

Sexualitiy – part 3 – Menstruation

Growing up in a bookstore was fun, so many different topics at my fingertips to investigate! One of the topics was sexual education of which we had a whole shelf. One series covered all the different ages and stages of sexual development. When I was about to turn eleven my mom realized that her oldest daughter needed to be educated on the changes that were upon me. My mom had no idea that I was already looking at those books on sexuality since age nine. The unexpected sexual experiences I talked about in the previous episode brought a lot of question up for me. I wanted to investigate why people did the things they had done with me. I wanted to know what to expect when I was growing up. And I wanted to know what sexuality is all about.

One day my mom decided to approach me on the subject! She explained to me that I was old enough now to learn about puberty and the changes that happen with our bodies. She walked me over to the bookshelf on sexual education and pulled a particular book from that

one series. She handed me the book "Sexuality ages 10-14". I politely accepted the book. I rolled my eyes. I didn't mention that I already read the whole series, from childhood to adulthood.

First menstruation

I must have just turned eleven when I started experiencing pains in my belly. When I mentioned it to my mom, she responded with "it will begin soon", referring to my first menstruation. After a few times experiencing this pain and discomfort and hearing my mom repeating that she thinks it will begin soon, she invited me to go with her to the next door grocery store to buy sanitary napkins. She told me I need to have them around for when my first period would occur. I felt a new bond and intimacy with my mom while going to the grocery store. I was thankful that she took the time and interest in supporting me this way. She shared with me that she had her first period at age eleven.

I was getting a little annoyed about having pains but no signs of

menstruation and hearing over and over again that my menstruation would begin soon. I was very curious about it and didn't really know what to expect.

Then one day, I remember it very well because it was the birthday of the boy I felt a strong attraction for, it was August 16, 1982, 2 weeks before my twelfth birthday. I was very excited that day because I was invited to hang out with him and his friend who was coming to town. They both would meet me at our bookstore and with our bikes we would go some places. Right before they would pick me up, I went to the bathroom and guess what.....some spots of blood..... I didn't know if I should have been as excited about it as my mom was preparing me for it or if I should be angry now because I was about to go on a great adventure with the guy I was attracted to!

I was very surprised by the occurrence and didn't really know what to do next. I decided to tell my mom what I just discovered. She was so

excited and happy about it. Because of her excitement, I felt it would be the safest for me to stay in my moms presence and guidance. She gave me a pad and because of her response I felt proud and a little bit more grown up. Finally, after a long time waiting for this to happen, I had my first menstruation!

The boys arrived at the store and I had made my decision, I wasn't going on an adventure with them. Of course I didn't tell them the real reason why I had to stay home, but I told them I couldn't go. They were surprised by my sudden change and didn't understand but left. It was a bitter sweet situation for me!

My menstruations were very painful. At that time in the early 80's I had no pain medication. My mom told me she went through the same torture herself. She sometimes had to stay home from school because the cramps and her legs were so painful. Same with me. I remember laying in bed shaking my legs from the pain, wanting to be out of this

body that was hurting me. My grandmother had given my mom an elixir (booze) to numb her pain and my mom decided to do the same for me. It was only in my late teens that I discovered over the counter menstruation pain relief medication. I never liked taking any medication and even when painkillers were available, I always waited till the last moment, till I couldn't hold the pain anymore before taking a painkiller.

Menopause

Since our head on collision car crash in 2012 (at age 42) I started pre-menopause. My last menstruation was on August 20 2017 (at age 47), on the full solar eclipse in Corvallis. I am stepping into my full menopause at this moment I think. I want to talk about it here because nobody seems to be talking about it and if they do bring it up it is negative, like something they want to avoid. For me this change into menopause is fascinating! I see it as a very powerful phase in my life where I step into a deeper level of self-empowerment. Lots of

energy is being released with ovulation and now that the ovulations stop that life force energy stays within me. It is a time to bring the focus inward. Before, that focus was needed outside of myself towards taking care of kids and others. Now I learn to focus more on taking care of myself, my inner life and my inner freedom. I enjoy embracing this new phase of my life. It brings me a deeper level of peace and self-love.

I also notice that the unresolved emotional baggage that I haven't addressed yet is coming up to be faced. This does bring up some emotional upheaval sometimes and resistance. Facing my unconscious patterns and limiting beliefs feels like an internal battle sometimes. However I am aware of it. Nothing is more important than my inner peace and freedom. Looking at my shadow side is a necessary step towards that goal.

We each have our unique bodies and there is no one solution for all. We have to find our own rhythm and adjust to our own changes. I am

learning to trust my body. It has such an incredible intelligence!
Talking about this is fun for me! We can learn from each other when we share. Taking it out of the taboo realm is probably the most powerful thing we can do. And let's talk about it openly with our partners and children. They want to know and learn about it as well and they love to support us where they can. We are all in this together!

Mieke's Voice - 2019©Mieke Benton

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(Sharing permitted with my name and email included)

(With a simple email let me know if you like to

be added or removed from this list).

Mieke's Voice - Part 1

Week 1 - Introduction part 1

Week 2 - A Rough Start

Week 3 - Vision

Week 4 - History Lesson

Week 5 - Bookstore Caecilia

Week 6 - Invisible Hand

Week 7 - My family, a circle of 5. Part 1 - My parents Anny & Hugo

Week 8 - My family, a circle of 5. Part 2 - My brother Jeroen

Week 9 - My family, a circle of 5. Part 3 - My sister Kathleen

Week 10 - My family, a circle of 5. Part 4 - Something about myself, Mieke

Week 11 - Encounters with extraterrestrials

Week 12 - The Movie E.T. - The Extra -Terrestrial

Week 13 - What happens after the body dies?

Mieke's Voice - Part 2

Week 14 - Introduction part 2

Week 15 - Expressing my authentic nature

Week 16 - Sexuality - part 1 - Unity

Week 17 - Sexuality - part 2 - Separation

Week 18 - Sexuality - part 3 - Menstruation