

Kinaaldá For Young Women

First Woman and First Man saw a dark cloud over the sacred mountain Dził Ch'óol'í'í /Governador Mountain. As they looked in that direction, they also heard a strange sound coming from within the cloud atop of Dził Ch'óol'í'í. First Man searched the area and found a baby girl infant. It was further determined by First Man that she was born of Chahalheel / Darkness and born for Hayoókááł / Dawn. She was further identified as "Hayoókááł Yizhchí" a name given to her at that time. First Man and First Woman raised her under the guidance of the existing Holy People of that time. She was raised on Sunray Pollen, pollen formed from the clouds, pollen from the plants, and dews of flowers identified as Tó Biyaazh, Tó Altah Naashchiín, Nanse' Bidahtoo'. The baby became known as Yikáih Yizhchí via Asdzáá Nádleehé, as she became a beautiful young woman within a four days time, one of the most respectable and loved Diné deity.

As Yikáih Yizhchí reached puberty, the first Puberty Ceremony / Kinaaldá was held in her honor. The Holy People performed Kinaaldá near Dził Ch'óol'í'í. The ceremony was held so that Yikáih Yizhchí would ultimately become the mother and motherhood eminence of Diné generation. First woman gave instructions to Dawn Child regarding appropriate behavior during the ceremony and the procedures went as follows: To prepare herself, First Woman instructed her to run each day for four times in each of the four sacred directions. Next, First Woman fetched a white buck skin /biih bikági or abaní followed it up by gathering material jewels of the universe to prepare Dawn Child for the ceremony.

First Woman dressed Dawn Child with the white buckskin adorned with white seashells, and dressed her feet with white beaded moccasins. She decorated her sleeve fringes with white beads and made her wristlets of white beads also. She also placed white beads, turquoise beads, abalone shell beads and jet black beads around her neck. First Woman then added earrings on her ears, and then placed her hands on her forehead and made a sweep-slide stroking motion over the length of Dawn Child's hair. In this way she would have a lengthy and prosperous life. Finally, she placed a white beaded Eagle plume in her hair. Thus, Yikáih Yizhchí became known as Yoolgaih Asdzáá / White Bead Woman.

It was at the time of the first Puberty Ceremony / Kinaaldá that forms of utensils in stirring sticks, metate grinding stones, brush for the grating and grinding stones were created, as they became important items in traditional ceremonial and home cooking utensils. Grounded white corn was prepared for the ceremony. Firewood was gathered and placed in the dug pit and lit to create an earthly oven in which the alkąad was to be cooked. Woven corn husks was placed and lined in the dug pit. The grounded white was then mixed

with water to produce a mush, then was poured and covered up to bake throughout the night. When this process was all done, the Holy People were also preparing themselves for the overnight Hózhóǫ́jǫ́ Doo'iigháásh ceremony for Yoołgaaí Asdzáán. Talking God sang the Hogan Songs / Hooghan Biyiin as the beings and Holy People, both male and female visitors sang in unison. Some composed and led songs while others sang solo throughout the night. At dawn Yoołgaaí Asdzáán washed her hair and immediately ran and yelled echoes while she ran with others towards the east and around sacred mountain, Yódi Dził / Huerfano Mountain and all the four directions. Upon her return other procedures and blessings were performed for her. Later, she went outside and cut the cake with a specified club and gave each of her visitors and helpers their share to partake of. Other procedures not mentioned, such as the massaging was also performed by the women folk at the completion of the ceremony. The Diné People continue to practice this traditional Kinaaldá Ceremony through the times and for generations to come.