

## PRE-MENSTRUAL HELP LIST!

- **You are not a MONSTER!**
- **The phase WILL end.**
- **Accept yourself** as you are now, don't try and fix yourself this week.
- **Look for reasons** for your behaviour; recognize your needs and plan to act on them in your next Maiden phase.
- **Take time away** from others to express and fulfill your feelings / needs / spirituality.
- **Release your creativity** - remember it is the release of energy and not the final product which is important.
- **Allow yourself to slow down**, reduce your expectations of what you need to do this week.
- **Ask yourself 'what is it I really want?'** then commit to taking the first steps in your Maiden phase.
- **Change is healthy** - don't be afraid to clear the rubbish from your life.

### Help with Symptoms:

There are many books available which give good advice on diet, vitamin supplements and aromatherapy oils to help with some of the physical and emotional difficulties experienced during the menstrual cycle.

There is also help in the form of Bach Flower Remedies. These can be bought from most health food shops or online, and the following is a list of remedies useful for the pre-menstrual and menstrual phases.

#### Remedy:

Aspen  
Cherry Plum  
Chicory  
Crab Apple  
Holly  
Impatiens  
Mustard  
Oak  
Olive  
Red Chestnut  
Scleranthus

#### Helps with:

Fears  
Lack of control - especially with PMT  
Clinging, demanding love  
Obsessive clearing – destructive tendencies  
Strong surges of negative emotions  
Intolerance  
Depression  
Inability to cope  
Tiredness / exhaustion  
Anxiety for others  
Mood swings



**Remedy:**

Sweet Chestnut  
Vine  
Walnut  
Wild Rose  
Willow

**Helps with:**

Isolation, desolation  
Demanding your own way - intolerance, bullying  
Inability to accept changes and let go  
Resignation, staleness  
'Why me?' attitude

**PMS: A positive time for change**

Awareness of our cycle can give us insights into how we feel deep inside about our lives. The pre-menstrual phase is the main phase where our sub-consciousness comes forward to show us what we need to change, express or regain. Rather than fight our pre-menstrual phase we can actively use it to start the process of creating positive change.

So often we lose or leave behind many of our desires in life, some are taken from us ('you can't do that'), some we give away, and some we leave behind because our lives have changed. Take time in each of your phases this month to answer the following questions and compare your answers. You may be surprised by the difference between your pre-menstrual desires and those in the rest of the month.

- 1. Think back, what desires and needs have you left behind?*
- 2. Did you make changes as you grew up, got married, had children, or did you decide you were too old, or just couldn't do things?*
- 3. What desire burns within you or needs re-lighting?*

It is not just enough to acknowledge and understand the innermost needs which surface during the pre-menstrual phase; we also need to find ways of expressing and fulfilling them.

This month, during your pre-menstrual phase, ask yourself the following:

- 1. What I can do to start meeting my needs and dreams?*
- 2. Do I need to tell someone about my unfulfilled needs?*
- 3. Do I need to organize my life so I can meet my goals?*
- 4. Do I need to start something new? How can I make it happen, what is the first small step and most importantly when am I going to take it?*

Forget the immediate 'I can't do that!' response - you are a creative being full of enthusiasm and energy to do whatever you desire to do. You have all the abilities of the four phases of your cycle to call upon, so commit to a new 'you' in your next Maiden phase, start your first steps to meeting your needs and desires, and see what happens in your next pre-menstrual phase.

*Find more articles and resources from Miranda Gray on her website:*

<http://www.MirandaGray.co.uk>