

# The Intriguing Cycle of Womanhood: In Every Month Woman Is Reborn Again

Womanhood is a phenomenon that captures the essence of strength, resilience, and beauty. Throughout the ages, women have embraced their individuality and overcome challenges, making the world a better place. But did you know that every month, a woman experiences a remarkable rebirth within herself? This extraordinary journey is marked by a cycle unique to women – the menstrual cycle.

Embracing the beauty of the human body is crucial, and understanding the magnificence of the female anatomy is equally important. The menstrual cycle is part of a woman's reproductive system and is a natural occurrence that happens every month. While it brings along some physical and emotional changes, it is a testament to the power of creation within women.

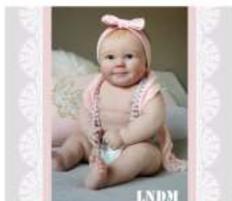
So, let's take a deep dive into the intriguing cycle of womanhood, exploring the phases, emotions, and changes that occur throughout this remarkable journey.

## In Every Month Woman Is Reborn Again

by John Hennessy (Kindle Edition)

★★★★★ 5 out of 5

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## The Phases of the Menstrual Cycle

The menstrual cycle consists of four phases: the menstrual phase, the follicular phase, the ovulatory phase, and the luteal phase. Each phase plays a significant role in a woman's ability to conceive and serves as a reminder of the remarkable strength within her.

### 1. Menstrual Phase

The beginning of the menstrual cycle is marked by the menstrual phase, commonly known as the period. It is a shedding of the uterine lining that was prepared in the previous cycle, as pregnancy did not occur. This phase, lasting an average of 3-7 days, signifies the end of one cycle and the start of a fresh month of possibilities.

While some women may experience discomfort, embracing this phase with grace helps connect to the power of womanhood. It is a symbolic rebirth, representing the ability to cleanse physically and emotionally, and prepare for a fresh start.

### 2. Follicular Phase

Following the menstrual phase, the follicular phase begins. Lasting around 10-14 days, this phase prepares for the release of an egg, allowing the possibility of conception. During this phase, the body produces hormones to stimulate the growth of follicles in the ovary.

Emotionally, this is a time of renewed energy and a surge of optimism. Just as the earth blossoms each spring, a woman experiences a similar transformation during the follicular phase, feeling emotionally and mentally revitalized.

### **3. Ovulatory Phase**

Midway through the menstrual cycle, ovulation occurs, marking the release of an egg from the ovary. This usually happens around day 14 of a typical 28-day cycle. The egg travels through the fallopian tube and awaits fertilization by sperm. If fertilization occurs, it can lead to pregnancy.

This phase brings a sense of heightened sensuality, fertility, and an innate connection to the feminine energy within. It symbolizes the potential for new beginnings and the capacity to bring forth life, whether through procreation or the birth of ideas.

### **4. Luteal Phase**

The last phase of the menstrual cycle is the luteal phase, which begins after ovulation and lasts around 10-14 days. During this phase, the body prepares for pregnancy by building up the uterine lining. If fertilization does not occur, this lining will shed during the next menstrual phase.

Emotionally, this phase can sometimes bring about a sense of introspection and reflection. It allows a woman to tap into her inner wisdom, reassess her goals, and gather strength for the next cycle.

## **The Emotional Journey of Womanhood**

In addition to the physical changes, the menstrual cycle often influences a woman's emotional state. Hormonal fluctuations can lead to various emotions

throughout the month, such as heightened sensitivity, introspection, creativity, and a deepened connection to the self.

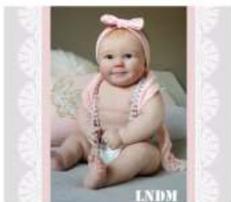
Understanding and embracing these emotional changes can empower women to channel their emotions positively. Each phase of the menstrual cycle offers a new perspective and the opportunity for self-reflection, growth, and renewal.

## Celebrating the Cycle

It's time to break the stigma and celebrate the menstrual cycle as a remarkable phenomenon. Women have the incredible ability to connect with their bodies, embrace their femininity, and embark on a perpetual journey of renewal.

Let's create a world where the menstrual cycle is not seen as a taboo subject but as a celebration of the strength, resilience, and creativity that lies within every woman. Understanding this cycle allows us to appreciate the intricate beauty of the female body and the monthly rebirth that comes with it.

So, the next time you witness the arrival of a new month, remember the journey that every woman undertakes within herself – a journey of shedding the old and embracing the new. In every month, womanhood is reborn again.



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This is an attempt to introduce the storytelling genre in poetry. I ventured to reflect upon empathetic capacities of writing poetry as a curious indulging into the life stories of the imaginary personality. As far as the double introspection might be possible within poetry: creating and analysing by the same author, so, it turns to be a dressing up in imaginary dressing and thinking under imaginary heart beating. There is a central figure embracing poetic lines coined together under title- or time span -particular month. My poetic alter ego is called Hawwa Arche who wrote all poems with a protagonist, a woman named with non-personal pronouns - she. Imaginary author and to some degree her imaginary heroines are dissociated, disintegrated and forcibly detached from the native land. Again, the author and her female heroines are seized by the unwanted circumstances. As for instance it is mentioned in the preface that the imaginary author's location- the four-walls room of a detention centre- has pushed her to start a creative activity. When the past memories are still fresh and disturbing, when present is monotonous and repetitive, so future appears to be unclear and unpredictable, Hawwa Arche remained merely with an emotional substitution and an adamant will to write down thoughts composed in the poems in foreign language for not forgetting the past expectations connected with it.

These imaginary ruminations and poetic probes serve the therapeutic purposes and aim to cure wounds and to prepare natural medicines for prolonging a life. Poetry being born out of pain strives thus to release the pangs of it.

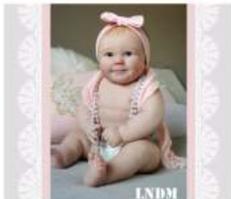
The style is to be called poetic storytelling, a description of life story in a length

narrated from the beginning till old ages of the heroines. This marathon of reading and unfolding meaning is seen at different speeds and is measured with different focus: when youth or childhood years can be described longer or shorter. Storytelling is an attempt to embrace the flux of life events, expectations, praised and abandon hopes. It can be matched with the real life experiences of the readers but spontaneously: as every read piece of the text provokes the individual and unrepeatable reaction.



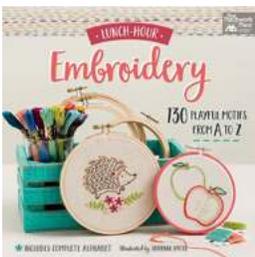
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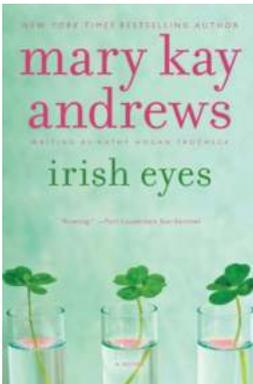
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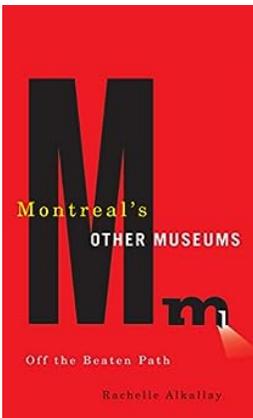
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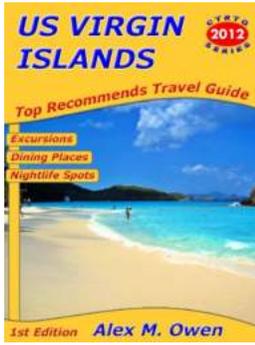
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