



Wombenhood: exploring the field of menstruality

Part 2

Finding sacredness in the body

how Nature's cyclic processes help us to restore our connection to ourselves

Part Two: Workshop

Date: Saturday 13th of February

Time: 11 am - 12 pm & 2 pm -

1 hour workshop with one hour open-ended conversation from 2 pm

Platform: Zoom (Virtual)

For non-registered-participants interested in joining the session, register your interest via this link:

<https://docs.google.com/forms/d/e/1FAIpQLSdyDPlau2CE6-lzVI-LNzrRbKdaogt55F5HTKXIT1ccySs5qA/viewform>

Presenters: Rhianne and Adriana

For the second part of the conversation, we invite all participants to create a response based on what was discussed on the 3rd of February: on how Moon cycles, seasons, and the Triple Goddess archetype are connected to both menstrual cycle and the different life stages we all go through. The video will be uploaded shortly and we aim to do so before the 13th of February.

This workshop session is both a hands-on-making session and a moment of share. Participants are welcomed to make their responses on the day as well as bringing those responses that were made before or are still in the process of being completed. Any medium is welcome: from collages, to poems; from paint to photography based works.

What follows are more in depth indications and examples we offer to guide you in the collection of materials and the initial steps to begin the making of your response.

When you are thinking about your artwork/ collecting your materials: Please do not hesitate to post on Instagram and tag us @Wombenhood!!! We would love to see your developments!

The Initial Question

These are questions that the participants could ask themselves as a starting point to initiate the assemblage or collage process. Asking questions could help you get in touch with feelings or emotional responses to aid the creative process.

"What have I found most interesting in the discussion?"

"Has any of the cycles mentioned resonated particularly with me or my bodily experience?"

"What cycle would I like to represent in my response and why?"

The Theme

Participants are free to create responses in any medium desired. Here a few ideas:

- Moon cycle
- Seasons cycle
- Menstrual cycle
- Young self, adult self, elder self
- Maiden, Mother, Crone
- Motherhood cycle
- Process of delivering a baby and the stages that constitute it
- The creative process and the stages that constitute it
- Two of the above-mentioned cycles (e.g. Moon cycle + menstrual cycle; Maiden, Mother, Crone + motherhood cycle)

Materials

Participants are invited to use the materials that most resonate with them to represent the cycle(s) of their choice, such as:

- Images (taken from magazines, from the internet, from old books)
- Words, sentences, little poems (taken from magazines, from the internet, from old books)
- Natural resources like little branches, pinecones, dried leaves, shells, stones, gems, and a thread
- Watercolour

Practical Examples

The pictures and the words could be used to make collages whereas the natural materials could be used for composing assemblages.

When collecting and selecting the materials, think about what you'd like to represent.

- If you choose to represent the cycle of the seasons and how it resonates with you, you can collect materials that represent the four seasons.
- If you choose to represent the Moon cycle, collect materials that represent the Moon's phases and the energies each of them brings.

- If you choose the Triple Goddess archetype (Maiden, Mother, and Crone) or the different Life Stages we all go through (young self, adult self, elder self), collect images or other materials that represent them.

Resolutions

Creating a response might be used to:

- express the joy and the pain that a certain process brings you to;
- understand the connection to the body, your needs, and emotions expressed in a visual way;
- elaborate the pain a certain experience brings you (or brought) and create a space for the healing process to start shape itself;
- materialize a feeling you've not being able to express in words;
- understand how to experience a specific cycle in a more gentle way;
- become more aware of what's important to you in a certain cycle.

There's no right or wrong doing, only a self-expression and the desire to shed a light on a feeling and to transform it into a response.

References and resources:

Links

What the Moon can teach us about our menstrual cycle:

<https://www.thegoodtrade.com/features/moon-menstrual-cycles>

Wisdom of the menstrual cycle: honoring the sacred Moon cycle:

<https://www.drnorthrup.com/wisdom-of-menstrual-cycle/>

Using the Moon energy to get in sync with your menstrual cycle:

<https://www.goodwitchkitchen.net/moon-energy-syncing-menstrual-cycle/>

The red and the white Moon cycles:

<https://www.trinekristiansen.no/lognew-blog/2018/9/4/moon-cycle#:~:text=The%20white%20moon%20cycle%20represents,as%20earth's%20most%20fertile%20time>

The meanings & origins of the Triple Goddess symbol:

<https://zennedout.com/the-meanings-origins-of-the-triple-goddess-symbol/>

Videos

The Goddess in ART TV series: The Triple Goddess <https://www.youtube.com/watch?v=agy4H8ABFiE>

The Goddess in ART TV series: Interview with Marija Gimbutas (part 1)

<https://www.youtube.com/watch?v=uxei-vuf7U8>

The Goddess in ART TV series: Interview with Marija Gimbutas (part 2)

<https://www.youtube.com/watch?v=hM3YI-Nplr8>

The Goddess in ART TV series: Interview with Starhawk <https://www.youtube.com/watch?v=7jzDRx9w7tU>

Movies

Signs out of Time: <https://starhawk.org/film-video/signs-out-of-time/>

Things we don't talk about: women's stories from the Red Tent: <https://www.redtentmovie.com/>

Interesting websites

Miranda Gray: <https://www.mirandagrays.co.uk/>

Womb Blessing Attunement: <https://wombblessing.com/>

Juliario Art: <https://www.juliario.com/> (translate the site to English by clicking the right button of your mouse)

Books

The Spiral Dance: A Rebirth of the Ancient Religion of the Goddess, Starhawk

The Earth Path: Grounding Your Spirit in the Rhythms of Nature, Starhawk

Women who run with the wolves, Clarissa Pinkola Estés