here but to witness that you beautiful women are reclaiming your powers, your powers of creation which no man can ever possess.

So I think reclaiming your power is the best thing you can do now.

I'm bowing for you in honor of you.

It is very easy to lay down my weapons, my weapons as a man which means that I'm prepared to live from the heart, to live from compassion, to live with love.

And if there's only compassion and love, we can only support you in what you are embodying, in the power that you give to yourselves, to the earth and to the community.

So I honor you with what you're doing here, with the power you have, with the divinity and the sacred femininity.

Aho

Mark Van Rossum

[www.charperbusiness.com](http://www.charperbusiness.com)



Good evening, from my heart to all of you beautiful sisters and brothers.

I'm laying down my weapons tonight in order to honor each and every woman here, in order to honor each and every woman who's not here, who's been before and will be. Tonight, I'm going to lay down my weapon of fear and guilt that I used too often, to hide behind fear and guilt for the use and abuse of women that I have done in the past, entertaining unhealthy relationships.

Instead, I will embrace myself and take every opportunity as of now, to honor the women that I meet and the feminine in each and every one of us, also in my brothers.

And tonight I also want to honor, especially you, Lien. I told you before you're my queen, you make me a better man. I honor you.

Aho

Gino Peremans

[www.ginoperemans.com](http://www.ginoperemans.com)





Hello, ladies and gentlemen, I've written something this afternoon from my heart, I can't promise it's gonna be a dry moment.

Dear Feminine, it is so difficult to let go of the guilt and the shame. It's so difficult to not fully realize the pain I caused by reacting from this guilt and shame. So difficult to be vulnerable from my deepest core. The dynamics I create by turning inwards out of fear of being rejected as a hurt boy or the fear of being too much and not being received as a powerful man.

It feels so disconnected from myself and you. This feels so lonely to me.

I commit to the process of embracing my inner feminine.

I lay down my inner weapons and open myself completely to the feminine outside of me. Let's meet halfway across the bridge and connect in unconditional love.

Aho

Wim van den Bergh

[wimvandenbergh.com](http://wimvandenbergh.com)



Thank you all for allowing us in this beautiful circle. It's an honor to be here.

And in the group session just before with the men, we were asked to lay down our personal weapons. And for me, laying down my weapon is taking a step back in the room and just leaving the space open and maybe empty. And withstand the urge to fill it in with good intentions, good plans, what will be best for both of us, but just leaving it open for, you know, the creation of the divine feminine to take place and to embed it, to shelter it, to harness it, and just to honor it and be an observer and, you know, in a way it's like the ball in the hips that we all have in our body where true creation takes place. And, if we allow the space to be open, then to define masculine, to define feminine might engage in a dance and transform into a mystical marriage that would be beautiful to heal all hearts and all relationships and also the planets. So, yeah, I want to leave the space open for you beautiful women to create from spontaneity, from this drive deep inside of you.

And I want to honor that.

Thank you.

Maariën Willemse

[www.maitreyaspreekt.nl](http://www.maitreyaspreekt.nl)



“



Thank you.

Not just you here present with us, but also your living line of your mothers, your daughters and your brothers and your sons. Because without you, we wouldn't be here. I've known the feminine aspects of my being the biggest part of my life. And I wasn't aware that without balancing this aspect with my masculinity, I couldn't be there for you, for what you needed, nor for my brothers. So what I found is that the only way to lay down my weapons is to honor both sides. And my weapons have always been my words, my words and my judgments and I've hurt many of you in the world today, sisters and brothers and even children. And my promise, my commitment is to you to have my words filtered and purified by my heart. Before I speak to you, to hold back my judgments, to stand back and breathe. Breathe deeply so I can hear your voice and see you and feel you.

And that is my way to honor you.

Aho

Luc Limere

[limere.be](http://limere.be)

”

See also the “Words of love for our Brothers” further below in the e-book



# Visions of Higher Self & New Earth shared by beloved Tara's

*In the Red Tara Tents during Menstrual Month and in the Collective Healing Ceremony on Menstrual Hygiene Day, the sisters present were invited to imagine that they are bleeding into the Earth. With their moon blood, they were invited to let go of limiting beliefs, old patterns and negative burdens, both for themselves and for the collective. After releasing the old, they were invited to envision the highest version of themselves, of humanity and our planet. On these pages, we share some of the dreams and visions of the participants. Sharing these visions, means anchoring these visions.*

I saw myself being fulfilled with happiness and purpose, living in harmony with everything that surrounds me, healing relationship with my family and women lineage.

For the planet, I had this vision of people all races holding hands, respecting each other and loving each other and caring for the earth  
-Róza-

Balance in giving and receiving -  
effortlessly - all connected with roots  
-Hanna-

I saw womencircles, and women in temples, performing healings  
-Annemarie-

I am a Visionary OWL co-creating feminine earth  
-Ayla-

Highest version of myself, radiant, climbing a mountain with ease, giving rites of passage for girls with a smooth team, telling an old story on a cliff, radiant, full, taking my place as a mentor. For humanity I saw a paradise full of flowers in every garden, where nature and humans and the elves working dancing together.  
-Lien-

I saw a great circle of children, men and women dancing together, hand in hand 🍷🕊️  
-Ans-





Sacred tears of joy and grief flow freely alike to welcome in the lost. Arms stretched near and far to embrace the broken. Cheeks tenderly touched as whispers of sweet prayers meets the ears. Humming of beautiful voices begins to weave together the heartfelt songs of what is now to come.

-Simone-

Peace, radiance, interconnectedness

-Katinka-

I felt the old, ashes of old wounds in the earth and the saw a whole wash of divine white light clearing and cleaning these.

-Charlotte-

The New Earth is full of love, joy, ease and grace. There is abundance for all of us, and everyone is safe and free. We are united... Thank you all for the activations, meditation, blessings,...🙏❤️

-Fanny-

I sat underneath a very old so called „ Weltenbaum“ that I had discovered a few weeks ago close to where I live. He has seen a lot and now will witness the new sacred women. The power of women to open the portals and connect the energy for New Earth to happen. 🙏🙏

-Theresia-

Safety just to be

-Annelies-

Softening into being. Deep inner peace in my womb rippling outward into the world, uniting women, men, earth and sky. Love. Thank you ❤️

-Gitta-

I saw my earth sisters dancing in a circle, holding each others hands and deep tears of joy and love.

We were celebrating each other with so much love - I felt a deep deep love, compassion and joy.

♥️ and now I cannot wait to meet my Earth sisters and share this path with my

loving sisters 🙏🙏🙏

-Momina-

The need for myself and women to prioritise their own Needs and speak them.

-Alma-

I saw people caring for the earth as a sacred being. People drinking water mindfully, receiving the wisdom within the water.

-Lili-

Women dancing in a circle, swimming naked in the river

-Els-



Best version of myself and the highest call is helping, supporting and loving every living being. Highest call for the collective is all beings are peaceful and happy, safe and free. All beings awaken the light of their true nature.

-Fanny-

What I saw was how from 1 woman to 3 to 10 to 100 to 1000 to 10000 to 100000 to 1000000 to..... are impacted by what we do.

-Claudia-

I see a rainbow that unites thousands of women.  
I see a new earth filled with women healers, wise, sensual, happy.  
I see my role in this healing process as a guide of the light that my mother passed on to me, and her mother to her, and so on to the mother of the earth, the universe, infinity.

-Светлана-

Humanity: ready to take the leap of faith.

Letting go of hatred, self-destruction and blindness to Live and God and the vast beauty of the Universe.

-Ida-

Love and harmony. Respect for Girls and woman. Time and space for their mooncycle. Goddess tempels everywhere where woman can gather.

-Astrid-

Safety, freedom, abundance, connection, joy, love, motherworld

-Lianne-





An inner feeling of softness and trust in the now and in what the future will bring. Readiness from an easy place, not from alertness or fear, like it used to be.  
-Veronique-

I let go of resentment and distrust towards the masculine within myself, my lineage and for the whole feminine collective. My message was to fully SURRENDER to the birthing process in all its chaotic beauty, the pain, the ecstasy  
-Magdalena-

Message to me.. Be true to yourself and surrender... to the pain.. let it unfold❤️  
-Fanny-

Highest self felt very large, I felt my body grow and enlarged and felt the need of us women to speak up and take space  
-Marije-

i saw all the toxins from inside the people and from the earth floating away like black coats building a large black cloud that turned into light/ a new star/ universe  
-ly\*dia-

The Woman in the moonlodge just told me she loves me so much, and I have to cry because this is so touching. Also I let go of a piece of trauma coming from persecution as a witch in an earlier life.  
-Xenia-

The image showing before my third eye, was the 10 of Cups card, from the Waite deck: a man and woman, joined by their two dancing children set in a beautiful, fertile green surrounding, gazing upon the rainbow, a sign of hope and fulfillment. For me this image sums it all up: back to balance within our relationships, the marriage between the healthy feminine and masculine, connected with mother Earth and enjoying all life's miracles.  
-Suzanne-



I saw men laying down their weapons  
and joining woman in dancing. All  
connected, all over te world, hand by  
hand.  
-Kim-

A feeling of universal calm, peace,  
interconnectedness, we are held, I felt  
being held in great mother's lab and felt  
women and all human being and all  
beings held in the deepest love and  
acceptance.  
-Lia-

I saw groups of people gathering  
together, laughing and visiting in ease. I  
saw that there were very few cities but  
mainly small communities where  
everyone knew each other. The earth  
was radiant with light and green foliage.  
-Mary-

Earth where peace and Divine love is  
being a highest guiding principle of being  
of All  
-Livia-

I dream of a world where every being  
can meet with open heart, looking into  
each others eyes and speaking their  
truth feeling save, loved and wanted 🥰  
-Bärbel-

Connected and happy women, Children  
playing and having fun, getting the  
individual education that they need  
-Angelika-

Creating a lot of circles of Peace and  
holding council including women, men  
and childern. cherishing the sacred in  
everything and everyone. taking care of  
the earth, the animals and all living  
beings and treating it with love.  
-Nicole-

My message was empty your cup. Over  
and over again.  
-Lieke-

My higher self told me: "Whatever it is  
your heart calls you to, GO, go towards  
it. Speak your truth. Connect to people.  
Build your dream. Everything already  
exists in you."  
-Nanaa-

I felt people getting more close  
together, more connected and low to  
the ground, it was like we were crawling  
again like small children..  
-Marije-

the woman in my moon lodge was a  
hawaiian woman with many colours and  
many flowers and white hair and a huge  
female heart and a big female body -  
she was celebrating every inch of her  
body because it is the only way she  
knows - loving life in all its forms and  
colors. i saw myself flying like a dove  
eminating light.  
-ly\*dia-

if women come back to their pure  
Being, all will unfold, effortless.  
Remembering our true essence. It was  
this feeling I got during meditation. And  
right at the end of the meditation, my  
cat, my male cat came home.  
-Anita-

i miss the moonlodge , and i realise i  
missed it all my life  
-Maaike-

I felt a lot of love present in the New Earth. People caring and loving all of life and its creations. I saw us thriving and living in harmony with Mother Nature, and everything felt sacred. Also felt a lot of movement, and had visions of clouds, rays of warm light, and rain dripping on the Earth and water, seeing reflections of light. A woman living in a treehouse in the forest, breastfeeding her child, while she was being taken care for....  
-Naana-





Women, men and children living  
together in harmony, lots of greenery  
and bells chiming  
-Stephanie-

What a blessing, reconnecting to our  
inner goddess, planting seeds on Mother,  
raising our vibrations with nature.  
Helping women with fertility.  
-Fiona-

Going back to being more connected to  
Mother Earth, have those Moonblood  
cycles again and having healing positive  
celebrations of the first blood and honor  
the old rituals but stay open to evolve  
them based on new developments or  
lessons we learn from each other.  
-Franka-

Angels spreading sparkles and lightness,  
women dressed in white loving all that is.  
Joyous swimming with whales  
-Kato-

Powerful women dancing with many at the same time in the moonlight. Very  
profound moments here, very touched by this. I am very proud and grateful to be a  
woman. a woman still bleeding. Since last month I have also donated my blood back  
to mother earth. First in our own garden, last week at many powerful places in  
Glastonbury. it felt so powerful, so connecting, so sacred. Thank you Mieke for  
making me remember this again. Thank you to all women, all daughters of mother  
earth for this healing ceremony.  
-Maureen-

Feminine and masculine energies in harmony and  
equilibrium, women and men in their full and sacred  
embodiment, deeply acknowledging each other,  
bringing in sacred creations together. Children loved  
deeply and appreciated. Peace, mutual respect, and  
honoring of all creation  
-Magdalena-

People laughing, working, harvesting  
together in fields. All over the planet.  
Fresh air, nobody wasting time on war.  
Men connecting with men and women  
with women and mixed circles, all equal  
in power and creating  
-Iris-

I saw golden cities of light, white light temples  
returning from the ethers, rich and opulent  
nature, humans, animals, elementals peacefully  
coexisting, emanating beautiful colors,  
harmonic sounds and sweet smells, everything  
interwoven to one beautiful loving and  
balanced creation

-Magdalena-

I saw the new earth as our blue planet,  
from a distance. The feeling was that a  
lot of soft energies were working on  
earth, towards more compassion,  
softness, understanding and  
cooperation among people.  
I also feel some tensions want to be  
released from my hips.

-Veronique-

I am drawing with my blood, that is a beautiful  
way to honor my cycle and my blood.

-Anita-

People taking care of each other, the world  
free of war and powerplay, living in peace with  
each other and with Mother Nature.

-Renske-

I felt a very strong connection to the women in the  
lodge and the woman representing me. I felt that the  
message for me was >remember<, we are here with  
you, were all this time and will be always, remember  
your power, it is all within you and we are here for you.

Unity, love, harmony, balance and awareness.

-Rose-

I envision New Earth to be a profound revolution of  
Culture, Values and Actions that comes from the bottom-  
up, traveling fast through the center of the Hearts of an  
ever increasing number of Nature-connected people.

-Sara-

Cocreation is the way of new world, my role: inspiring others to  
do so. I fell asleep under the tree. I may rest more and do less.

Letting go of all the things i think i need to do :-)

-Anita-





## She and He

It is not and never was about She and He.

It is not and never was about Weak and Strong gender, about differences, discrimination and sexes playing social, psychological and mental games. It is about how to live in and as Oneness: understanding, accepting and embracing those differences, seeing what we have in common and we can share on mutual basis for improvement and harmonious living.

It is not about fearing the power, the voice, the Love expression on multiple levels...it is about how to use mindfully the Power, the Voice and Love for bringing clarity, healthy relationships, inner growth to human existence. It is about understanding that excesses, struggles, battles, competition, aggression and more anger never achieved something if not dividing more, creating more trauma and anger and fears.

It is about acknowledging that I and You too are part of the same One, polarities in the same energetic field, creating waves of Heart coherence energy around. If we are able to feel this energy as a whole and not trying to divide it more, to create negative and positive in imbalanced projects and fights, then we begin to be something new, a whole new Being and Seeing Life, co-creating a whole new dimension for She and He as eternity, as flow, as Awareness.

I have a dream...that one day instead of She and He, One and We will be part of a new vocabulary of the human Heart and Mind. You and Me, as One in We as We in One are walking this path together...let's grow stronger than weakening each other, let's move mountains and touch the sky!

Heaven after all is not so far as we might think. Heaven is Here, and is We - sharing love, clarity, purpose and life meaning in balance, in peace, in healthy vibration of souls.

We are yet to be Born but Our Hearts know and beat the sacred drum of the forgotten Gods and Goddesses, drumming into existence the Vision of the Future. And in the trial of the Birth process Mother Earth will tend us her loving Arms to make us step into the Light, as new Beings, as Heralds of Sacred Past.

So be it! Blessed it be! Aho!

*Shared with us by Irini Hara*

# Words of love for our Brothers

Thank you so much, feeling so touched by  
the words of the men 🙏  
-Annemarie-

I honor the men for showing up, being so  
brave to recognize the wapens they use  
and for the promise to lay them down,  
being this vunerable and for honoring the  
feminine. It was really wholesome and  
healing, thank you ❤️  
-Franka-

Thank you all the beautiful sisters and  
brothers for raising the vibration and  
touching my heart  
-Suzanne-

thank you so much for your sharing from  
the heart, for honoring us and for  
standing in your power through being  
vulnerable  
-Imke-

I wasn't even aware how much I  
needed this. Thank you Brothers ❤️  
-Magdalena-

thank you thank you thank you MEN for  
showing up in this sacred field <3 <3  
-Romy-

I bless all the parts in you, the boy, the  
baby, the teenager, the growing up and  
the ripe and wise man- all is welcomed by  
me, all brings joy and love and bliss, thank  
you for being a man ❤️🌹❤️  
-Theresia-

It is really new to me to feel this  
respect from the bottom of your  
hearts. Wopila Wopila Wopila  
Wopila. I long to lay down my  
weapons too. To melt into peace  
💎  
-Iris-

I think this is such a significant part of the  
Birthing of the New Earth... The men...  
coming forward, as these men did.  
xoxoxoxox  
-Mare-

My deepest gratitude to you beautiful  
men 🙏🙏  
-Theresia-

Thanks, from the heart, to all of you,  
beautiful brothers 😊❤️🙏. Your support  
means the world 😊  
-Lien-



Sincere thanks, beautiful brothers, for laying down your weapons in our presence. So special. I was deeply touched by it, goosebumps, tears... and a lot of love.... I also thought back to a moment last year during the retreat with Mieke and Oliver. I sat on the Isis stoek and received the message that men and women are equal, and that together we are full. Thank you for joining us here and delivering such a beautiful message.

-Maureen-

big bow to both masculine and feminine in all of us

-Claudia-

To the men,  
I speak directly to your origin,  
and bless your true divine masculine  
and you heal from within.

-Charlotte-

I felt my lower back softening and glowing during your heartfelt sharing, dear men. Thank

you 🙏

-Hanna-

It startled me and took some time to unfreeze. See the value in it, need some time to integrate. Realizing how many judgements are still held unconsciously. Thank you for doing this, both the men as red tara tree, for another courageous step in doing this. Thank you women for showing me how to receive this and holding this circle together. ❤️

-Katinka-

Thank you Brothers for laying down your Swords ✨🙏❤️🕊️

-Ayesha-

And now listening to brothers ❤️ is deeply healing for my personal journey. 🙏❤️

-Momina-

thank you so much for this beautiful ceremony, it deeply touched my heart and my soul 💜 so so powerful with men and women 🌹

-Nicole-

Softening into being. Deep inner peace in my womb rippling outward into the world, uniting women, men, earth and sky. Love.

Thank you ❤️

-Gitta-

The presence of the men is very healing for me. Thank you

-Kim-





**Thank you for reading this e-book!**

**Thank you for anchoring the prophecies of peace!**

**If you want to read more words of love for our Healing Ceremony, or see the free gifts and the replay on our website, go to**

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