

"PSYCHIC
INTUITIONS AND
DREAMS ARE SAID
TO BE MORE
POWERFUL WHEN
YOU HAVE YOUR
PERIOD"

GOING DEEPER WITHIN

DEPUTY EDITOR GOLNAZ ALIBAGI RELATES HER EXPERIENCE OF THE FLYING SOLO 1 WORKSHOP:

"Armed with my notebook and an open mind, I attend the workshop thinking it will be an interesting way to learn more about my cycle. However, nothing could have prepared me for the profound effect it has on my way of thinking, or memories it forces me to face.

The most fascinating parts are the visualisation exercises. Encouraged to imagine ourselves passing through each of the seasons, we are told to describe how we see ourselves during each period. Feeling slightly anxious about whether I'll see anything at all, I close my eyes and let my mind wander. Before I know it, I see myself in a park I went to when I was younger with my best friend Elena who passed

away several years ago. After the exercise, when we are relaying our experiences, to my surprise the moment I start talking about it I burst into tears. It occurs to me it is the first time since Elena's death that I've actually remembered a happy time we spent together. As anyone who has lost someone close to them will know, it is often the arguments and times we were unfair that we remember most, and the memory of being so free, young and completely unaware of what the world had in store takes me completely by surprise. Since then, I've found myself remembering other times when we were just as happy and, I guess you could say, I'm finally beginning to accept she's gone.

Another amazing experience I have is during the second visualisation when we go on a journey through our bodies. To begin with, I see myself trapped in a wood surrounded by dark trees. Suddenly, I feel like I am in a helicopter looking down at the world, but feeling as

though I am not part of it and don't have control. As I continue deeper into my mind, I feel myself land back on the ground and then see myself skidding along a train track very fast.

Then, everything stops and I am in a peaceful field surrounded by daffodils. As I tell the story to the group, I understand what I've just seen; the images denote the journey I've been on for the past few years – one that's been hard at times but something that has brought me to a happier place emotionally than I've ever been.

I also really enjoy the dancing we do during the session, where we close our eyes and just let our bodies move to the beat. I throw my arms in the air and don't care how silly or childish I look; I feel more liberated and free than I have in years!

I thoroughly enjoy the workshop and wholeheartedly recommend it to any woman hoping to gain a better understanding of herself and her cycle."