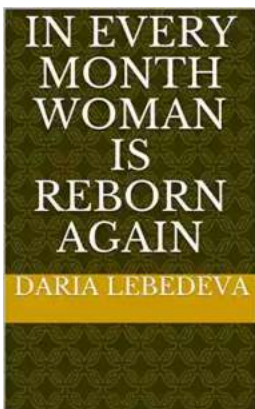


Discover the Incredible Journey of Womanhood

In Every Month Woman Is Reborn Again

Every month, a miraculous process takes place within a woman's body, signaling the beginning of a new chapter in her life. This extraordinary journey, known as the menstrual cycle, holds profound significance for the countless women who experience it. It is a time of renewal, rebirth, and empowerment that deserves our attention, appreciation, and understanding.



In Every Month Woman Is Reborn Again

by John Hennessy(Kindle Edition)

★★★★★ 5 out of 5

Language : English

File size : 1704 KB

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Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

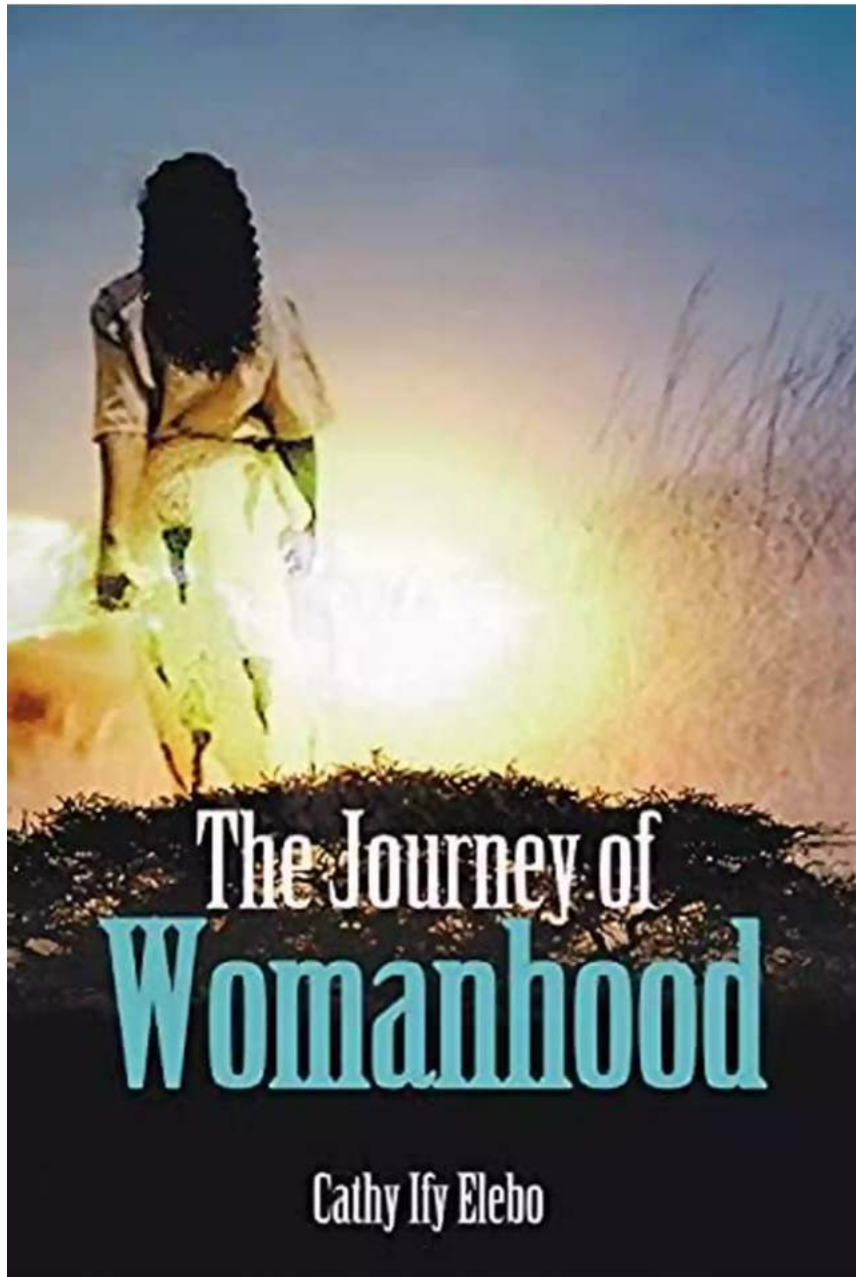
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Every month, women go through a beautiful transformation, akin to a rebirth.
(Image: Woman Reborn)

The woman's menstrual cycle is a complex interconnected web of hormonal fluctuations, cellular rejuvenation, and remarkable physiological changes. From the shedding of the uterine lining to the release of an egg, a woman's body undergoes a multitude of transformations designed to prepare for the possibility of new life. This cycle provides a unique opportunity for reflection, growth, and self-discovery as she becomes in tune with her body and its innate wisdom.

Just as nature goes through its cycles of birth, growth, decay, and rebirth, so does a woman. With every menstrual cycle, a woman is given the chance to reconnect with herself on a deeply profound level. It is during this time that she can tap into her inner strength, wisdom, and intuition. Each new month brings with it the opportunity to embark on a fresh journey, to let go of what no longer serves her, and to embrace her growth with grace and resilience.



The menstrual cycle is a beautiful journey of womanhood. (Image: The Journey of Womanhood)

At times, the menstrual cycle may be accompanied by physical discomforts, emotional fluctuations, and even societal taboos. However, it is crucial to reframe our perception and embrace the beauty and power that lies within this natural phenomenon. The monthly cycle is a testament to a woman's innate ability to

create life and nurture it should she choose to do so. It exemplifies her strength, resilience, and adaptability in the face of adversity.

As her body goes through this monthly dance, a woman becomes more attuned to her inner rhythms. She learns to listen to her body's whispers and respond with care and compassion. Each phase of the menstrual cycle brings with it different energies, emotions, and perspectives. By charting these patterns, a woman gains valuable insights into her physical, mental, and emotional well-being. This knowledge empowers her to make informed decisions about her health, relationships, and personal growth.



The menstrual cycle empowers a woman to embrace her monthly renewal.

(Image: An Empowered Woman)

Moreover, the menstrual cycle has the potential to deepen a woman's connection with nature and the cycles of life. It serves as a reminder of the inherent ebb and flow that permeates every aspect of existence. Just as the moon waxes and

wanes, and the seasons change, so does a woman's body transition through different phases of fertility. This mystical bond with the natural world can awaken a sense of awe, appreciation, and interconnectedness within her.

In societies that have historically portrayed menstruation in negative light, there is a growing movement to reclaim its power and celebrate the beauty of womanhood. Menstrual art, storytelling, and ceremonies have become powerful vehicles for reclaiming this integral part of a woman's life. There is a rising awareness that menstruation is not something to be ashamed of but rather a source of strength, wisdom, and creativity.

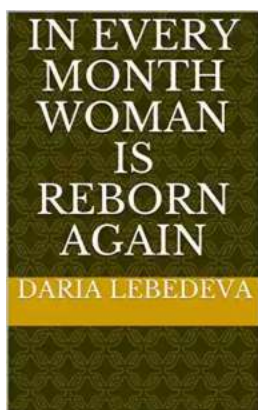


Celebrating the beauty of womanhood and the power of the menstrual cycle.
(Image: Celebrating Womanhood)

An increasing number of women are embracing practices such as menstrual tracking apps, herbal remedies, and self-care rituals to honor their monthly renewal. These practices foster a sense of self-acceptance, self-love, and self-care, creating a positive ripple effect throughout their lives. By nurturing

themselves during this transformative time, women pave the way for greater self-awareness, personal growth, and holistic well-being.

, the menstrual cycle is a powerful and transformative journey that every woman embarks upon each month. It is a time of rebirth, renewal, and growth that deserves our recognition and celebration. By embracing the inherent beauty and power of womanhood, we can empower ourselves and inspire others to view this natural phenomenon through a lens of awe and reverence. Let us honor the incredible journey of womanhood and the limitless potential it holds for each and every one of us.



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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.



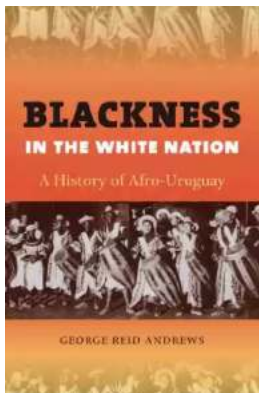
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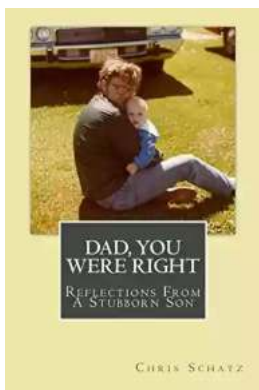
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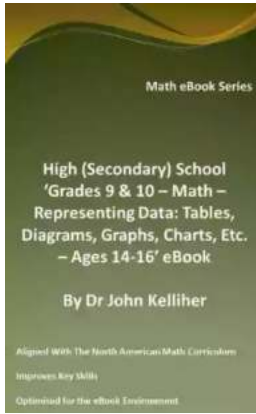
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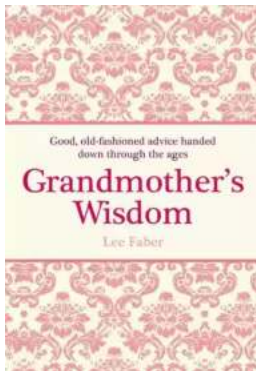
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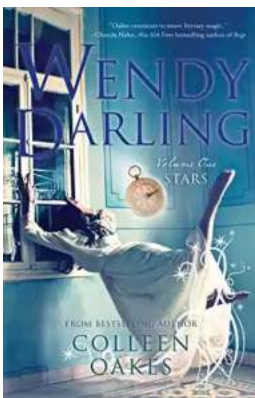
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