

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



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*"When a woman decides
she wants to heal,
nothing can stop her."*

- Pauline Houle

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Good day dear woman reader!

This month, I bring in a new healing from a woman who certainly never thought she and I would end up bringing a wonderful change about her monthly menstrual pains she started to encounter at age 12. Once adult, there was an unexplainable respite for a decade. Then onward from age 35, her pains started to come back with a vengeance up until lately.

Yes, thirty years have passed since her first menstrual cycle. What a relief she is going through now... I will admit I allowed some months to go by to assure myself she really had healed her monthly beast.

Let me introduce Joanne. A beautiful woman of mature age, embarking in that phase of life I call « the beginning of wisdom »; she has two mature children and a spouse.

Joanne explains that except for that decade of respite, she was going through the worse pains, cramps and debilitating aches to her abdomen. Her cramps were so severe, they reminded her of giving birth.

She confides she constantly has to take prescribed anti-inflammatory pills of high dosage otherwise she is totally handicapped and cannot do anything but suffer.

What a torture!

She has to relinquish any outside activity, waiting for the pills to kick in their relief. Furthermore, in her young age, her new menstrual cycle announces itself to be heavy and will continue to increase its flow throughout her life.

You must know me by now, I start investigating what happened surrounding the outset of her feminine cycle.

It is at that moment Joanne reveals she underwent what I call an imprinting event. In brief, Joanne allowed me to accompany her in revisiting that crucial

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moment.

In a nutshell, Joanne had never realized and become conscious of how she felt wounded by her mother's lack of compassion. She had looked at her daughter so coldly, standing in the doorway of the bathroom as Joanne discovers her first bleeding. Joanne then feels totally discouraged as she faces her belief that she will have to endure this ordeal for the rest of her life. She had been taught it is a woman's lot to go through this monthly nightmare and nothing but menopause is going to give it a rest.

As her mother stands in the doorway, she tells Joanne : « *The belt and sanitary napkins are in the drawer.* »... and shows Joanne how to install the famous garment of the era.

Joanne finally allowed herself to reconnect this wound and suffering moment, giving space to cry the tears from the pit of her stomach, cry her sorrow for missing any compassion from her mother who never acknowledged Joanne's new reality of feeling overwhelmed.

For Joanne this natural phenomenon of becoming a woman became the curse only menopause would stop. She felt such a profound discouragement that followed her month after month.

Joanne allowed her tears all the space they needed where I momentarily offered her a new mother's compassion and comprehension in acknowledging her pain and sadness.

I also recommended her to cradle her *inner wounded little girl* and continue cajoling her and letting her know they both could heal little by little.

Her physical pains were an attempt to let her know she had to take care of herself, in a totally different manner than what she had seen through her mother's eyes. Not always obvious, I know.

Finally, Joanne is a very courageous woman who dared be guided, first by my book as she shared how reading other women healing their pains helped her understand she also could explore and give her the confidence she could also be on the path of healing. Nothing like reading someone else can heal to help feel we also can.

The following month, she is totally happy to let me know her pains have considerably diminished. Wow, I thank heaven for her.

I thank her conscience, her body and her desire to explore a new healing path.

You know, in spite of the 12 years I have been researching PMS in link with the subconscious, I still remain surprised, gratified, bewildered about our inner being's capacity to heal if we only give ourselves the guidance, the compassion and the openness to understand there is always an invisible bigger screen behind our symptoms that may take us by surprise at first glance.

I can only wish you all to keep undertaking this path of total health at all levels, physical, emotional and spiritual. For I grow in believing and remain convinced this is the best path on this planet.

I end this month with my deepest wishes of joy, of warmth from the heart and a desire you will nurture to welcome all your inner beauty.

[You can access a book
review for *My Beauty &
My Beast - Mind, Body
and PMS*](#)

Thank you Joanne for affirming such healing and reinforcing my path to never give up.

NEXT MONTH: New statistics and trends from my surveys.

Warmly:

Pauline Houle - Therapist – author

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