



There's a doorway between the worlds, a time when you can be as wild, wanton and difficult as you want: yet it's a time when most women would like to change what's happening, do away with the Curse, take the rag off, and forget they were having a period.

Me, I love them. I love my body and just about everything it does, and I really love that flow, that loosening, rampant feeling that comes with it, and I wish other women got the same pleasure that I do.

Am I mad? No, just getting hold of that Woman's Power that got lost years ago: the ole' earth magic that got locked up by Christianity in a cupboard called "Eve - Beware", PMT and menstrual pain can be a terrible thing for some women. Mineral deficiencies and tension all play a part in how we react. But if you can relax with your body, get to know it, enjoy the way it drips and oozes... you'll be amazed how much the pain will lessen.

Long ago, and in some places still, menstruating women were

confined because of the power of their blood. Re-defined by a male society as unclean, "turning the milk sour" was a suitably symbolic crime, but in some places, women still choose to be together - getting off on their power, making use of their magical abilities, being strong. Writers write wilder, painters paint stronger... ever wondered why a group of women living together will gradually regulate their cycles until they all come on together? Is it really an evolutionary tactic to make shopping easier? Or another example of how we can control our bodies and lives, an unconscious urge to take over the world?

If it hurts, go with the pain. It's a painful world we live in. Still, the more you relax, the less you'll cramp...and luckily enough, the best thing in the world for period pains is an orgasm (or as many as you like). If we can get over our in-built Freudian distaste for body functions, especially that one that leads to such bloody (again) Kotex ads, Tampax ads - "we'll be so quiet/discreet/ashamed, you won't even know it's there" - then we'll really be affirming ourselves in the world. Stop hiding them up your sleeve when you cross a room... feminine hygiene?? Who said it was dirty?

If we make use of our periods, revel in the angry/low premenstrual times, feel the surge of creativity that comes with the flow, enjoy our bodies and start accepting our lost power. We can make 'that time of the month' into our Friend, a celebration instead of a curse.

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