



Daphna Mavor  
Medicine Woman

# **WORKING WITH OUR PERIODS**

## **a healing book**

**PMDD, endometriosis, PCOS, and other gynecological conditions  
are a multi-generational trauma and manifestation of the  
collective feminine pain.**

**(or, why it's not your fault)**

**By Daphna Mavor**

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## a. Three generations of the egg

When I was pregnant with my daughter in 2019 I made the egg which will one day be my grandchild. How is that possible? As an embryo, my daughter was busy growing all her necessary organs – her hands, legs, eyes, nose, heart... as well as her ovaries and eggs. One of these eggs will produce my grandchild in the future. Meaning, the egg with half of the genetic knowledge of my grandchild was already made in 2019, in my womb. At the same time my daughter grew in my uterus, I created not only her into being, but also the genetic code which will make her future offspring.

To simplify – the egg which created you, was in your grandmother's womb, and came into being 2 generations ago, but only fulfilled its potential when you came.

So, there you have it: a direct, 3 generational link which made you and shaped who you are.

My own grandmother became pregnant with my mother and produced the eggs which one day will make me, back in 1949. This was just 5 years after the horrific war ended, the holocaust which killed her entire family and a majority of her people. We cannot even imagine the state she was in, only a few years later, when planning a family of her own. Is it any wonder that a part of me, in the most fundamental, DNA level, still senses that time?

Try to think of what your maternal grandmother went through in her fertile years, and it will get you closer to understand how traumas echo through generations, in the most basic, fundamental cellular level.

## b. Maternal mitochondrial DNA

So now we know how the egg is linked through three generations of mothers.

But is it possible that we actually have within us the DNA of every woman that ever existed?

The DNA is basically the coding map which carries all the instructions into how to make a human. Inside each of our cells we have our own "regular" DNA, but we also have another kind of DNA called mitochondrial DNA. Sometime long ago, during evolutionary times, there was a single-celled organism called mitochondria, which entered our cells. We gave it protection by hosting it, and it gave us the ability to turn food into energy. Win-win. You might not be aware of it, but how is it that your body produces energy in order to move, keep you warm, pump blood into your heart? Our own system has no idea how to do it by its own, but the mitochondria does know. Through complicated cellular processes, it can take the food we eat and translate it into energy which keeps us going. That's why we allowed it to reside in each and every one of our cells.

Because the mitochondria is originally a different organism, it has its own DNA. And this is where I get back to why it's significant. How does the mitochondria get passed to our babies? By the mother. Or more accurately, the egg. The egg is the largest cell in our body, it's so huge that you can actually see it with naked eyes. It will be roughly the size of the dot in the end of this sentence. What is the smallest cell in our body, you ask? Yes, it's that magical polarity: the egg is 10,000 bigger than the sperm. It is the largest, and the sperm is the smallest. It was made 2 generations ago, and the sperm –only 60 days ago.

Packed with half of the knowledge into how to make you you, the egg will need the sperm in order to have the full set of instructions. But it will need none of the mitochondria, because

the egg carries 100% of the mitochondria that is passed onto you. The sperm drops all its mitochondria before it enters the egg. So, all mitochondria that ever existed came directly from your maternal lineage.

The interesting thing about it is that mitochondria had very little mutations since it was first introduced into that first mother's cells. So you, each and every one of you, carry within each of your cells the almost unchanged mitochondrial DNA that originated with the first woman. You can almost draw a straight line from you to her if you follow that DNA. Actually, it's been done. She is called Mitochondrial Eve, and she lived 100,000-200,000 years ago in Africa. How does science know that? Because if you know that mutations happen only every so generations in mitochondria, you can kind of use it as a clock and go backwards through time, calculating how many generations it has been through and reach the source. And with mitochondrial DNA, you can do that because the mutation rate is very minimal, so it's fairly easy to do, the changing DNA is not too shuffled.

So, to sum it up, you have within each of your cells, an almost unchanged, preserved DNA that originated from the first mother, was passed on through the maternal line to all their children, having this DNA absorb traumas and leaving it almost unchanged through generations.

And how many traumas have women experienced in all these past generations. All of these traumas are still living in your cells. This is the collective pain that Carl Jung have hypothesized about. More specifically, the collective feminine pain, which each of your cells *feel*.

### c. Past lives – remember, but also heal

So, at first we learned how our egg has ingrained within it the life experiences of our maternal grandmother. We then learned how each of our cells actually hold the experiences and the pains and traumas of all the women that ever existed.

Allow me to complicate things even further. What about past lives? I have come to see during my work with women that there are also past lives experiences involved in their pains, traumas that still have effect on their wellbeing. There was one PMDD woman who discovered during our healing session that she lost her child during childbirth in a past life, and her soul was still mourning it. This was the source of her PMDD pains. There was another woman who grieved the loss of her twin while they were still embryos. Another woman saw that the source for her endometriosis had to do with her, and all of her current life's aunts as well as her mother, being burned at the stake during a witch hunt in a past life. Her trauma was therefore multi-dimensional – it was her past life experiences, as well as the traumas of her current ancestors' past life experiences that she absorbed.

It is important for the healing process to be remembering these past life experiences – and that can be done with a trained healer who combines past-life work. But remembering the past life isn't enough on its own as a healing process. After you remember these traumatic events, it is vital to bring a closure to them.

For example, for the woman who lost her child during childbirth in a past life, we chose a healing sentence that gave instructions to her body on the cellular level: "I am finishing the process of letting go of the child I lost during the birth in the past life." We implemented that sentence with the 7-points technique detailed in chapter g.

For the woman who was missing her unborn twin sister, we had the sentence: "I am finishing the process of grieving the loss of my twin, and am letting go of my twin".

For the woman who experienced, with all of her aunts and mother, being burned at the stake, we had the sentence: "I forgive all the souls that were present in that act, and I finish processing all emotions related to that act".

**So much accumulated trauma that we must shed. How? And when?**

## d. Our period and our 5 senses

Our menstrual cycle has 2 major phases to it, each lasting for about 2 weeks.

The first one is the time before we ovulate, meaning that time before the egg is being released from the ovary. Let's call this phase the estrogen phase, because it is being controlled by the hormone estrogen. In the scientific literature you can see it being referred to as the follicular phase, because estrogen helps awaken spots in our ovaries called follicles, each of them containing an egg. There are a few follicles which sprout each month, but only one of them will be grown enough to release the egg.

The estrogen phase affects all your senses: your hearing, sense of smell, and eyesight are sharper during this time. Your skin glows, your hair shines and you get "good hair days". You feel like you are more focused and sharp. Now is the time to get all your assignments done, and you'll be able to do it in no time compared to if you tried to do it in two weeks' time during the progesterone phase. Even this book was written through 4 straight hours, I kid you not, while I was on day 11 of my menstrual cycle. If I would have tried to write it on day 25, it would have taken me a month.

The estrogen phase (when is that? Around days 10 to 14 on your menstrual cycle, if you are having 28 or so days per cycle) is also the time to schedule job interviews, a date, speaking in front of an audience, going to a party. You are at your peak and it shows. The estrogen in you is spreading, secreting pheromones which positively affect the people around you.

After ovulation occurs the egg now waits for 24 hours, and then fades away. Now we reach the two weeks of the progesterone phase, being controlled by the hormone progesterone.



After you have ovulated there is a sharp drop in estrogen. You are entering the progesterone phase, and in that phase your senses – sight, smell and hearing are duller. No wonder that you have the urge to go into a cave and speak to no one. It's an evolutionary instinct. Back in cave-women days, it was more dangerous to be out and about during these times because you wouldn't be able to effectively hear, smell and see the lion trying to catch you. This was probably the reason for the formation of red tents in the first place. If all women got their periods on the same time with the new moon (it's not that crazy to think that we were synchronized with the moon, almost all animals are), it was easy to go into the cave and wait until the senses are sharp again.

The progesterone phase is not only about waiting till the estrogen phase comes back so you could function, but we'll get to that.

The progesterone phase (called also the luteal phase, because that follicle which released the egg has now got a new eggless name to it: the corpus luteum, and is now releasing progesterone) also effects our sense of touch. Our pain threshold is lower during this time, which basically means that we are not able to withstand lower amounts of physical (and emotional) pain compared to the estrogen phase. Now is definitely not the time to be waxing your legs, for example. It also means that touch which felt nice two weeks ago now doesn't feel pleasant anymore.

As for your sense of taste – the progesterone phase causes a rise in our desire for quick carbs. Your body is going to be losing a substantial amount of blood in the next few days and it needs the reservoir of quick accessed energy to prepare for this process. Please don't hold your "cravings" against you. These are actually important cravings that are there to assist your body's needed energy.

So, the combination of having diminished abilities in all your senses – your hearing, smell, sight, and touch – means that it forces you to go inwards and be less social, less outspoken. Now is not the time to have a party, your senses will simply be too overwhelmed. Please don't judge yourself for it and know that it is an important phase to go inwards. Your senses are providing you with the opportunity to go through an inner process.

## e. The progesterone phase is a potent time for channeling

Now let's combine everything that we have learned up until now. The past generations' traumas are in your cells, in so many levels. There is a time of the month where your senses draw you inwards. Many women describe the progesterone phase as a "brain fog" state. It's not there to disturb you from your everyday assignments, but it is there to draw you inwards and take you to a deeper realm, a realm that is usually buried within your unconsciousness for the rest of the month. Just like labor is painful because something important is about to happen, and nothing but pain will force you to be with it and address it. If labor wouldn't be painful we wouldn't be able to resist the urge to, say, do the dishes during. The pain in labor gives us no other option but to be here and now and address it. Same goes for the progesterone phase. Your senses are drawing you inwards so that you can finally have access to and address that pain, whether it's yours, your ancestors', or the collective feminine pain. All this pain is being build up in your womb, and you have the opportunity to shed it with the blood that is about to come. The womb is our containing vessel, whether we like it or not. The uterus lining is so thickly packed with the past traumas but you have the opportunity to shed them each month. Your uterus lining is getting thicker and thicker as the days go by during the progesterone phase. It will finally shed and drop to the Earth like a heavy balloon full of water when we get our period.

## f. Working with our periods - movements and releasing techniques for past traumas and collective pain

During the progesterone phase, or when you finally get your period, the pain will start surfacing up as an immense wave of sadness, rage, or anger. You will suddenly not be able to stop the urge to cry, scream and/or laugh "hysterically". Please don't be afraid of that wave. It's not you, it's the mothers before you speaking through your womb, through your voice. Don't be afraid of that wave, allow it to come, surrender to it and ride it. I wish someone could have been there with you during past waves, encouraging you that it's ok, that it is natural, beneficial even, for you and your ancestors and the Earth, that you do this each time the wave comes: surrender to it, allow all the women's pain to speak through you, see this wave rising in you and then do the service of releasing it for all of womankind. I wish someone was there to educate you into why and how to do it, just like a doula would during childbirth. When the red tent still existed, women taught the young girls. Because this was practiced each month, by them all, the collective pain never accumulated as much. Since we don't have the wisdom of the red tent anymore, the grief built up in you is huge. It is the grief of all your ancestors, of all of yours and their past lives, and of all the times that you weren't taught how to release the pain up until now, the pain of not having guidance because there were no wise women left. We are our own wise woman now. We cannot ignore the collective trauma anymore, our womb speaks it so loudly through PMDD, endometriosis, adenomyosis, PCOS, you name it. It emanates from our throat and our womb, and during the progesterone phase we cannot resist its cry. Now you see? Why you can't go out partying during those days? Why it feels so painful that, for a second, you almost want to die? That you sometimes try to drown it with alcohol? The pain you feel

rising – it's not yours. It's not yours. You are not "crazy". It is the pain of all the women before you, crying out loud through you. I remember a specific period where I not only felt the pain of my mothers, but I suddenly felt the presence of my boyfriend's maternal grandmother. I never knew her, but since my boyfriend doesn't have a uterus, I was chosen to do this releasing process for her.

When that wave comes is different for each woman – it could be on the hours before you get your period, it could be on day 2 of your period, or 7 days before you get your period, but it is usually consistent so you can prepare and plan your schedule to make free time for it. When that wave comes – go and be with yourself. Take some time alone with yourself and be attentive to that wave, accept it and surrender to it. Allow everything that needs to be cried out to cry out of you. Cry out loud, scream, laugh, make any noise that wants to come out. Actively imagine that there is an energetic content shedding from your lower openings, and dropping out of your womb, your cervix, your vagina, dropping into the Earth, filtering all the way to the center of the Earth. The center of the Earth is a huge sphere of magma, nutrients and iron, and it is an immense engine that knows how to recycle every *thing* that ever was, every atom that was ever formed, and recycle it for Her own needs. Trust the Earth that She will know what to do with the energetic content that you are releasing to Her center. Know that it is ok, that you are a being a channel now, draining all that collective ancestral pain to the center of the Earth to be recycled. Anything you hear during the shedding and releasing process, any voices, energies, visions, images, are true, and are flooding upwards to your consciousness to be released. This is a knowledge that is almost only available to you during the progesterone phase because your senses are so drawn inwards. This is the reason for the "brain fog".

Besides actively crying, and actively focusing on releasing energetic content from your lower openings (for women with sigmoid/colon endometriotic lesions, actively imagine yourselves releasing also from your back end as well), it is really helpful to use movements which encourage even more energy to float up from your unconsciousness, be accessed to and released. Our womb really likes to move, so any movement – shaking of the pelvis, tilting it to the right, and then to the left, squatting, being on all fours, and constantly moving from one position to the next, is really encouraging the wave to be and come up. Making a loose and deep pffff sound with your upper lips loosens the lower lips and is also recommended. Sighing deeply with your breath, as well as imagining a deep sigh coming out through your lower openings, is very encouraging the coming and releasing of the wave as well.

So if a person would now come into the room, they will see what looks on the outside a very restless woman, constantly moving, shaking her pelvis, making funny noises with her mouth, sighing a lot, crying, laughing, screaming. They will see it happening in a pattern of waves – like a contraction (of emotions) that comes, peaks, and then fades away. But, and this is an important but – you are not restless, inconsolable. Nothing in you needs to be consoled. You are releasing a grief that belonged to your ancestors, because they couldn't do it by themselves. They weren't taught and had no idea how to do it by themselves. You are doing a service for them and the entire womankind. Why you? Because you can. Because you can't not do it. There are a lot of layers to these traumas, and a lot of traumas. And with each cycle, you have the opportunity to shed more into the center of the Earth.

It sounds impossible, frustrating, exhausting to do this process every month. But if you are a PMDD or endo woman, you are already going through it. So we might as well have these waves be effective. If we fully surrender to these waves and allow the pain to be channeled

and released through us, the wave will last 30 minutes instead of days on end. And it is fairly easy to prepare for. If I know that 7 days before I get my period I am always succumbed by this wave, I can open my calendar, calculate when that is, have my partner be with our children next Tuesday, and be ready for the wave when it comes. That's why it's cyclic. And if, for whatever reason, you can't handle that wave this month – it's ok. It's ok. There is always next month.

But you see, that is why the pill, the antidepressants, the anxiety meds won't work for most. That's why it's not about cutting gluten out of your diet. The source of your pain is a wave of collective pain that is being asked to pass through you, and if you allow it to, you will feel so much better afterwards. You will realize what an amazing tool you have with you, what an amazing channeler you are, how empowered you will be. You will reach the true, high state of feminine wisdom.

## g. Personalized: the 7 points, the IPEC method: reprogramming our cells and healing trauma that is inside our cells

I won't go into the IPEC method in too much detail but will only mention here that beside the process of releasing pain and grief, healing sometimes needs to be performed on the levels of our cells.

With the help of muscle testing (muscle testing is a way to see what weakens our body) we can pinpoint exactly what is it that needs healing, and the IPEC method does just that. Since I can't teach you muscle testing by reading this, I will generally share what I saw with most PMDD, PMS, PCOS or endo women. The major issue was, besides everything we talked about, a physical sensitivity to hormonal changes. Meaning, just like a person allergic to dust would have an allergic reaction when they encounter dust, some women have an inner "allergic" reaction to fluctuating hormones.

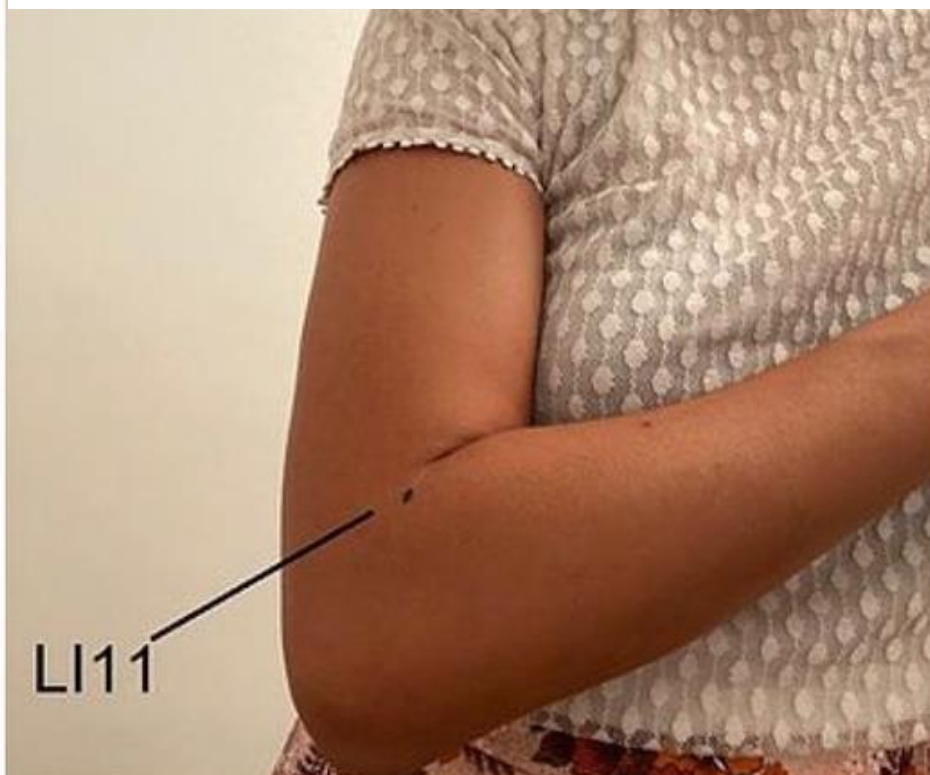
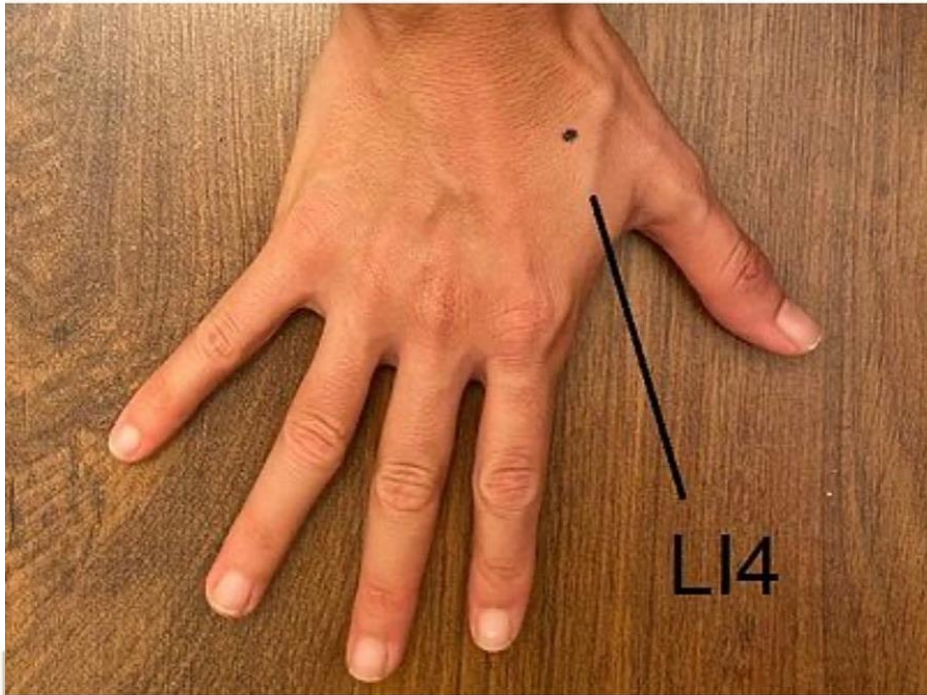
Balancing specific meridian points which are connected to the immune system, the cellular memory, and the emotional immunity, may help with that. I find that the combination of the grief releasing ceremony (the ceremonthly, if you will), as well as the 7-points healing process, works best to address the energetic and unconscious issues, as well as the physical sensitivity issues.

The 7 meridian points are as followed (abbreviated: LI- large intestine meridian. Liv – liver meridian. They all feel a bit sensitive to the touch, so they are pretty easy to locate):

- (1) right hand LI4
- (2) right hand LI11
- (3) left hand LI11



- (4) Left hand LI4
- (5) Left leg Liv3
- (6) Right leg Liv3
- (7) And right hand LI4 again.





If you press on each point with your finger in that specific order, for about 30 seconds to 1 minute each, and complete that circle, you have now resynchronized your aura! I choose a sensitivity, for example – "fluctuating estrogen levels", and write that on a note. While the woman is holding that note (and is now energetically exposed to that topic written on that note) – I press on these 7 points, in order, for about 30-60 seconds. That synchronizes her aura when it comes to that specific topic, and now her immune system will no longer see it as an inner threat.

I list here the usual topics of sensitivity issues. Each woman has different sensitivities of course, but these are the usual ones which almost always come up. You are advised to write them on a note, one topic at a time, and while holding and focusing on one of the topics,

press on the 7 points as described (you can do it by yourself, you don't need someone else to do it for you). Have it be one topic at a time and give yourself a few days of rest in between topics. Meaning – give yourself a treatment on the "hormone" batch, wait a few days, and only afterwards move on to "sugars, alcohol, dairy products".

1. a. Hormones (write all of the following): gonadal hormones, fertility hormones, estrogen, progesterone, LH, FSH, changing hormones, fluctuating hormones, rapidly fluctuating hormones, peak and low levels of estrogen, peak and low levels of progesterone, ovulation.  
b. Days 1 to 28 of menstrual cycle (or however many days you usually have).
2. sugars, alcohol, wheat, gluten, dairy.
3. Home (so many times we are sensitive to our homes).

## h. Now you know

Practice this "ceremonthly" every month. Teach your daughters how to work with their periods. Spread the knowledge to your sisters.

Take it a step further, and practice letting go of your blood directly into a cloth that lays under you while you perform the movements in that wave-state, or even directly into the Earth if you can. The more you practice it, the more you'll be able to teach others and become your own wise woman. I truly believe that performing this grief releasing process on a monthly basis will bring peace, not only to you but to the entire world, since there will be so little collective pain left, but more importantly because you will feel so empowered, so connected to your roots, having them be healed, become so full of compassion towards yourself, allowing that compassion to grow and grow, resonate in the people around you, bringing with it the Love and Kindness and Compassion that humankind is missing so much.

Amen sister, thank you for reading, thank you for being attentive and honor-full with yourself. I honor you and I Love you and I respect you and I cherish your wisdom.

Thank you, thank you, thank you.

Daphna