



FLYING SOLO

Gabriella Guglielminotti Trivel

CONSCIOUS
Living

Womb Awareness For Women Of The XXI Century

We are all taken by so many things nowadays in our daily life that most of the times we feel torn apart by different interests, commitments, duties, hobbies, desires, etc. We are also bombarded 24/7 by so much information that at times we feel overwhelmed and tired just by the thought of having to read another email, newsletter, letter, magazine, etc...

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

Well, whatever might be your experience as a woman, I do think that women 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 is the menstrual cycle, the so dreaded monthly event that many of us call "The Curse". Even if we live in the XXIst 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 a stigma, concern or embarrassment? Isn't it a natural process that allows all of us to be alive? Why do we ostracise it so much, either we are men or women?

If we look into any taboo, 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 the rule of patriarchy, therefore the cycle has been considered as something pertinent to the female gender and therefore not of major interest for society as mainly run by men. After millennia even women have convinced themselves that it is an inconvenient aspect of life that women have to put up with and, if you can repress it or numb it, the better your life is going to be.

Are we really sure of this?

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

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

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, determination and have all the answers to do whatever you want?

Have you ever thought that there might be a link with your menstrual cycle?

If you want to find out more about the menstrual cycle and your womb wisdom, check "Flying Inspiration" and the workshops called "Flying Solo I".

My purpose is to help women fly in life and feel great in their skin by honouring their body as a source of wisdom.

Gabriella Guglielminotti Trivel
Flying Inspiration
www.flyinginspiration.com