



CHAPTER 18

GIRLS ARE AWESOME!

Hello All You Granddaughters! Welcome to the world of *Becoming Woman*. You are *Becoming Woman* because it takes time to go from a small baby to girl, to maiden, and then to woman. Just because you have your period does not make you suddenly grown up, so don't worry – you have plenty of time to learn everything you need to know. As years pass you will grow into a wise woman.

Being a woman is special and wonderful. Don't listen if anyone tells you that any part of being a woman is not a good thing. Even though other girls may not feel good about themselves or their periods, you will find ways to honor, love and celebrate the fact that you are female. Find friends to celebrate with. Try forming a group that you could name: Bleeding Time Women, Sisters in Blood, Goddesses in Training, Moon Maidens or find your own special name for your group. Your friends can discuss all aspects of Bleeding Time, relax together and support each other as *Becoming Women*.

The Stories

The stories in this book are written for you, and are meant to inspire and assist you in learning about yourself and your growing process. You are growing in many ways. Your body is certainly changing, your feelings, emotions, ways of thinking and your understanding of your world and of spirit are changing and growing, too. I want these stories to help you on all levels of your growth: body, emotions, mind and spirit. You are all of these, and as an integrated being, honor every aspect of yourself!

Each of the following stories has some element of celebrating and rejoicing in the fact that you are female.

Being female is a wondrous thing. Celebrate!

Read these stories with someone or alone. Read them with your best girl friends. You may ask your mom, grandmother or any trusted adult to read them to you. It is wonderful to be read to. Settle in, cuddle up and read the stories and later, talk about what you felt, and thought. Then ask all the questions you have. Talk about these wonderful and mysterious things over and over again as time goes by.

Go to my website, www.passagesintowomanhood.com and read other girls' stories and ask me questions. Please feel free to write your own story and post it on the blog or send it to me. I'd really like to know about you.

Welcome to your Bleeding Time!

With love, Pam