

BLOOD, BREAD, AND ROSES

*How Menstruation
Created the World*



JUDY GRAHN *With a Foreword by Charlene Spretnak*

Blood Bread And Roses How Menstruation Created The World

RACHEL FITZGERALD



Blood Bread And Roses How Menstruation Created The World:

Blood, Bread, and Roses Judy Grahn, 1993 Blood is everywhere in our society on nightly T V in daily newspaper photos in religious imagery Yet menstrual blood is never mentioned and almost never seen except privately by women A girl's first period is usually kept secret a source of embarrassment and irritation Menstruation in our culture is invisible and irrelevant if properly hidden shameful and unclean if not It was not always this way Long ago in cultures around the world a girl's menarchal passage was a time of celebration and initiation and a time for ceremony often including special clothing and foods and a period of seclusion Far more than a biological event menstruation was a recognized mark of female power a source of ritual and of awe The influence of early menstrual rites remains visible in our culture today According to Judy Grahn the ancient rites explain much of contemporary material culture why women wear lipstick and eye makeup and adorn themselves with earrings and hair clasps or why forks bowls chairs rugs and shoes originated for instance But Grahn also reveals the profound connections between ancient menstrual rites and the development of agriculture mathematics geometry writing calendars horticulture architecture astronomy cooking money and many other realms of knowledge Blending archaeological data ethnography folklore history and myth she constructs a new myth of origin for us all demonstrating that menstruation is what made us human Blood Bread and Roses reclaims woman's myths and stories chronicling the ways in which women's actions and the teaching of myth have interacted over the millennia Grahn argues that culture has been a weaving between the genders a sharing of wisdom derived from menstruation Her rich interpretations of ancient menstrual rites give us a new and hopeful story of culture's beginnings based on the integration of body mind and spirit found women's traditions Blood Bread and Roses offers all of us a way back to understanding the true meaning of women's menstrual power

BOOK JACKET Title Summary field provided by Blackwell North America Inc All Rights Reserved [She Who Spins the Coils of Creation](#) Leslene della-Madre, 2023-06-28 Leslene della Madre's book She Who Spins Creation Sacred Female Cosmology in the Electric PlasMA Universe is essential medicine and a much needed balm for the spirit in these perilous times of toxic masculinity toxic capitalism toxic patriarchy and the perpetuation of the annihilation of women's wisdom and power also known as the Inquisition in which female embodied existence and wisdom continue to be silenced and every attempt to eradicate us deny our culture belittle and erase our knowledge continues to unfold It is also a master class in how to excavate and reclaim female embodied experience wisdom empowerment and sovereignty Della Madre exposes the misogyny inherent in patriarchal myth and science from physics to molecular biology delving into the mysteries of matter the mammalian egg mythologies of female origins the Electric Universe plasMA cosmology and much much more She invites us to awaken to the reality of a truly female cosmology that has always reflected as above so below and always will but that has been denied and subjected to nearly complete erasure in numerous ways by male dominated realities In doing so she invokes us to challenge the amnesia of the ages question all we have been told about who we are where we come from and who we

can become She implores us to feel our horns and wings again and reclaim a world in which we understand that we are all electric plasMA beings intertwined and interconnected in tune with the cosmos the greater organism This is the way to heal the violence that has been done to the Earth Nature and women by thousands of years of patriarchal colonization This book is also a clarion call for action for women to re member our magic and to seek guidance from the ancestral realms to help restore us to whole holy ness This profound book should be made into a documentary series Mary Saracino author LAMBDA award finalist

Never by Itself Alone David Grundy,2024 Through its comprehensive history of post war queer writing in Boston and San Francisco from the 1940s through the 21st century Never By Itself Alone provides a new view of queer history Grundy intertwines analysis of lesbian gay and queer literature of the time centering voices which have not yet before been explored in existing criticism The book elevates the underrepresented work of writers of color and those with gender nonconforming identities underscores the link between activism and literature and insists upon the vital importance of radical accounts of race class and gender in any queer studies worthy of the name

The Big Book of Girl Stuff Bart King,2025-01-07 The Big Book of Girl Stuff shares everything a girl needs to know from sleepovers to diaries to makeup to boys to shopping and everything in between It s the ultimate guide to unlocking the delightful mysteries of being a girl It s filled with information activities quotes and games as well as lists for favorite books movies and music Smart asides fascinating facts an enlightened outlook and a uniquely feminine perspective make this a must have for every girl Though it s written for girls from 9 to 14 it will certainly delight moms aunts and big sisters everywhere

New Our Right to Love Ginny Vida,2010-05-11 Since its original publications in 1978 Our Right to Love s resources interviews and essays have evolved to cover every aspect of the ever changing everyday lives of lesbians The complete lesbian resource guide Our Right to Love instantly became a classic when it was first published in 1978 Now fully revised and expanded for the 1990s this new edition includes over 60 articles and interviews covering the many aspects of lesbian life relationships sexuality health activism education and sports religion and spirituality the law and legal issues multiethnic lesbian experience and lesbian culture A group of essays explores the lesbian experience across cultures African American Latina Asian Native American and age groups Interviews with notable lesbians Martina Navratilova Melissa Etheridge Margarethe Cammermeyer and Minnesota State Representative Karen Clark examine the particular experiences of highly visible out lesbians An extensive bibliography resource lists and index make this the complete lesbian reference

Dark Mother Lucia Chiavola Birnbaum,2001 Bringing a feminist perspective to contemporary findings of geneticists and archeologists Lucia Chiavola Birnbaum cultural historian points out that the oldest veneration we know is of a dark mother of central and south Africa whose signs ochre red and the pubic V were taken by african migrants after 50 000 BCE to caves and cliffs of all continents The oldest sanctuary in the world was created in 40 000 BCE by african migrants in Har Karkom later called Mt Sinai foundation place of judaism christianity and islam Lucia documents the continuing memory of the dark mother and her values

in prehistoric images of the dark mother in historic black madonnas and in other dark women divinities whose sanctuaries are on african paths She tracks the memory in rituals and stories of her sicilian grandmothers in persecution of dark others in patriarchal Europe and the United States in the rise of nonviolent dark others since the 1960s in the banners of the 1995 world conference of women at Beijing and in art She finds the dark mother s values justice with compassion equality and transformation in everyday and celebratory rituals of the world s subaltern cultures and suggests that the image and values are in the submerged memories of everyone

The Clan of the Flapdragon and Other Adventures in Etymology by B. M. W. Schrapnel, Ph.D. Richard Mckee,2020-12-15 This potpourri of satire on language use in Western culture will trigger chuckles and guffaws from an eclectic readership In The Clan of the Flapdragon and Other Adventures in Etymology by B M W Schrapnel Ph D the pseudonymous critic satirizes a variety of subjects in and out of academe These adventurous essays include lampoons on writing language and literature and the collection is a delightful spoof of much in contemporary culture especially areas of intellectual pretension Readers will be entertained by anachronistic allusions improbable parodies whimsical etymologies tongue in cheek word play and stunning purple prose examples of just some of the liberties Schrapnel takes with the language Dr Schrapnel includes a wide array of audience reactions in the form of bogus letters from fictional readers confirming that language and literature are everyone s business He also offers an annual list of words that writers and speakers should use more often a lexicographer s equivalent to the endangered species list and coins terms such as prufrockery and grendelish

Activate Your Female Power Sharon Moloney,2018-11-01 Stop trying to be just like the men and start owning the power and beauty that is yours as a woman Have you ever wondered what it really means to be female Do you sometimes resent being female in a man s world Do you feel like something s missing in your experience of being a woman and don t know what This book provides some answers to these deeply meaningful questions International author and speaker Sharon Moloney PhD has spent a lifetime exploring what it means to be female including a doctorate in women s health and spirituality As a women s health practitioner and clinical hypnotherapist she has supported hundreds of women to learn how to love enjoy and celebrate being female In this book she shares her discoveries about the power beauty and unique spirituality of the female body The cultural blind spots this book illuminates include The female body as an ecosystem not a machine and how aligning with its natural laws can make you happy healthy and fertile How to dismantle subconscious limiting beliefs about being female so you re free to enjoy it Nature s blueprint for healthy fertility How to access the spiritual power in the female body to inspire confidence self appreciation and inner security The secret to transforming menstrual shame into pride and self respect How to eliminate unnecessary spending on fertility treatments The keys to activate the female code for optimal health Discover the beauty inside you set yourself free

Deep Care Angela Hume,2023-11-14 The story of the radical feminist networks who worked outside the law to defend abortion Starting in the 1970s small groups of feminist activists met regularly to study anatomy practice pelvic exams on each other and learn how to safely perform a

procedure known as menstrual extraction which can empty the contents of the uterus in case of pregnancy using equipment that can be easily bought and assembled at home This self help movement grew into a robust national and international collaboration of activists and health workers determined to ensure access to reproductive healthcare including abortion at all costs to the point of learning how to do the necessary steps themselves Even after abortion was legalized in 1973 with Roe v Wade activists continued meeting studying and teaching these skills reshaping their strategies alongside decades of changing legal medical and cultural landscapes such as the legislative war against abortion rights the AIDS epidemic and the rise of anti abortion domestic terrorism in the 1980s and 90s The movement s drive to keep abortion accessible led to the first clinic defense mobilizations against anti abortion extremists trying to force providers to close their doors From the self help movement sprang a constellation of licensed feminist healthcare clinics community programs to promote reproductive health even the nation s first known donor sperm bank all while fighting the oppression of racism poverty and gender violence Deep Care follows generations of activists and clinicians who orbited the Women s Choice clinic in Oakland from the early 1970s until 2010 as they worked underground and above ground in small cells and broad coalitions and across political movements with grit conviction and allegiances of great trust to do what they believed needed to be done despite the law when required Grounded in interviews of activists sharing details of their work for the first time Angela Hume retells three decades of this critical if under recognized story of the radical edge of the abortion movement These lessons are more pertinent than ever following the Supreme Court s 2022 Dobbs v Jackson decision and the devastation to abortion access nationwide

[She Is Everywhere! Volume 3](#) Mary Beth Moser,Mary Saracino,2012-02-15 [She Is Everywhere Volume 3](#) presents a bold brave and beautiful compilation of womanist feminist essays poems and artwork showcasing work from an international community of women and men who honor the Sacred Female The fifty contributors in this anthologyscholars creative writers and visual artistsshare their vision for a world that reclaims the inviolability of the Divine Female in all Her many and varied manifestations [She Is Everywhere Volume 3](#) is the latest edition of a leading edge series which like its predecessors offers an invaluable contribution to womens spirituality religion philosophy and womens studies The contemporary voices contained within its pages echo an ancient clarion call to embrace the values of justice with compassion equality for all people and transformation We have a calling in this worldnamely to prevent the destruction from continuing Claudia von Werlhof I am in the presence of a divine Mother and She is fulfilling a deep longing inside of me Nicole Margiasso Tran She was I am my daughter is because we are all Her Etoyle McKee Just as dark matter mother in space shapes galaxies and holds them together we are shaped and held by the African Dark Mother who has given us Her life force and resides in the very depths of our being where the macrocosm is literally reflected in the microcosm Leslene della Madre

She Is Everywhere! Vol. 2 Lucia Chiavola Birnbaum,Annette Lyn Williams,Karen Nelson Villanueva,Ph. D. Lucia Chiavola Birnbaum,2008 Splendid spiritual and subversive this anthology offers a sampler of just some of the feminisms

emerging in academic seminars street demonstrations for justice and places where people are reclaiming their ancestral values She Is Everywhere Vol 2 is comprised of international essays poems and works of art from the growing community of women and men who recognize Her and feel Her call to expression in many forms This unique volume presents a fresh look at women in the Judeo Christian Bible in the Koran and in the kaleidoscopic beauty of the world s women from her signs in caves cliffs and forests to her many faces manifestations and hidden places Celebrate woman s spirituality her colors her islands and continents her rages and blessings in weather her silences and her surprising epiphanies She Is Everywhere Vol 2 leads the contemporary cultural and political nonviolent revolution for a radically democratic and harmonious world full of compassion equality and transformation

Psychosocial Pathways Towards Reinventing the South African University

Sabrina Liccardo,2020-11-02 This book proposes a conceptual empirical framework for exploring forms of continuity and change along psychosocial pathways in South African universities It illustrates how the psychosocial pathways are grounded in the symbolic narratives and knowledges of young scientists engineers and architects all interlocutors in the research from which this book is based Alala Mamoratwa Welile Odirile Kaiya Amirah Takalani Nosakhele Naila Ambani Khanyisile Itumeleng Ethwasa and Kgnaya provide collective standpoints in the multiplicities within and between the lived lives and told stories of young Black South African women in Science Technology Engineering and Mathematics STEM fields In doing so this compelling work advances possibilities for demythologising scientific endeavour as a white male achievement and shifting knowledge communities across gendered racialised class and national divides This book presents an innovative narrative methodology utilising the myth of the Minotaur to examine the state of the university at the heart of the hierarchical labyrinth in post apartheid South Africa Throughout the work the author wrestles with and self reflexively highlights her own positionality as a white middle class South African woman to examine how this affects the production of this research in ways which serve to preserve the colonial knowledge system With the rise of the Rhodes Must Fall and Fees Must Fall student movement in South Africa demanding for the fall of institutionalised racial hierarchies the author uses the cover image of narrative formations in the spirit of exploration to think with and through undulating networked forms that could possibly forge new psychosocial pathways towards decolonising and reinventing South African universities This work offers a unique conceptual and methodological resource for students and scholars of psychosocial and narrative theory as well as those who are concerned about the politics of higher education both in South Africa and in other contexts around the world

Toni Wolff's Forms: She Moves In Circles RACHEL FITZGERALD,2011-10-21 Integrating her many years of experience as a therapist her in depth examination of Jungian Analyst Toni Wolff s relational theory of women s psychological development and her ecofeminist studies in South America Rachel Fitzgerald has succeeded in providing therapists with a practical and insightful guide to better understanding the suffering of women who seek their help Noreen Cannon Au Ph D Jungian Analyst member of the Los Angeles Jung Society and Co author with Wilkie Au of *The Discerning Heart* and *Urgings*

of the Heart Rachel brings her extensive background experiences in religion psychotherapy history of thought indigenous healing and women s development to a creative synthesis in *She Moves in Circles* Building on Toni Wolff s relational archetypes Rachel weaves a story that unfolds in multiple layers that in turn reveal multiple meanings As she integrates adult development theory and cross cultural insights with healing practices we awaken to the universality of women s experiences and to the richness and complexity of her work Joan P Avis Ph D psychologist and professor at the University of San Francisco and co author of *The Women Who Broke All the Rules*

Forms of Expansion Lynn Keller,1997-08-04 Expanding the boundaries of both genre and gender contemporary American women are writing long poems in a variety of styles that repossess history reconceive female subjectivity and revitalize poetry itself In the first book devoted to long poems by women Lynn Keller explores this rich and evolving body of work offering revealing discussions of the diverse traditions and feminist concerns addressed by poets ranging from Rita Dove and Sharon Doubiago to Judy Grahn Marilyn Hacker and Susan Howe Arguing that women poets no longer feel intimidated by the traditional associations of long poems with the heroic public realm or with great artistic ambition Keller shows how the long poem s openness to sociological anthropological and historical material makes it an ideal mode for exploring women s roles in history and culture In addition the varied forms of long poems from sprawling free verse epics to regular sonnet sequences to highly disjunctive experimental collages make this hybrid genre easily adaptable to diverse visions of feminism and of contemporary poetics

PaGaian Cosmology Glenys Livingstone,2005 PaGaian Cosmology brings together a religious practice of seasonal ritual based in a contemporary scientific sense of the cosmos and female imagery for the Sacred The author situates this original synthesis in her context of being female and white European transplanted to the Southern Hemisphere Her sense of alienation from her place which is personal cultural and cosmic fires a cosmology that re stories Goddess metaphor of Virgin Mother Crone as a pattern of Creativity which unfolds the cosmos manifests in Earth s life and may be known intimately PaGaian Cosmology is an ecospirituality grounded in indigenous Western religious celebration of the Earth Sun annual cycle By linking to story of the unfolding universe this practice can be deepened and a sense of the Triple Goddess central to the cycle and known in ancient cultures developed as a dynamic innate to all being The ritual scripts and the process of ritual events presented here may be a journey into self knowledge through personal communal and ecological story the self to be known is one that is integral with place PaGaian Cosmology may be used as a resource for individuals or groups seeking new forms of devotional expression and an Earth based pathway to wisdom within

Freedom Glorious Freedom John J. McNeill,2009 In *Freedom Glorious Freedom* acclaimed author John J McNeill shows how lesbian and gay Christians can achieve full spiritual maturity and self acceptance McNeill discusses freedom of conscience and discernment of spirits ancient teachings of the Christian church that have a special urgency for lesbian and gay people who need to free themselves from all the homophobic authorities and deal with God on a direct and personal basis The liberating process of coming out of the closet is seen as a

spirit filled effort to achieve the glory of God by becoming fully alive McNeill offers a twelve step spirituality as a spiritual process of liberation from all addictions in order to experience the love of God in its fullness The epilogue expresses in detail a philosophical vision looking both to the past and to the future of how gay liberation fits into the Spirit directed evolution of human history and its role in the ongoing struggle for human liberation For more than thirty five years John J McNeill an ordained priest and psychotherapist has been devoting his life to spreading the good news of God s love for lesbian and gay Christians

The Double Goddess Vicki Noble, 2003-06-19 The first book to seriously study the double goddess that figures prominently in Neolithic and Bronze Age cultures Offers an important symbol for modern women seeking to reconnect with their ancient integral sense of self and wholeness Presents an archetype for the sacred potential of female bonding whether between mother and daughter teacher and student friends or lovers Illustrated with 149 examples of double goddess images Numerous figures depicting two women in intimate relation with one another or as a single body with two heads have been discovered in important centers of early civilizations such as Catal Huyuk and Gozo These have been routinely ignored by scholars or dismissed as mere dolls with no sacred connotations whatsoever Vicki Noble shows to the contrary that this double goddess is an ancient icon that can considerably expand our understanding of female sovereignty as well as provide contemporary women with a way to reconnect with the integral sense of self and wholeness enjoyed by their ancestors Ancient Goddess religion was informed by the organic cycles of nature the dual poles of Life and Death The double goddess represents phenomena such as the Earth Moon pair the Upper Underworld pair the Summer and Winter poles of the seasonal year and the dual poles of the female biological reality of menstruation and ovulation the dark and the light The double goddess in all her varied forms also depicts the vast array of potential relationships women can form with themselves and each other This book is a celebration of an archetype that not only empowers women but also teaches them how to share that power with each other

Understanding Biblical Israel Stanley Ned Rosenbaum, 2002 According to Stanley Rosenbaum the Bible resembles what a family would retrieve after a tornado hits a trailer park some of the family s own possessions mixed with those of others overlapping contradicting and disordered Understanding Israelite History is a revolutionary attempt to fill in the many gaps left in the historical record Rosenbaum begins by demonstrating that Israel s religion was not a clean divinely inspired break with humanity s past but derives from the long sweep of events that began when Homo sapiens first acquired language Strata of earlier religions are still visible beneath the surface of Israelite monotheism Early Israel was not one man s family however dysfunctional It was a collection of individuals and groups mainly outcasts or lower social elements who coalesced into a nation and developed though they did not always follow a religion of ethical monotheism and principles of democratic government and social justice that still today move and inspire more than half the world s population Like all religions Israel s was shaped by the language in this case Hebrew in which it is expressed Expressing monotheism in a language that is essentially dualistic conduced to the suppression of the female elements of

earlier religions which had nurtured Israel's religion and consequently to a lack of appreciation for the part played by women in Israel's religious life. This skewed view of Israel's religion and its history that the Bible contains is a result of its having been collected, edited and in part written by Judeans, southern survivors and heirs of David's kingdom who were moved to record it in the wake of the destruction of Jerusalem in 586 BCE.

Goddess Wisdom Made Easy Tanishka, 2019-01-08

Learn about the ancient goddess traditions and reconnect with your femininity, your natural cycles and your intuition. Ancient civilizations once worshipped female deities and women were the leaders, counsellors and healers of their communities. Through the ages the wisdom of the Goddess was then forgotten and people around the world lost their connection to ancient feminine wisdom. In this practical guide Tanishka, a leading teacher and author of women's wisdom traditions, introduces the main Goddess cultures and explains how their teachings and practices can empower and transform your life today. You will learn the history, philosophy and practices of ancient Goddess traditions, the seven Goddess archetypes and their corresponding chakras, the life stages of the feminine journey and how to transition through each one, rituals to reconnect with your inner goddess, insight and tools to understand and align with the cycles of nature. This book was previously published under the title *Goddess Wisdom: Hay House Basics series*.

New Blood Chris Bobel, 2010-05-05

New Blood offers a fresh interdisciplinary look at feminism in flux. For over three decades, menstrual activists have questioned the safety and necessity of feminine care products while contesting menstruation as a deeply entrenched taboo. Chris Bobel shows how a little-known yet enduring force in the feminist, health, environmental and consumer rights movements lays bare tensions between second and third wave feminisms and reveals a complicated story of continuity and change within the women's movement. Through her critical ethnographic lens, Bobel focuses on debates central to feminist thought, including the utility of the category gender and challenges to building an inclusive feminist movement. Filled with personal narratives, playful visuals and original humor, *New Blood* reveals middle-aged progressives communing in Red Tents, urban punks and artists' culture jamming commercial menstrual products in their zines and sketch comedy, queer anarchists practicing DIY health care, African American health educators espousing holistic womb health and hopeful mothers refusing to pass on the shame to their pubescent daughters. With verve and conviction, Bobel illuminates today's feminism on the ground, indisputably vibrant, contentious and ever dynamic.

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Blood Bread And Roses How Menstruation Created The World Introduction

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