

The NEWSLETTER for the WOMAN on a quest to find the TRUTH



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**"In this world, you
must be a bit too kind
in order to be kind
enough."**

Pierre Carlet de

Chamblain de

Marivaux

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Beauty & My Beast - Mind,

Body and PMS

Good day dear woman and man reader!

This month, a little bit of history about menses.

For a while, I have been asking you if you knew about this 'famous pill' that stopped menses for three months. Although many of you have not yet answered, I am happy to share that the vast majority of answers from the ones who did, are conclusive that women do not believe in such a pill and that it can only have negative effects and detrimental influences on the woman's body.

I share the exact same conclusion.

I am convinced beyond the shadow of a doubt that if young girls were positively influenced regarding their menses from an early age, pharmaceutical companies would have no vote and power over our feminine reality.

I can only hope and dream we are in an era that will help turn things around, be it to honor ALL ASPECTS of our feminine realities. In brief, I continue to encourage you to answer my questions for I hope to use your answers down the road, I do not know where yet, in order to make a difference, and who knows, for the planet of women, for if only one member of a family, (small, medium, large, planetary) is sick, everyone around them suffers, consciously or unconsciously.

It is Summer and if you are like me, you may choose to spend less time in front of this screen, so I will be short this month.

Menses across time, cultures:

Sources: Museum of Menstruation, Joan Morais

- Hippocrates believed that monthly bleeding rid women of toxins and led to the practice of therapeutic bloodletting

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among men.

- The ancient Navajo encouraged women to lead their tribes during menstruation because they believed women were sacred and received spiritual insights.

WOW, did you read that? They were more open than some of our so called modern leaders... it goes without saying...

- In some ancient cultures, women in menses were sent to a hut to avoid contaminating the food and plants.

(I believe some of our Quebec grandmothers of 10, 15, 20 children would have loved that moment of peace).

- In many religions, they were excluded from houses of worship.
- Prehistoric women are believed to have had about 100 periods in a lifetime, compared with the modern woman, who has about 500.
- The average age of menarche (onset of menses) continues to decline. In 1860, it was 16.6 years; in 1920, 14.6; in 1950, 13.1; and in 1980, 12.5 years.

Soooooooooooo, what are we to do with that short info?

Naturally, one can read what one wants but.... I invite you to see the choices and beliefs each human being may adopt regarding any subject in their life.

If we decide to wear tinted glasses that see menses as dirty, cumbersome, bad, then this is what we are going to live.

If on the contrary, we wear glasses that allow menses to become an infinite source of possibilities, it is also what we are going to live.

Although rare, I meet such women and my feeling is they have an easier life. So can you!

What will be your choice?

From now until August, I wish you moments you will live according to the color of your choice.

Warmly:

Pauline Houle - Therapist – author

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