

Extracted from the book Red Moon, from Miranda Gray, June 2009

THE FOUR STAGES FROM THE CYCLE

INTRO

We live the menstrual cycle as a passive **experience**, where only its “presence” is accepted, and the rest of the stages are ignored or hidden.

Ancient cultures used to have a good knowledge of the power of menstruation in women, and its cyclic mechanism. But the first patriarchal societies started to consider this power as a danger to them, and would give a hard critique to all those practices women had established to deal with the creative energies inherent in such a natural process from their own organism.

Menstruation then stops being perceived as something sacred, and is instead interpreted as a resource of destructive energy and as something impure or dirty. The figure of woman switches from a fertile element for their land and surroundings, to become a danger which risks contaminating food, animals and even men. Even nowadays, in certain cultures women are isolated during the bleeding days.

Little by little women go to a secondary plane in society, or are totally excluded. Until a point in which certain “modern societies” try to abolish such an injustice. I leave it up to you to judge the level of equality we find ourselves in the world today.

THE CYCLE

We as humans have a linear energetic nature, in general. Women, with their first menstruation, begin their cyclic nature, with monthly cycles. Every month women experience an energetic change, with a cyclic behavior, while men keep a linear tendency for life.

The meaning of cyclic nature means that there are four important phases or stages, different from each other, but of the same importance in order to complete the cycle properly.

This turns women into a living being of four facets or characters inside one body, with a cyclic interaction, in constant change from one phase to the other.

The creative energies associated to the menstrual cycle have different aspects or orientations, and are highly related to the uterine cycle: if the ovule which is being released during the ovulation is fertilized, these energies will be expressed through the creation of a new life; however, if there is no fecundation these energies will emerge in another shape or expression in the life of the woman. The energies from a menstrual cycle can't be controlled or restricted, as to block them could turn them into something destructive.

Each of the stages melts in a natural way to the next, thanks to the energetic flow that defines the menstrual cycle. It could happen that two completely opposite kinds of energies could interact at the same time, inside a woman, for example after the bleeding days, as the phases don't have a fixed limit of time.

FOUR PHASES. BIOLIGIC CYCLE

1. Pre-ovulation: maturation of the ovule. The body generates estrogen.
2. Ovulation: Release of the egg (can lead to symptoms: swelling of the breasts, anxiety of certain foods, etc.). The follicle (cells that generate the ovules) is transformed into the inside of the cervix. Progesterone and estrogen are generated. The uterine wall is prepared for fertilization.
3. Premenstrual: in case of no fertilization, the uterine body disintegrates gradually. The levels of progesterone and estrogen decrease.
4. Menstrual: the uterine body degenerates totally. The inside tissue disintegrates and begins the bleeding.

THE FOUR STAGES. ENERGETIC CYCLE.

1. Pseudonym The Verge ("I eat the world"): In this stage the energies are dynamic and radiant. The woman is liberated from her pro-creative cycle and centers in her own-self: she has confidence in herself, feels sociable and able to face all challenges of daily life; she is firm, ambitious and has a great power of concentration. It is a good moment to flourish in her job, and/or start new projects.

It supposes the opportunity to assimilate either the interior clarity, or the ideas that have surged during the darkness from the previous stage (menstrual). Her body is stylized and recovers its vitality. Slowness becomes dynamism.

With her freshness and renovated sexuality, this stage becomes a period of sexual fun, where she would fill the sexual acts with happiness and love. Her external appearance expresses enthusiasm and desire to live, as well. They feel like meeting new people, going out, have fun.

-Extremism in this period: The woman could focus too much in her career, and become too ambitious, which would increase the possibilities of reaching the summit at her job or at society. A woman with this skills can be very self-sufficient and independent, and finds difficult to give herself in a relationship of any kind. She probably is scared of maternity, and doesn't know how to take care of others.

2. Pseudonym The Mother: this stage starts when the ovulation stage starts. Woman gets ready for the "abnegation" of being a mother, and loses interest in her own-self. Her personal desires are less important, she becomes protective and radiates love and harmony.

Woman presents the ability of taking responsibilities, to create in a productive way and "feed" projects and ideas that already exist.

This is the stage in which woman has the necessity of fighting against chaos and disorder around her (getting to prepare the nest). She'd feel the necessity of cleaning, change the decoration, tidy up the house or personal or working space.

Her energies are so powerful that she realizes how strongly she attracts to others, as a magnet, at the same time people would approach her to find help or support.

Her sexuality manifests as a deep love experience and the wish of sharing. The love she feels for her sentimental partner brings her conscience to a deeper level in which she feels older or more mature, and converts him/her into her son/daughter.

- *Extremism in this stage*: to ignore this stage bring the consequences of ignoring the importance of the affective bonds you achieve when sharing or caring others.

On the other hand, to leave these energies control woman might make her a passive person, without ambitions nor self-confidence. People would take advantage of her “taking care of others” role, as she would give herself to others without considering her own necessities. She will have then the tendency of holding on her family, what will become her only reason of existence.

3. Pseudonym The Sorceress (white magic witch) (“the creative bomb”): the ovule was liberated and there was no fertilization. Woman starts then to perceive the inside of her nature; she takes conscience of the own mysteries. It is a phase of energetic dynamism, as the Verge phase, but inverse as she is going now towards an introspective and dark phase, which is the menstrual. In this stage the physic condition and intellectual thinking go to a side, to let the explosion of creativity and intuition be the main characters. If these two are not in balance, the effect can be a radical change of humor. After this extreme increase of the energy level, the woman is in risk going again to introspection which defines this stage, but expressing it negatively: depression, provoking an irregularity between the energy levels, which can stop woman of acting logically.

As the bleeding moment comes closer, woman becomes intolerant towards the mundane and decreases the concentration. However her intuition and dreaming capacity grow, and her perspicacity and inspiration become vibrant and compulsive. Physical strength slowly decreases. As this stage develops she feels more agitated and restless, in need of more activity, even without a real fundament.

Such an unrest can generate anger, frustration, guilty in her interior. It can lead her to an auto-destructive analysis, till the point of reproaching herself the effects these symptoms provoke on others. The level of concentration is lower than normal and thoughts become illogical and based on emotions. Despite having the necessity of sleeping, her mind is too unquiet and hyperactive, and won't let her relax. The mind activity shows an increasing creative energy, which in case of non proper canalization can result destructive.

This stage is the most dramatic and with the biggest impact in their daily lives. To external eyes, a woman crossing this stage can look like sarcastic and jealous, being constantly reproaching and scolding everyone around her. A woman that talks the truth without considering others feelings, even if she would later regret. Can provoke confusion and pain in her relationships, family and friends.

Her sexuality becomes powerful. She realizes about her own sexual magic and power, as the effects these attributes cause in men. In this stage sexuality intensifies again, but instead of looking for fun, in this moment woman has a big security in her power, can provoke and seduce, becomes a fatal seductress whose power attracts and scares man, at the same time. She can turn aggressive in bed, demanding and even vampiric, has as only finality to satisfy her own desires. At the beginning of the stage she behaves more sensual, as the bleeding moment gets closer, more erotic.

- *Extremism in this stage*: a woman who is not able to canalize and express these energies properly finds out that they will manifest in a negative way, and will show in consequence destructive tendencies, physically and mentally. This can degenerate into auto-agressivity, violence, disorder in food habits, or maniac and compulsive behavior.

Contrary to it, if woman gets stocked in this energetic stage, becomes aggressive and dominant, is not considerable neither tolerant to others, and will maintain short relationships only based in sexual

interest. This sort of woman can be very creative as well, but in a compulsive, uncontrolled and unstable way.

4. Pseudonym The Witch (“the asocial you”): This stage happens during the bleeding days and brings her to a deeper conscience level than the previous stage. The energies become restraining and intuitive, and stop looking for an external expression. In this moment woman presents a bigger interaction with dreams, she feels she belongs to nature. The body has less physical strength. It is an introspection phase, the moment of going away from mundane, sleeping and dreaming (either sleeping or awake), meditating, expressing magic in a delicate way, stopping the rhythm of life.

Is the opportunity of looking for solutions to problems, to learn to accept the past and the uncertainty of future. In this stage woman feels open to these energies and to her more primitive instincts. Her sexuality allows her to elevate her spirituality, instead of driving her energies to the physical world. In other words, the internal expression of creative energies is in balance with the external expression of the intellect.

During the bleeding the boundaries between the conscience and the subconscious are low. The woman needs to take conscience of her internal levels. For this reason she can considerate it is not necessary to socialize, even to talk to others. The real world loses its importance, and it is almost impossible to concentrate in small details or daily life activities, which become irritant. The mental process slows down and could even stop, in a meditation state or trance.

This stage is usually experimented as living in two worlds at the same time, by women. Sex can translate into a deep love expression, almost spiritual, between two people.

The daily rhythm of life forces women to develop their lives without any difference during those bleeding days, which should be a moment of interior retirement, rest and meditation. This provokes the menstrual syndrome in which women feel irritated, sensitive, can easily explode emotionally, everything annoys them, they cry, they get angry with no reason, etc. Does this sound familiar to you?

- *Extremism in this stage*: to remain stocked in this stage can develop a tendency of living in a surreal world of dreams and fantasy, even till losing the contact with real world. Such woman is in risk of becoming an isolated person, who lives alone and isolates her from the world and its happenings.

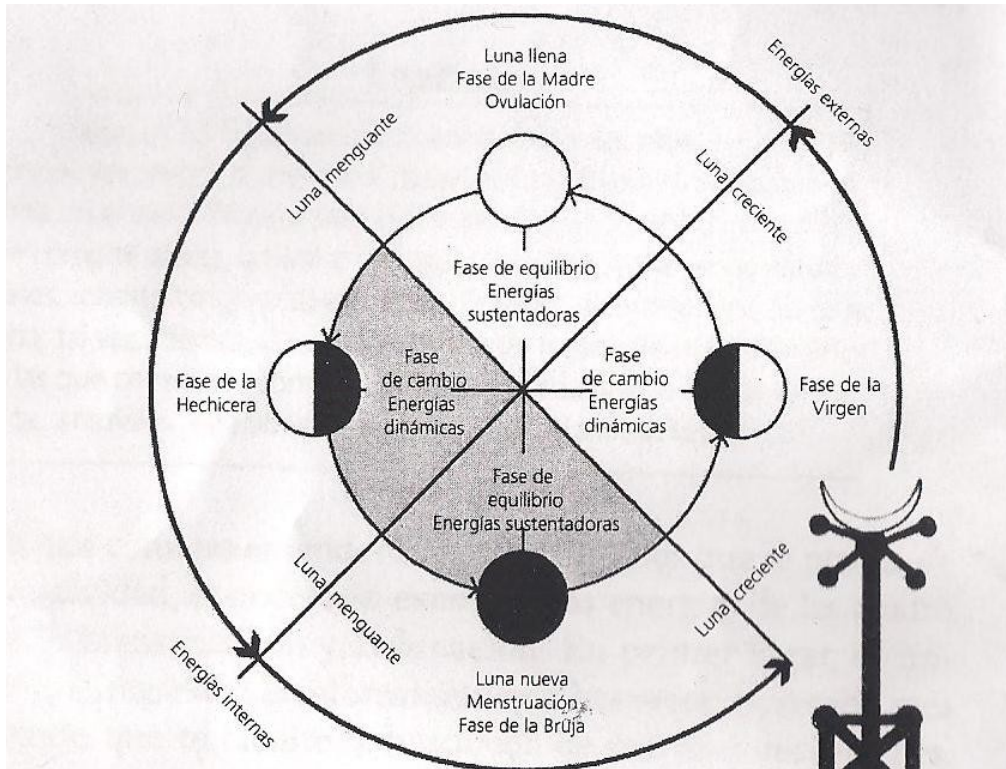
On the opposite scenario, if she doesn't accept her “dark” side and suppresses the energies in this stage, she won't allow that the wisdom and power she's got inside of her express properly, and will cancel her growing capacity through the change.

ANALOGY WITH THE MOON

The lunar cycle and the woman cycle are quite interrelated, as the feminine body reacts to the lunar phases. It could be said there is an analogy between the moon's appearance (new, crescent, full, falling) and the energetic fluctuation in the woman's cycle. Besides, they have approx the same time duration of 28 days.

It can happen that woman synchronizes her period with the new or full moon, presenting the maximum energetic performance and potentiates woman in each phase, as then, she is synchronizing/harmonizing with nature rhythms. The no synchronization is not meant to be harmful to women.

If we compare the moon cycle to woman's cycle, the crescent and falling periods are the equivalent to The Verge and The Sorceress stages, which energies are dynamic. The stages of The Mother and The Witch are periods of balance, as full moon and new moon are. In this sense, The Verge stage is an ascent to clarity of external aspects of feminine nature, while The Sorceress one is a declination to her intern aspects. The Mother stage levels the external expression of energy with the intern expression of love, and The Witch one balances the interior world calm with the gestation of a new cycle.



RELATION OF THE CYCLE STAGES AND THE EXTERNAL APPEARANCE OF WOMEN

One of the easiest ways to show your intern feelings to the exterior in through the aesthetic appearance. This usually supposes an element of big importance in woman's life, her appearance, even when she refuses it.

The cloths a woman chooses, are in somehow a creative expression of her intern being, and a way to manifest their reactions on their own bodies, from the world that surrounds them.

When choosing the cloths, hairstyle, make up and accessories, woman is transmitting her feelings and expressing them through the image, color and shapes. It could be interpreted as an art expression, though as it is daily activity done in a automatic way, is not considered as a creative practice anymore.

However there is a link between the stage the woman is and a determined conflict in the moment of choosing a piece of cloth or another (this could sound as very banal association of concepts. It is true that as woman I suffer big conflicts, certain days , not during the bleeding days mainly, with something so easy as it is "what am I gonna wear today?", when this is something not happening in general. This is a very common, as well as inexplicable, experience lots of women have)

During *menstrual* phase: there is a tendency to use comfortable and wide clothes, which will make the woman feel good. Old “leal” clothes are usually a common.

In *pre-ovulation* phase there is a wish of using more youth clothing, colorful, visible tones and radiant outfits. As it is a posterior moment to the bleeding, it could be that there is certain appetite for clothes that show more the body shapes and curves.

During the *ovulation* stage, there's a tendency on the use of more neutral colors, less striking. The election will be based more in a question of textures than colors, it will be less frivolous, but more feminine and free.

In the *pre-menstrual* stage woman is aware of her sexuality, reason why the election of clothes will be based in darker color tones, smother, lighter and vaporous textures. The underwear will be more sexy, and the use of jewels or accessories will be more present than in other stages.

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PERSONAL MOTIVATION

After seeing myself totally identified with this concept of a person with four faces, the inspiration for this project is born.

I wonder how powerful are this skills women have when they are completely connected to her cycle, and are able to extract the best of it.

I wonder which kind of “power” are we referring to, when several governmental entities did a big effort to cancel the women figure in the social roles, during the history, and criminalize it till the total extermination of their pertinent practices.

I wonder how would be this world in which the cycle of bleeding people is something totally natural and socially accepted, and moreover has a social function, which is not only the reproductive one.

I wonder which are the consequences we live nowadays because of being disconnected from our cycle, that is the real situation women are in the present.

I see myself reflected in the abuse of certain energies in certain stage, or stocked in them for certain periods. I identify myself manifesting my cyclic nature without control, because of ignorance of it, as no one explains you this knowledge at school or home. I see all my women identified in this way of understanding the cycle of bleeding people, I see my mother, I see my femine friends, I see my sister. And I see how certain situations, generated from this ignorance, can become very comic, pathetic or painful and traumatic.

Emotional explosions without a reason, feeling your partner’s mother, hating the world one day and loving everybody and wishing to go out and meet new people the next day. A no sense combination that occurs every month, a mutation that happens every week, constantly, all the years of the menstrual cycle of more than half of the world population,... and that goes unnoticed.

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