



# Period Power

Can your menstrual cycle help lead you to inner wisdom and enlightenment? Apparently it can, as editor **Katy Evans** and deputy editor **Golnaz Alibagi** find out on a workshop in Glastonbury

**H**ands up who hates having their period? It's a pain, a hassle, something you'd rather do without, right? Well, it's time to think again, says Gabriella Guglielminotti Trivel, an Italian lady who leads enlightening workshops on how to harness the power and wisdom of your menstrual cycle in order to live a more balanced life.

"If you take time to understand your cycle it can take you places – it's like being on a magic carpet ride, or stroking Aladdin's lamp to unleash the genie within: your cycle is your inner wisdom!" she enthuses.

On a recent Flying Solo 1 workshop in Glastonbury – so called because Gabriella refers to herself as 'the flying witch' due to her passion for flying planes, and because she wants to "propel every woman to success" – myself, my deputy editor and a small group of other ladies get to the heart of why we can become even more self-empowered by seeing our cycles as friends, rather than enemies.

"Your menstrual cycle is like having an inner coach. It can help give you tools to tackle anything you want," says Gabriella, explaining that our wombs link us to our sixth senses, or what she refers to as 'womb wisdom'. She also later gets us 'breathing' from this area, imagining it as the seat of our power and intuition.

The cyclical nature of the menstrual cycle is what links women to nature and the way life operates, says Gabriella, unlike the linear fashion in which most of modern society is structured. "Viewing life in a linear way puts more pressure on us to get it 'right' because we think once a chance has gone it will never come back," she adds, "but life is