

Miranda Gray



Women's writer, artist, facilitator, menstrual and spiritual teacher

Create a new and positive 'cyclic' self-image

How to create an empowering cyclic self-image which encompasses the positive powers of our menstrual cycles.

Living a cyclic life in-tune with the phases of our menstrual cycles can be a big challenge. We can easily get caught up in other people's expectations of what we can and should do, their deadlines, and in society's view of what women should be like and what they want us to be like.

And we can be so trapped in our heads that we lose touch with our body and with the amazing abilities our menstrual cycles offer in each phase.

We often force ourselves through the declining physical energies of the pre-menstrual and menstrual phases with extra strong espresso and wonder why we are irritable and frustrated. We ignore the gentle promptings from our subconscious about what each phase needs, and amazingly we ignore these messages even when they come wrapped in intense and disruptive thoughts and emotions in the pre-menstrual phase!

With everything around us reinforcing our internal mental image of ourselves as linear we need to find some way of reminding ourselves of our cyclic self, of which phase we are in, and of the wonderful skills and abilities that are heightened in that phase.

We need to overwrite the single linear self-image we have (thanks to society) and birth a new one which contains four positive and empowering phase-related self-images. We also need to remind ourselves of these self-images, so that when the going gets tough and we forget who we are, we are reminded that beneath the stress, the tiredness, the expectations and responsibilities we are the beautiful and powerful embodiment of womanhood expressed through the phase we are currently experiencing.

How do we convert our linear self-image into an image of a cyclic woman?

We use our imagination, belief and feelings to create a new internal self-image for each phase and to remind ourselves within each phase that this beautiful self is who we truly are.

To change our self-image we simply think about the positive energies, abilities and skills of the phase we are currently in and allow a symbolic image to come into our minds. For every thought there is a corresponding image which may be clear, vague and abstract, or simply a colour. By focusing on this image for a minute every morning and evening within the phase we start to change our internal self-image of who we believe ourselves to be.

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To empower this technique further, we can place our hands over our womb, or lower belly, as we focus on the image in the pre-ovulation and pre-menstrual phases, and over our heart in the ovulation and menstrual phases. As our internal self-image starts to change, how we react and respond to the world around us changes, and so people and situations in our lives change.

Attention grabbers and Intention Triggers

To help support this 'birthing' work we can use **attention grabbers** and **intention triggers** to build networks in our brain that remind us of who we are in each phase.

As the subconscious works with images, we can help to focus it on what we want to create by using pictures. We can search magazines, card shops, art galleries and online for images that reflect the positive aspects of each phase, and use them to create four montages, one for each phase. Placing the card appropriate to our phase somewhere where it will grab our attention every day will remind us of and reinforce our new positive self-image.

We can also make 'intention triggers' - small cards which we carry with us to look at repeatedly throughout the day. They can contain simple messages, single words, or images, to remind us of the positive abilities, energies and skills we have in the phase. We can glance at them on the bus, in a queue, in a traffic jam, on 'hold' on the phone, when the Wi-Fi is slow or we are downloading big files, when waiting at the school gates, for the kettle to boil, or for the dog to bring the ball back! Surrounding ourselves in a world that focuses our attention on our beautiful, amazing and wonderfully empowering cyclic self brings it into reality for us.

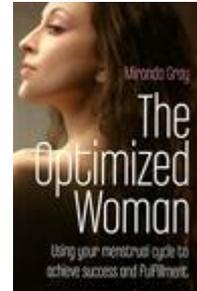
"In my book **Spiritual Messages for Women** I offer many beautiful and powerful messages for each phase that can be used as positive affirmations throughout your cycle. The book is designed to fit into a handbag or briefcase or a desk drawer, so wherever you are you can connect with your amazing cyclic self and create a positive self-image.

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In my book **The Optimized Woman** I explore the challenge of using affirmations throughout the menstrual cycle, and show how to adapt standard affirmation techniques to make them work well for women. I show how to use pre-menstrual and menstrual phases to change ourselves, our past and our lives. Current life and belief change methods may work well for men, but women have a much deeper and more powerful natural method that lies within their cycles each month.”



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