Beltane 2015 (Connie)

Girls, girls!!

Come along now. Gather up. Playtime is OVER!

A new age is approaching fast.  
Close your eyes.

Look down at your bodies - are they not changing? Changing so fast, you are afraid something might be terribly wrong with you. When did I become so tall? Taller than my friends - I do not like it. I want to hide. My feet - too big. Whose footsteps am I to follow now?

I want to hide. No mirrors, please. I do not like what is becoming - who am I becoming?

The psychologist and writer Angeles Arries writes of a dream she had at a major transition in her life:

"And I looked into the mirror and saw squirrel ears, cat whiskers, and a pig's snout. One side was fur, the other side scales. I looked down and saw webbed feet and turtle hands, and I thought to myself: oh my god, I am changing! !"

Lucky for some of us who might have had a true woman mentor at this time of transition, a gentle mother or grandmother, and aunt, an older sister. One who could gently explain the bodily changes, the emotional uproar, the challenging thoughts, the confusion, the rebellion in the gut, and the wish to never leave the arena of playing and running to climb the trees for ever. One who could gently guide us through the jungle of emerging feelings of infatuation and awakening sexual passion.

A gentle older woman would have shown us how to gather all these new and different thoughts and emotions, would have talked to us and made conscious and loving, this transition into womanhood, and brought light to it. This gentle woman would have taken each worry and helped us either cast it out as unnecessary, or helped us weave it into a new, a colorful and soulful, beautiful life-cloth. She would have known how to make us embrace who we are becoming; she would have wisely told us to trust our instincts, to be brave and courageous, and how to know where and how we would keep ourselves safe.

**We are these women now. If you never had such a guide when you were your 13 year old self, become this woman to yourself now. We do have the power to write and re-write our own stories.**

**Today, we are giving ourselves the power to trust our own strengths. We are going to weave, and thus, re-weave our troubled, conflicting adolescent emotions. We will start by accepting our body's changes and challenges, supporting and caring for ourselves, and trusting our instinctual body wisdom.**

**You have collected ribbons on your journey down to this cove. Take some time to imprint on these ribbons, either in writing or in thought, words that are representing your remembered adolescent/pubescent obstacles, worries, fears, expectations, thoughts of wonder, excitement, curiosity, passion. You may also choose to take a few minutes to write these down in your journals. We will have an opportunity to weave these ribbons in a new way today. It may take all the courage you have to approach this new way of weaving your old stories....trust your inner wisdom!**

**Angeles Arrien wrote:**

**The church says: the body is a sin**

**Science says: the body is a machine**

**Advertising says: the body is a business**

**The Body says: I AM A FIESTA!**