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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
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"An Ultimately Feminine Experience"

By Angela Butera Dickson

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Having my period is a feminine experience. I don't think of menstruation as a punishment, a sentence, a burden or something I want to be rid of. It is the natural flow of female hormones. Those hormones protect my bones, my heart, my sex drive, my skin and more. And I know that menstruation is often a barometer of a woman's reproductive health, showing that her body is running smoothly. Menstruating can sometimes be uncomfortable and a bit of a hassle but I can live with both for the benefits those hormones provide.

Culture vs. Change

Patriarchal views have been subjugating women for centuries. D.H. Lawrence (1885-1930), British author of *Give Her a Pattern* wrote, "When a woman is thoroughly herself, she is being what her type of man wants her to be. When a woman is hysterical it's because she doesn't quite know what to be, which pattern to follow, which man's picture of woman to live up to." One can only surmise Mr. Lawrence believed women of his day to be both unable to make a choice without the direction of their men and unable to control their emotional behaviors.

The belief that women are somehow "less than" men or are responsible for being some pre-cast version of what male society desires of them, and unable to decide for themselves, still prevails today.

The culture of thinking of menstruation as unhygienic, shameful and unhealthful is rivaled in its ignorance only by the unenlightened view that menstruating women are emotionally friable, incapacitated, incompetent and needful of male direction or patience.

In Gloria Steinem's delightfully funny essay *If Men Could Menstruate* (Oct.1978, *Ms. Magazine*) she wrote: (If men menstruated instead of women)... "The answer is clear – menstruation would become an enviable, boast-worthy, masculine event: Men would brag about how long and how much."

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It is unwise of women to continue to perpetuate the negative stereo types and cultural inaccuracies about menstruation that survive today. By doing so we lead the way to further derogatory, feminine bashing comments and beliefs.

In Our Own Words

The curse, on the rag, being indisposed, riding the string, the crimson tide, a visit from Aunt Flow, monthly courses, a girl thing: The words women choose to describe their menses are an accurate portrayal of our modern, negative feelings toward menstruation.

If women don't change the negative connotations and shed the outlandish folklorist beliefs, then the shaming rhetoric will perpetuate as an unwelcome gift left to our daughters and granddaughters.

Taking Back Our Self Respect

Unfortunately there are both men and women who believe that menstruation is an unnecessary and unhealthy process that can lead to countless physical and emotional problems.

In their book, *Is Menstruation Obsolete?* (Oxford University Press, 1999) authors Elsimar M. Coutinho, M.D., Ph.D. and Sheldon J. Segal, Ph.D., M.D go so far as to suggest that the most medically advanced treatment for menstruation would be its total cessation in all women of reproductive age.

These views and products like Seasonale, a medication that reduces a woman's menstruation to only four times a year, set a dangerous precedent toward thinking the nature of a woman's body is somehow flawed for its normal hormonal cycle.

I do agree that there are some women who find medically necessary relief in the use of such medications. Painful menstruation, prevention of prolonged bleeding or as a form of birth control these medications have true benefit. But I take exception to patriarchal comments that dictate the need to give medical "treatment" to prevent natural, uncomplicated menstruation.

Feminine Feminism

Simon de Beauvoir in the *Second Sex* wrote, "Menstrual blood represents the essence of femininity." Only women can fully understand the complexities and deeply personal experiences of menstruation. And only women can pioneer the cultural and societal changes toward the understanding that menstruation is healthy, natural and normal for women in their reproductive years.

Women aren't simply castrated men. Our bodies are unique and menstruating is a natural, not a mystical, event. Women's bodies don't need "treatment" for menstruation. Societal views need to be brought to a true reflection of today's landscape and it is women who must lead the way.

We women need to take back our self-respect and empower each other. Menstruation is an ultimately feminine experience and a celebration of womanhood. All women need to stand up and make that known by not offering to excuse their behaviors as hormonally motivated, by not seeking "treatment" to

rid themselves of the normal, natural physical cycle that menstruation is and by using the best possible language to describe its process. Only then will menstruation lose its power to be a tool to further degrade our sex.

For more information:

The Museum of Menstruation & Women's Health - art, history and opinion:

The National Women's Health Information Center

Kids Health - Talking to your child about menstruation.

Angela Butera Dickson is a full service, freelance copywriter offering some of the best prices on the web. From articles to brochure copy, ghostwriting to marketing letters, she can help you cultivate a polished, professional business image.

Balance Your Masculine and Feminine Energies

By Michael D. Pollock

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One key to a successful and fulfilling life is balancing your masculine and feminine energies. If you take a look at your typical day, you'll probably notice there are times when you're very action oriented. At other times, you'll notice you're not really doing much of anything, but

instead, you're simply being.

These two activities – doing and being – are the physical expression of the masculine and feminine energies. These terms have nothing to do with gender, and everyone, whether you're male or female, is composed of both energies.

Masculine energy is assertive and action oriented. It's the energy you use to go out into the world and get things done. You might also consider this your powerful energy. It's focused, persistent and aggressive. This energy seeks to penetrate the world and make things happen. We tend to associate this energy with the personality or the ego.

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Feminine energy is passive and vulnerable. It's the energy you use when you attract, magnetize or allow things into your life. It's "be-ing" oriented rather than doing oriented. When expressing this energy, we tend to reach a deeper, more spiritual place. We tend to associate this energy with the soul.

If you're like most people, you probably lean more toward one or the other. In fact, our culture places a premium on the masculine energy. Most of us are taught that we should be doing, accomplishing and producing something almost constantly.

We admire people who seem to get a lot done and sometimes judge ourselves if we can't measure up to their accomplishments.

The problem, of course, with doing and accomplishing so much is we end up ignoring the opposite part of ourselves – our soul, our spiritual essence.

When this happens, although we may be very successful in the world, it's difficult to find a place of fulfillment, satisfaction and contentment. No sooner do we complete one task, then we're off to the next thing without taking time to nurture our souls.

On the other hand, if you're more out of balance toward the feminine energy, you may have trouble focusing and following through on your ideas with action. In more extreme cases, you may even have trouble handling the challenges of the physical world, including making a living and managing money effectively.

When you're in a state of accepting whatever the world wants to throw your way, you may find your life being more controlled by others than yourself.

As I mentioned in the first paragraph, one key to a successful and fulfilling life is balancing these two primary energies.

Watch for the next issue of "It's Your Life!" where I'll give you some strategies for bringing these two energies more into balance to create a life that's both materially

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successful and spiritually fulfilling.

In the meantime, consider the following questions:

1. Do you tend to lean more toward expressing the masculine energy, the feminine energy, or are you fairly balanced? Over the next week, be aware of when you're expressing either of these energies.
2. If you notice an imbalance, what problems or challenges do you see as a result of this imbalance?

Would love to hear your feedback. Send any comments to me at mp@michaeldpollock.com.

Michael D. Pollock is an Executive Success Coach. He works with business leaders, managers, executives and entrepreneurs to help them make a profound impact on the world while achieving a new level of success and fulfillment in their own lives. To learn how he can help you and/or your organization, visit his website at <http://www.michaeldpollock.com>.

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