



85

PERCENTAGE OF MENSTRUATING WOMEN THAT HAVE AT LEAST 1 PMS SYMPTOM AS PART OF THEIR MONTHLY CYCLE.

Source: The American College of Obstetricians and Gynecologists.

## HONORING YOURSELF THROUGH YOUR MOON CYCLE

It is unfortunate that so many women in this time have contentious and dysfunctional relationships to their menstrual cycles.

CONSIDER THIS

### *A Different Perspective*

In many Native American traditions, menstruating women share three days in a dream lodge to reflect, meditate and birth a new vision for themselves and their community. The other women in the tribe support their menstruating sisters by taking on their daily responsibilities.

This relationship can be enriching and profound. Each month presents amazing opportunities to heal, to create ourselves anew.

By Yadi Albarran



**It is unfortunate that so many women in this time have contentious and dysfunctional relationships to their menstrual cycles. This relationship can be enriching and profound. Each month presents amazing opportunities to heal, to create ourselves anew. Claim your birthright by understanding and honoring the different phases that make up your natural cycle.**

Imagine a spiral that spans eternity, linking you to every woman who has ever walked this planet and ever will. Each revolution on this spiral represents the 28 days that the moon takes to travel around the earth as well as the time it takes a woman to complete her cycle. As you fully experience and open yourself to the wealth of emotions and drives accompanying each phase of the cycle (pre-menstrual, menstruation, pre-ovulation and ovulation), you move smoothly along the curves of this spiral, elevating and growing in your power as a woman, month by month. Fighting any stage of this process can make our journey more jagged and consequently, less fulfilling.

1. In the pre-menstrual phase we have an awesomely valuable opportunity to create a nurturing dialogue with our shadow self. The shadow is our subconscious, where our most expansive dreams co-exist with our limiting beliefs. The lines between our inner and outer worlds are blurred during this time. Without clarity of where we are in our cycle this pre-menstrual stage can be marked by drastic ups and downs, frustration and an overall sense of overwhelming or doom. But this is also a time when we can tap into raw creativity, perhaps through art or dance, and also courageously heal the old wounds that are at the root of our limiting beliefs.

2. Our menstrual phase is when we release the purest, healthiest blood in our bodies, blood worthy of sustaining human life. It is a time to reflect on what old wounds came up for us in our previous phase in order for us to turn these unresolved issues into learning experiences. It is a time to set intentions and to craft a new vision to accompany us as we move forward.

We can best experience this phase by carving out in our monthly calendars as much time as we can for ourselves to just BE, so that the phases that follow can be experienced with a sense of renewed vitality and not with accumulated resentments and exhaustion.

3. During the pre-ovulation phase, we gradually transition into the woman who puts her new vision into play! This is when the mascu-

line energy within us expresses itself through clear, focused logical reasoning and action. It's wise to center this vitality on our personal goals and not mistake this for being selfish; if we truly connected with our personal vision during our menstruation we know that its mission is about benefitting the whole.

4. Soon, our feminine energy begins to re-emerge, radiant and beautiful. This blossoming marks the start of our ovulation phase. Here, we radiate nurturing energy to those who make up our social circles. Through intimacy, compassion and self expression we have the power to uplift all our relations. The spectrum is endless, from intuiting that our neighbor can use a reassuring smile, to giving an inspiring work presentation, and even to bringing forth new life into this world! In whatever way we choose, it's a time to share of ourselves and express those qualities that make us unique. Please keep in mind that even if your moon cycle is not "regular" it doesn't mean you do not have access to these jewels; all women do.

Women have the power to heal the world by nurturing themselves and pursuing their unique gifts and talents. Life Coach Yadi Albarran specializes in guiding women through a holistic process of identifying their personal vision and grounding it into a solid business project by incorporating her spiritual principals and business know how. For a personal one on one session contact her at [yadialbarran@gmail.com](mailto:yadialbarran@gmail.com)

