

# **Menstrual Journey of Brigid**

By Susa Morgan Black

*Brigid of the Fire Bright,  
Keeper of the Maiden's Light,  
Who teaches us ourselves to heed,  
When first we begin to bleed,  
Brigid, Lead the Way.*

*Brigid of the Healing Well,  
Teaching us an herbal spell,  
She knows the magic of the waters,  
And shares her blood with all her daughters,  
Brigid, Lead the Way.*

*Brigid of the Oaken Wood,  
When the crone pulls up her hood,  
Our blood is held inside our selves,  
Now within the Deep, She dwells,  
Brigid, Lead the Way.*

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