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# Bliss

**ISSUE**

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# Bliss and Your MENSTRUAL CYCLE

GABRIELLA GUGLIELMINOTTI TRIVEL

We are all taken by so many things nowadays in our daily life that most of the time we feel torn apart by conflicting interests, commitments, duties, hobbies and desires.

We are bombarded 24/7 by so much information that at times we feel overwhelmed and exhausted just at the thought of having to read another email, newsletter, letter or magazine.

As women we tend to have a natural instinct about what to do, when and how, and this helps us not only in business, but also as mothers, wives, friends, partners, colleagues or whatever your main role in life might be. Have you ever wondered though, where this instinct comes from? Or why?

Does all this apply to you? Or do you think it is only a myth and that only few women have it, but it is not applicable to you?

Well, whatever your experience in your life might be, I can assure you that as women we do have an extra gear. Nature did gift us with some extra tools that probably most of us forget to use, maybe just because we are not aware of them.

One of these extra tools that we come equipped with as women is the menstrual cycle, the often-dreaded monthly event that many of us call "The Curse". Even if we live in the 21st century we tend to ignore or avoid the subject, especially in social conversations, unless it is really necessary (and in that case we tend to lower our voice and look around before starting to talk about it!)

Why do we do that? Why is it a taboo subject that still carries such stigma, concern and embarrassment? Isn't it a natural process that allows all of us to be alive? Why do we ostracize it so much whether we are men or women?

Well, if we look into any taboo subject, we can see that there tends to be a link between a taboo and the sacred or something carrying some power, so could it be that this is the case for the menstrual cycle too?

Willing or not, we have been living for several thousands of years under patriarchal rule, and the cycle has been considered as something pertinent to the female gender and therefore not of major interest for a society mainly run by men. After millennia even women have convinced themselves that it is an inconvenient aspect of life that women just have to put up with, and the more you can repress it or numb it, the better your life will be.

Are we really sure of this? Couldn't it be that this mysterious phenomenon has been dreaded or misunderstood so much because it in fact carries some special powers with

it? Could it be that we are sitting on a gold mine and we don't know it?

What if I told you that your main source of inspiration is actually residing in it?

How would you feel? Would you reconsider it and look at it with at least a curious eye rather than label it as a drag?

Have you ever noticed that at times in your life you are full of inspiration, energy and determination, and have all the answers you need to do whatever you want? Have you ever thought that there might be a link to your menstrual cycle?

If you want to find out more about your menstrual cycle, I run regular workshops called "Flying Solo I" and personal sessions with women. My purpose is to make you fly in life and feel great in your skin by honouring your body as a source of wisdom. ■



**Gabriella Guglielminotti Trivel** is an NLP Master Practitioner, passionate about helping women break through limiting beliefs, fears and helping them fly in life!

She joined an expedition to Antarctica in March 08 to stretch herself to the limit and be even better in helping other women do the same.

She helps women deepen their knowledge about their menstrual cycle, open up to a new awareness and be empowered! Visit her website at [www.flyinginspiration.co.uk](http://www.flyinginspiration.co.uk).

