

Danica Anderson, MA, CCCJS 16713, B.C.E.T.S., F.A.E.T.S.
Forensic Psychotherapist,
Board Certified Expert in Trauma, Fellow Academy Experts Trauma
The Kolo: Women's Cross Cultural Collaboration

Blood & Honey Art Cards
Bird Goddess – Flight Formation
Yawning, Synchronization



The image of the Balkan Bird Goddess dressed in a bolero vest on a throne with her zoomorphic Duck face portrays the message that both birds and females mirror and learn solidarity by being — not doing.

The South Slavic *stara Babas*, wise old women, knew of the females' mirroring ability as a force of learning that is in harmony with the earth and all manner of living things by unfolding into nature's synchronization which gives us solidarity.

Women bleeding together under the moon phases are represented in thousands of artifacts and the archeological sites around the globe. Ancient females understood how menstruations created civilizations are astounding evolutionary practices through the once widely practiced Paleolithic blood mystery rite among ancient females. In bleeding together, the synchronization of their menstruation, female's DNA mitochondrion evolves with intensive learning environments where females' life experiences chimes in random mutations.

Random mutations are evolution's most skilled tool—funny that mistakes are what makes the best species and ironic that it is through life experiences in harmony with the landscapes of the Moist Mother Earth where we evolve bodies and spirits since ecological catastrophes dot the planet today.

The Poetic College, where the aspects of the feminine such as poetry, dance and being in a circle together, must have begun long before the Paleolithic blood mysteries-synchronized menstruation. We observe how ancient females and modern women today need a circle of women mirroring and sharing each other's life experiences and habitat. The ways of knowing and learning for females is much more so than a book or computer. Women need environments from which to be open deeply to symbolic rhythmic patterns of synchronization and synchronicity liberating females into knowing solidarity.

Women need beauty, symbolic forms and images, and words that spark those inexplicable moments to be touched by something beyond our normal awareness and glimpse the wider reality to have the honor and reverence articulated in poetry, art, dance

7638 58th Ave NE Olympia WA 98516
Tel: 360-455-4701 email: danica_kolo@yahoo.com
Website: www.femininematrix.com

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and love. The Poetic College is a sense of place and space that allows a numinous sense of wonder involving creativity to contain our entire human and all living things' heritage.

Imagine ancient females sharing their harvesting and planting wisdom along with child rearing, herbs and culinary techniques to have brought us to where we are today. All this was done in the monthly lunar cycle- and gathering together as they bled; this is the Poetic College where solidarity & synchronicity was a sacred practice for deep knowing. Rhythm is present in us and in all living things especially the landscapes of the Moist Mother Earth.

In knowing solidarity, females are the natural leaders on earth since it involved great collaboration, communion and coalescing of wisdom and practices that evolved us as species. In fact, to know solidarity, to experienced synchronized menstruation underscores the eternal truth that we are all one family.

Another super conscious ability (menstruation, blood mysteries are super conscious abilities) is yawning. Robert Svobda, a disciple of India Aghora, (Great Mother worship) remarked, "While all the animals yawn, even fish and reptiles — psychotics or the severely ill rarely do, in whom yawning is often a sign that they are beginning to recover. Do not suppress yawning."¹

The South Slavic *stara baba* knew that yawning and bleeding together as steps of synchronization, synchronicity that leads toward solidarity and is most likely based on their life experiences in raising children and growing food from the Moist Mother Earth. The South Slavs intimate wisdom of the body's way of learning is what scientists call the *mirror-neuron system*.

"This circuitry is called the "mirror-neuron system," because it contains a special type of brain cells, or neurons, that become active both when their owner does something, and when he or she senses someone else doing the same thing. Mirror neurons typically become active when a person consciously imitates an action of someone else, a process associated with learning."²

The Bird Goddess's deep ecological embracement understood the contagious yawns as repeating and replicating behaviors that do not begin with left brain functions of reason or logic. Yawning as a practice strikes at the core of what is universal from the seat of being; the Bird Goddess of Rejuvenation symbolically represents the ability to have and to be a part of great movements such as the flight of migrations on equinoxes and the ability to have ovarian synchrony.

The Bird Goddess's synchronized flight, often with thousands of birds, is done without in-depth detailed instructions or explanations found in airports today. Rising to flight in the moment without calendars, a digital timed clock, birds in "V" formation flight represents the natural rhythm inherent in spontaneity, and synchronicity.

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The birds symbolic pattern in the V formation appears to be evolution's profound migration where with random mutation for mitochondrion is spontaneous and has a synchronicity involving female's menstruation, their life experiences which is harmonized with the landscapes of Moist Mother Earth.

The love South Slavs have for the "V" formation of birds in flight is shown in the archeological field as the ancient Neolithic and "Old Europe" linear 'a' script (the earliest forms of writing, and alphabet) in the civilization of the Goddess some four thousand years ago. The very image of the V is the vulva and vagina.

Often at the bottom of the Bosnian coffee cups many South Slavs have the ability to read symbols within the thick coffee grounds. The demitasse cups often have the V symbol written in the dark brown remains as if the South Slavs had it written personally with a fine point pen.

Lexicon of Female Culture and South Slavic Symbols

Almond — *Yoni* or vagina shape and symbol associated with the super consciousness of blood mysteries and akin to the contagious yawning response in all living things, prompting solidarity and harmony all living things.

Bolero vest — the spirals on the zoomorphic Bird Goddess's bolero vest hold a map of migratory patterns that need to be nurtured, protected and remembered. When on a long journey or sacred pilgrimage, having the map (map is actually the eternal memory or memory carried through generations and in birds it is instinctual to fly south), a rhythm such as females' blood mysteries can indicate where milk and honey flows that will embrace the migration. Having the vest worn on the body of the Bird Goddess Figurine, the breasts indicate that left-brain linear rationale comes after one feels their heart which is then translated into right-brain activity and behaviors.

Migrating birds — signals a migratory cycle — sacred pilgrimage to geographic locations and symbolizes rhythm, synchronicity and spontaneous collaboration amongst whole groups and circles of living things.

V- The symbol V indicates that messages will be coming. Additionally, V is the pictorial representation of the female pubic zone as well as a representation of the vagina which is associated with the need to have proximity to vast expanses of water and air. Note the migratory flight of birds- the Arctic Turn lives in the most sunlight hours compared to any other living being on the face of the planet, traveling over vast expanses of water and land to do so.

Storied Instructions

Females once had the understanding and the experiential ability to be in a great movement such as found in synchronized menstruation- super consciousness ability- without the need for linear processes or steps. The Bird Goddess's flight formation and synchronized migratory patterns are great movements with a super consciousness that is found in the cells of the body and is completed each succeeding generation of fledglings without words, academic instructions—just instinctual guidance.

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In essence, as in female synchronized bleeding, and in birds' synchronized migratory patterns, the ancient South Slavic women understood that the very cells are intelligent and come together as a community without thinking. In fact this is how we evolved and this is how the circle, the dance known as the kolo for South Slavs came into being.

When was the last time you experienced a great movement- a collective pool of consciousness- where it had meaningfulness and values that mirror your own without having to do it bureaucratically or in linear fashion (meaning without having to register to march, to look at legal steps, or to climb up the ladder doing fanatically hard work)?

Eternal memory is the place where a female's life experiences that evolutionize rather than revolutionize are a part of her DNA. What events in *your* life do you feel will be handed down through the next seven generations?

Write a poem. Watch people – are they present? Are you in touch with the wonders of life daily? What wonders are present in your life? What if the large groups of people such as an airport had the V formation of birds- what would that look like?

Small Acts

Ajvar- Eggplant & Pepper Relish

2 eggplants	6 green peppers	2 hot chili peppers
salt/pepper to taste	fresh lemon juice- 1 lemon	
parsley	1 cup oil	2 cloves garlic crushed

Bake eggplants and peppers in hot oven, 375 degrees for 30-45 minutes until tender--- turn peppers occasionally to prevent blistering. Remove the skins, and any seeds while hot. Chop eggplants and peppers finely and place into a blender, add salt, pepper, crushed garlic with lemon juice and oil- blend

Observe how the hot oven is the womb and life's challenges. The metaphor in turning the peppers remarks on the process of not being burned by our migratory patterns in life or flying too close to the sun with our egos. Removing the skins and seeds while hot reminds us to sort through our life and obstacles. Blending the ingredients combine the two kolo avenues, Avenue Three and Four. Spread the Ajvar on freshly made kolach/bread.

Kolo Avenue Three — Element Air — Gestation
Kolo Avenue Four — Element Water — Integration

Gentiana luteaGentian contains some of the most bitter substances known, particularly the glycosides gentiopicrin and amarogentin. The taste of these can be detected even when diluted 50,000 times. Besides stimulating secretion of saliva in the mouth and hydrochloric acid in the stomach, gentiopicrin may protect the liver. Indigestion Poor appetite

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¹ Robert Svobda, Aryureda: Art of Life, p.53

² Brain activity “associated with viewing another person yawn seems to circumvent the essential parts of the MNS [mirror neuron system], in line with the nature of contagious yawns as automatically released behavioural acts—rather than truly imitated motor patterns that would require detailed action understanding,” wrote the researchers, with the Helsinki University of Technology and the Research Centre Jülich, Germany. The findings are published in the February issue of the research journal *Neuroimage*.”

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