

The book cover features a vibrant, textured background in shades of red, orange, and purple. A large, glowing white circle is centered in the upper half, containing the title text. In the lower right corner, there is a faint, stylized illustration of a woman's figure in a similar red-toned style.

Spiritual Messages for Women

Feminine wisdom for
the menstrual cycle

By

Miranda Gray

OSULE

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FOREWORD

This book is a guide to remembering that you are female – that you were created to dance with the Goddess in a close embrace and to create your dreams with her help. It is a guide to remembering that you embody the Divine Feminine and that your path is to heal and nurture both yourself and the world. Reading the messages in this book throughout the month will awaken a living, intimate and beautiful relationship with the Divine Feminine. It will create a life of beauty, purpose, inspiration and creativity.

Ordinary relationships flow and change with time, and those that last do so because lying at the core is love and acceptance. To experience a lasting relationship with the Divine Feminine we need to accept that she not only designed us to change but also designed our relationship with her to change. We simply need to learn, welcome and love these changes in order to bring her into our everyday lives.

The messages in the following pages will help you to love yourself, to accept your changing nature and to learn to partner the Divine Feminine in an exciting dance that changes tempo and direction as you follow the labyrinth path. When you feel disconnected from your divine dance partner, the messages are there to help you to reconnect and let go to allow her to support and lead you. Then you can explore and dazzle the world in many beautiful ways as you express the Divine Feminine and your relationship with her in your life and in the world around you.

Miranda Gray

INTRODUCTION

This book is the result of a heartfelt cry to try to understand how we can experience the loving presence of the Divine when a 'one-size fits all' spiritual approach doesn't seem to work for us. Spiritual techniques that brought us close to the Divine one week seem to fail us the next. We find ourselves asking: Why doesn't the prayer that worked last week bring me the same feeling of connection and calm today? Why doesn't the blessing that opened me to Divine love and peace last week work for me this week? Why does the ritual or service that expressed my loving awareness of the presence of the Divine last week feel like a detached routine now?

This cry from the heart, a wish to experience and live in a relationship with a loving Divine presence that is engaged with us, that is attentive, accepting, supporting, restoring, and willing to co-create our lives with us, is strong. It calls from a hollowness within, a sense of something missing. It comes from a misunderstanding of ourselves, a misunderstanding of female spirituality and a misunderstanding of our natural relationship with the Divine.

As women, our spirituality is different to that of men. The masculine spiritual approach fails us because we do not think, feel or experience the world, ourselves or the Divine as men do. And it's within this knowledge that we hold a beautiful secret:

Our spirituality changes as we change – whether it's through life, through the seasons, through the lunar cycle, or most particularly through our monthly menstrual cycle.

Our relationship with the Divine changes as we change. Instead of perceiving our spirituality and our awareness of Divine love as having only one form and one approach, we can instead see it as a changing expression. Just as we can still dance with the same partner when the music changes from a waltz to a tango, we can still stay connected to the Divine throughout our own changes. Once we realize this, we are able to create a wonderfully vibrant, fulfilling and interactive dance with the Divine Feminine. We fall in love with her, and in our complete acceptance of her we experience self-acceptance, self-worth, self-love, a sense of belonging, and the ability to actively live in tune with who we are truly meant to be.

The gentle and engaging messages in this book are written to speak directly to your changing self, to help you build a conscious awareness of the presence of the Divine Feminine, and to create your dreams in tune with her. The language of these messages is non-specific and the term 'Goddess' can be changed to any goddess name or title that resonates for you. You may wish to change the name you use depending on the section. For example: Maiden (Action phase), Mother (Heart phase), Enchantress (Revealing phase) and Crone (Being phase), or Bright Maiden, Bright Mother, Dark Maiden and Dark Mother, if you wish to honour the Moon phases.

The messages can be dipped into each day for guidance, read in sequence, or used in association with the seasons, lunar cycle or stages of life.

There is however a powerful way for cyclic women – women who experience a menstrual cycle – to use the messages, one which reflects

the heartfelt cry. It is a journey that takes us from everyday awareness to deep within, and then out again into the light of the world – it is **the labyrinth path**. On this path the messages hold your hand, and guide you through your cycle and its phases of changing energy, emotions, needs and desires. The messages offer ways to heal the disconnection with your ‘true self’ – the Divine Feminine – in each phase. Each message is designed to connect you with the Divine Feminine and to help make the relationship with her an abiding part of your everyday life.

THE LABYRINTH PATH

THE FOUR FEMALE LEVELS OF AWARENESS

This is a book of messages for women – not because the messages cannot be used by men, but because they are structured in such a way as to reflect our uniquely female spirituality.

As cyclic women we experience life from a cycle of **four different levels of awareness**. How we view the world around us, how we think about our place and purpose in it, and how we regard our self depends on the dominant level of awareness we are experiencing at the time.

We are very familiar with the first level of awareness, which involves thoughts, words, reasoning, structure, action and goals. This is our **‘Thinking mind’**.

Below this level lie our feelings and emotional responses. How we feel is more important than logic, other people’s needs are more important than our own, and our natural outlook is to care and nurture and to connect with others. We also experience practical creativity, expressing it in manifesting and creating form in the world. This is our **‘Feeling mind’** perception. These two levels of awareness are the ones we are usually most comfortable with and tend to see as ‘normal’.

But below the ‘Feeling mind’ lies the **‘Subconscious mind’**, that aspect of us that stores all the information our ‘Thinking mind’ is unable to handle. In this awareness we have access to our deeper levels, enabling us to make connections, to be inspired and

experience ‘Eureka!’ moments, and to understand without prior knowledge. We also connect to our unfulfilled needs and desires, our hidden away memories and feelings, and the beliefs that shape how we react and behave.

And finally, our deepest level of awareness holds our connection to the Whole, where we know completeness. It is a place of surrender, of stillness, of peace and simply being. This is the level of our ‘**Soul mind**’, of truth and of our deepest purpose and knowing.

The messages in this book are sectioned into these four levels of awareness and are designed to speak to the energies and needs of these levels within you. The messages are written to help you to acknowledge these energies and enhance the perception of each level, to remove resistance, meet the challenges, and create a loving, flowing and creative relationship with the Divine Feminine.

WOMEN’S SECRET SPIRITUALITY

The most influential impact on women’s relationship with the Divine is omitted from most spiritual approaches simply because we don’t look for it.

Our natural spirituality is linked to our menstrual cycles.

For most of our adult life we experience a monthly menstrual cycle consisting of four phases, each of which is dominated by one of the four levels of awareness.

A journey through our menstrual cycle is actually a journey through the pre-ovulation phase perception of the 'Thinking mind' driving us towards *action*, through the ovulation phase of the 'Feeling mind' where we perceive from the *heart*, through the pre-menstrual phase of the 'Subconscious mind' *revealing* our inner world, to the menstrual phase of the 'Soul mind' and deep inner *knowing*.

Our cycle is a repeating labyrinth path that takes us down the steps from light into the Underworld, from consciousness to soul level, from summer to winter, from full moon to dark moon, and from head to womb, and then guides us back out again. The *Heart* and *Knowing* phases, like the summer and winter, are the pivots of the cycle, and the *Action* and *Revealing* phases, like the spring and autumn, are times of change.

It's often said that in order to change the world we need to change how we think; but for women, we naturally think differently in each phase, and so our world changes with our phase. In each phase, in each level of awareness, we experience a different relationship with the Divine Feminine and a distinctive natural spiritual approach, need and expression.

In our pre-ovulation phase our spirituality can be focused – through the 'Thinking mind' – on our own path, our goals, ideals and questing. In our ovulation phase our spirituality can be dominated by the 'Feeling mind', and we can become the nurturing hands of the Goddess, making connections, caring, and taking love into the community. As we become pre-menstrual our spirituality can become more instinctive and inspirational, our awareness of the spiritual dimension is stronger and we can be drawn towards the magic as our

spiritual expression. Finally, with menstruation comes a deep oneness and peace. It brings a spirituality that needs no answers, no goals, and no actions because we know that we are simply everything.

This cyclic nature and its journey through the different levels of awareness affect our interaction, expression and perception of the loving presence of the Divine Feminine.

What works for us – as spiritual expressions of devotion, connection and love – changes. The needs we want fulfilled and our resistance to a trusting and surrendered relationship with the Divine Feminine also change.

We were created female not to have a single relationship with the Divine but to have one that flows through four expressions. Where we go wrong **is to expect one single relationship**, making us wonder why we cannot create a constant awareness of a personal and loving connection.

The answer to the heartfelt cry is simple: There is nothing wrong with us – we are simply expecting ourselves to dance with the Divine in one style when in fact the Divine dances with us in four different styles! It's no wonder we fall over our feet and let go of her hand when she's doing a samba and we are still doing a waltz. When we notice how we change with our phases, we can easily change dance style along with the Divine Feminine. At the same time, one dance is no more important than another – she simply enjoys partnering us in all of them.

The Divine Feminine has also given us a beautiful uniquely female gift – the ability to **renew** our cyclic relationship with her every month. When we have followed her down into the deepest levels of the soul at menstruation, and have sat tired in the darkness of being, she restores and renews our energies so that we can enter the world of light once again full of vitality, confidence and strength. Each and every month the Divine Feminine gives us the opportunity to enjoy four different experiences of herself and four wonderful relationships with her.

When we go with the flow of our cyclic nature, we gain self-love by feeling the love of the Divine Feminine. We ourselves become accepting from feeling the unconditional acceptance she gives us, and we experience self-empowerment because by dancing with her we can create together our joys and dreams. The Goddess has given us an amazing gift!

USING THIS BOOK – FOR WOMEN WITH A CYCLE

This book is a ‘first date’ with the Divine Feminine for each of the four levels of awareness associated with the phases of your menstrual cycle. It’s an introduction to an amazing relationship that can support you, restore and re-energize you, and surround you with love and peace and a sense of belonging. With the Divine Feminine you can co-create your heartfelt dreams and desires, and a life of wonder and oneness. The messages are the beginning of a new relationship with the Divine – one which is flexible and flowing, and which changes with your changing perception.

The messages:

- introduce your different levels of perception and spiritual connection;
- help you to meet the needs and overcome the fears that arise as you change;
- help you to overcome the challenges that can separate you from your relationship with the Divine Feminine;
- remind you of who you truly are and give you permission to express yourself;
- show you the joy of the gifts the Divine Feminine offers you;
- show you the beauty and wonder of a changing relationship with the Divine Feminine;
- offer a uniquely female spiritual path as you tread the labyrinth path each month.

Full of wisdom, love and joy, each message resonates with your own level of perception and builds a unique, loving and continuously changing relationship with the Divine Feminine.

You don't need to change your beliefs or your spiritual practice to use this book; however, keep an open mind and become more aware of what supports your connection with the Divine Feminine and what doesn't. You may like to try something different in each phase as you work with the messages – perhaps try a different prayer or mantra, work with a different Divine expression, or even try something from a different religion's approach and apply it to your own. The cultural conditioning towards a single spiritual or religious approach is strong, but as cyclic women our spirituality naturally changes as we tread the labyrinth path downwards and back out again. Sometimes all it takes is a small change in spiritual approach, language, imagery or metaphor within a cycle phase to not only rebuild the connection with the Divine Feminine but to make it deeper and more open to love, wisdom and understanding.

The messages in this book have been divided according to the four phases of awareness relating to the four phases of the menstrual cycle.





As you enter a phase, section off the appropriate message pages by using the two bookmarks that come with the book.

To use the messages you can:

- randomly choose a daily message every day for the duration of the phase;
- choose messages throughout the day in each phase;
- read the messages for the phase in sequence.

The messages were written with the appropriate phase awareness, and so will be in tune with your level of awareness and its associated spirituality for that phase.

If you wish, you can select messages from different sections, but you will find that those that match your current phase will have more meaning for you, be more supportive and have a deeper impact.

| Phase | Level of awareness | Approximate cycle days | Body cycle | Page symbol |
|--------------|---------------------------|-------------------------------|---------------------------|---|
| Action | Thinking mind | 7–13 | Pre-ovulation |  |
| Heart | Feeling mind | 14–20 | Ovulation, release of egg |  |
| Revealing | Subconscious mind | 21–28 | Pre-menstruation |  |
| Being | Soul mind | 1–6 | Menstruation, bleeding |  |

PRACTICAL CONSIDERATIONS

‘Cycle day one’ is your first day of menstruation. Your menstrual cycle is a natural flow from one phase to another – there are no rigid boundaries – so the cycle days outlined above represent only a general guide. If you feel that you are changing from one level of awareness to

another earlier than the cycle days outlined, simply choose messages from the next section. If your cycle is irregular or longer than 28 days, you may feel called to use the messages from the different sections on different days. Trust awareness of your experiences to guide you towards which sections to read.

If you are on chemical contraception, you may find that your experiences of the labyrinth path each month may be less intense than those experienced by women with a natural cycle. Some women are also more naturally 'cyclic' than others and their changes in thinking and perception can be very impactful on their lives, for example in experiencing PMS, while other women have little awareness of their changes. Your cycle, its impact on your perception, your experiences of it, and your spiritual connection with the Divine Feminine are unique to you. There's no 'right' or 'wrong', simply a beautiful opportunity to rediscover your Self and the Divine Feminine and their relationship to each other every month.

One final comment before you start to use the messages. Our experiences of the deeper spiritual side of our cycle's phases can be overwhelmed by outside influences. Stress, lack of sleep, travel, and medication are just some of the things that can have an effect on our menstrual cycle and therefore on our perception of ourselves, our lives and our spiritual connection to the Divine Feminine. The messages in this book are designed **to help reconnect** you to the Divine Feminine – so use them to help you to feel her loving support when the modern world disconnects you from awareness of her presence.