

# PERIOD.

Welcome to our period *bracha* (blessing). We are so glad you have arrived at this moment in time with this text in front of you. This bracha was crafted by menstruators for menstruators, and was born out of a deep desire to honor the natural process of menstruation as sacred, specifically within the context of our Jewish tradition.

**There are so many *brachot* that we say in Judaism**, and we do so in order to build an awareness of the Divine in multiple aspects of daily life. Words have the potential to elevate the seemingly mundane to a spiritual experience! Therefore, when we at At The Well discovered that a period bracha was missing from our traditional cannon, we knew we felt it necessary to create one, while keeping close to our hearts a respect for all the brachot that came before.

We love our menstruating bodies and all of the beautiful complexities they come with. We want to bless them, honor them, build them up, and give them lots of love in the way we Jews have been doing for thousands of years - by expressing gratitude to the Source of All.

**It is our hope** that the words of our *bracha* bring forth for you an awareness of your body's holy energy. We hope that when you recite this bracha you feel the *sacred bond that exists between your menstrual blood, your soul, and the Divine*.

Some important details:

We recognize that not all bodies menstruate. We are committed to the fact that all bodies are holy and deserving of blessings.

We want this *bracha* to be accessible for all those who want to engage in the process of blessing their period. Therefore, we have included a variety of ways to read the bracha, namely English, Hebrew, and transliteration.

Additionally, we are aware that Hebrew is a gendered language, and wanted each of our readers to feel comfortable reciting the bracha in the way that feels best for them. So, we have included both feminine and masculine Hebrew translations. To us, the specifics of how you recite this *bracha* isn't the most important factor.

What matters is that you feel empowered to make space for yourself as a menstruator and to bless that Divine quality.

INTENTION AUTHORED BY  
TORI LUECKING. PERIOD  
BRACHA CO-AUTHORED BY  
HADAR COHEN & TORI  
LUECKING WITH INSPIRATION  
FROM MANY BADASS BABES  
OF AT THE WELL



# PERIOD.

LET'S RECITE A BRACHA (BLESSING) TOGETHER.

This *bracha* is meant for you to engage with in the time and setting that feels most comfortable, whether that be on the first day of your period, the moment you realize you are about to get it, or anytime throughout your bleeding days. Think about a space where you feel most connected to your body and your flow. It could be the shower, your bedroom, or outside. These words are yours to embrace and to weave into your life as you see fit.

**Blessed are You the Divine Designer who lovingly releases sacred blood from the inner workings of my body and sustains the life that flows through me and allows me to greet each morning's sunlight.**

ברוך אתה יי, אל מעצב ומשחרר באהבה דם קדוש מתוך גופי ומכלכל נשמתי שזרמת בתוכי ונותנת לי את היכולת לקבל את השמש כל בוקר. ברוכה את שכינה, אל מעצבת ומשחררת באהבה דם קדוש מתוך גופי ומכלכלת נשמתי שזרמת בתוכי ונותנת לי את היכולת לקבל את השמש כל בוקר.

*Baruch Atah (B'ruchah At) Adonai maatzev (maatzevet) v'mishcharer (v'mischareret) dam kadosh m'toch gufi v'mechalkel (v'mechalkelet) n'shemati sh'zoremet b'tochi v'notenet li et hayicholet l'vakel et hashemesh kol boker*

**Praise You, Creator of the Natural World, who formed for us the moon that cycles through phases. Just as she is whole at each moment in her journey, so too is my body which constantly renews itself.**

השבח לך, בורא העולם הטבעי, שיצר לנו את הירח שמחזור בשלבים. כפי שהיא שלמה בכל רגע במסעה, כך גם הגוף שלי מתחדש בכל עת. השבח לך, בוראת העולם הטבעי, שיצרת לנו את הירח שמחזור בשלבים. כפי שהיא שלמה בכל רגע במסעה, כך גם הגוף שלי מתחדש בכל עת.

*Hishbach Lach Boreh (Bora'at) ha'olam hativi sh'yatzar (sh'yatzeret) lanu et hayareach sh'machzor b'shalavim k'fi sh'hi shalemah b'chol rega b'mase'ah kach gam haguf sheli mitchadesh b'chol et*

**Thank you Dear Holy One for gifting me this menstruating body through which I engage in an ancient Jewish tradition that cares for the physical embodiment of my spirit.**

אני מודה לך הקדוש ברוך הוא היקר שנותן לי את הגוף הווסת הזה שדרכו אני עוסקת במסורת יהודית עתיקה. שמשגיחה על ההתגלמות הפיזית של רוחי. אני מודה לך הקדושה ברוכה היא היקרה שנותנת לי את הגוף הווסת הזה שדרכו אני עוסקת במסורת יהודית עתיקה. שמשגיחה על ההתגלמות הפיזית של רוחי.

*Ani modeh (modah) Lach Hakadosh Baruch Hu Hayakar sh'noten (Hak'dushah B'ruchah Hi Hayakarah sh'notenet) li et haguf havevet hazeh sh'dracho ani osek (oseket) b'masoret yehudit atikah, sh'mashgichah al hahitgalmut haphysit shel ruchi*

**In praying these words, may I feel a relationship between my blood, my soul, and the Divine, recognizing that this ritual bleeding is sanctified and that G-d's Presence is with me now and always.**

בחזקת תפילה זאת, אני רוצה להרגיש את החיבור בין דמי, נשמתי, והאלוהים. אני מכירה בדימום המחזור כקודש לאלוהים ונוכחות האלוהים איתי עכשיו ולתמיד. בחזקת תפילה זאת, אני רוצה להרגיש את החיבור בין דמי, נשמתי, והאלוהים. אני מכירה בדימום המחזור כקודש לאלוהים ונוכחות האלוהים איתי עכשיו ולתמיד.

*B'chozek t'filah zot ani rotzeh (rotzah) l'hargish et hachibor ben dami n'shemati v'Elohim Ani makir (makirah) b'dimum hamachzor c'kadosh l'Elohim v'noch'chut ha Elohim iti achshav v'l'tamid*

”

**IN PRAYING THESE  
WORDS, MAY I FEEL A  
RELATIONSHIP BETWEEN  
MY BLOOD, MY SOUL,  
AND THE DIVINE,  
RECOGNIZING THAT  
THIS RITUAL BLEEDING  
IS SANCTIFIED AND  
THAT G-D'S PRESENCE IS  
WITH ME NOW AND  
ALWAYS.**

“

# HISTORY OF THE PROJECT

In the spring of 2017, At The Well received an email from a young woman looking for a Jewish blessing to mark her period. Intrigued by this idea, At The Well Instigator, Sarah Waxman, called the woman on the phone. Her name was Tori. She was based in Lawrence, Kansas and had recently been exploring ways to celebrate her identity as a Jewish Woman. Tori explained that in all of the hundreds of blessings in Judaism, there was no traditional bracha for the onset of menstruation. She was hoping that At The Well would have one to offer. At the time, At The Well did not have a period *bracha*, but Sarah saw Tori's passion and the need for the community to have one and asked, "Would you like to inspire one with us?"

This conversation sparked a two-year journey of sharing, learning, growing, and creating. In the spirit of our oral tradition, Sarah empowered Tori to conduct multiple interviews with Jewish women from a variety of backgrounds about their experiences of and feelings about both menstruation and blessings. She spoke with rabbis, Orthodox women, academics, Torah & Talmud scholars, and progressive Jewish women. It was with their voices in mind that this *bracha* was lovingly crafted, so that all women would have the option to mark their period within the beauty of our tradition.

## TORI BIO

Tori Luecking is a lover of all things Jewish spirituality. She lives to have DMCs (deep meaningful conversations) with others about Jewish learning, prayer, and vibrancy. She is a former Hillel professional and student of the Pardes Institute in Jerusalem, where she took classes in Women in Judaism and Talmud. She thinks armpit hair is beautiful, loves Anita Diamant's *The Red Tent*, and **envisions a world in which women feel empowered to connect with their inherent Divine Spark every day.** On the weekends you can catch her playing darts with her S.O. or writing content for her poetry instagram @zaharapoetry.



## QUESTIONS

1. What comes to mind when you think about the relationship to your body and your cycle?
2. In the spirit of Chanukah, how can you rededicate positive ways you think about and honor your body?
3. What are some new intentional self practices that you want to start incorporating into your monthly menstrual cycle?

### FOLLOW US:

IG / FB: @atthewellproject  
www.atthewellproject.com

INTENTION AUTHORED BY TORI LUECKING. PERIOD BRACHA CO-AUTHORED BY HADAR COHEN & TORI LUECKING WITH INSPIRATION FROM MANY BADASS BABES OF AT THE WELL