

A P R I L 2 8 ^{T H} 2 0 1 5

Sistah's Organized and Unified for Liberation

Soul Sistah Series

In pursuit of a pleasure filled life

Our connection to earth and to the moon

The menstrual cycle is the most basic, earthly cycle we have. Our blood is our connection to the archetypal feminine. The macrocosmic cycles of nature, the waxing and waning, the ebb and flow of the tides and the changes of the seasons, are reflected on a smaller scale in the menstrual cycle of the individual female body. The monthly ripening of an egg and subsequent pregnancy or release of menstrual blood mirror the process of creation as it occurs not only in nature, and unconsciously, but also in human endeavor. In many cultures, the menstrual cycle has been viewed as sacred.

- See more at: <http://www.drnorthrup.com/wisdom-of-menstrual-cycle/#sthash.r2b4OCGx.dpuf>



Menstrual Cycle Correspondences

A Pleasurable Cycle

Our definition of pleasure is a feeling of **happy satisfaction and enjoyment**.

Menstrual Cycle

This is the cycle of natural changes that occurs in the uterus and ovaries as an essential part of making sexual reproduction possible.

AKA:

- The time of the month most women despise.
- The time of the month sexually active women rejoice in when their main concern is to NOT be pregnant.
- The time of the month when women are depressed because they are trying to get pregnant and this signifies they are not.

No matter what our menstrual cycle signifies this is the time of the month we dread.

So how can we make that pleasurable?



REST

Have you ever noticed days before your cycle starts that you feel down right exhausted? You can't pull yourself out of bed. You can't find the motivation or energy to run errands. All you want to do is sit, sleep and if you're like me, consume copious amounts of sweets. **Listen to your body.**

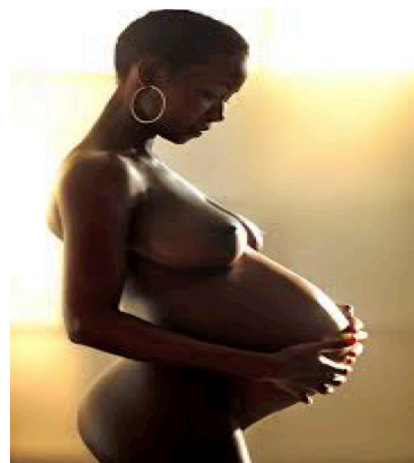
REFLECT

What do we do during the winter months? We hibernate. We tend to go deep within ourselves. The entire world gets still and quiet. As our cycle begins, this is our path. And it doesn't have to hurt. Gasp! This could be painless and spiritual. **We could use this time to connect to the great, "I am."**



SOAR

Feel the pulse of summer and the sun kissing your skin. **Feel the vibration of pure unadulterated energy.** You're ovulating; your pheromones are sweeping through the air, making you irresistible. You can do no wrong and the world is in the palm of your hand.



SPRING

You're coming out of your connected time with source. **Though, you and source are never disconnected.** You're brimming with ideas, you're plotting your next steps. You're ready to act, to seize the day!

A Pleasurable Cycle

Rest

Once you connect to the divine feminine, you will realize that those days before your cycle represent the universe connecting you to your source, reminding you of how connected to nature you are.

Autumn is here and winter is soon arriving. Prepare

Reflect

Historically women's cycles usually lasted 3 days and the women of the village were separated during this time. Not because they were dirty but because they were holy.

It's the dead of winter. Be still.

Spring

It's time to blossom. All the ideas that were planted now burst through the soil, slow but strong, growing steadily towards the light.

It's Spring. It's time to manifest your goals.

Soar

You're ready to birth something new. Don't worry. It's not always a baby, but it will be your baby, your dream, your vision.

It's summer and it's time to soar.