



NEWSLETTER FOR WINTER 2017

Hi everyone

It's been ages since I sent a newsletter out, and it is lovely to be in touch with you again.

However, I need to start with **an apology**... due to the complications of swapping my mailing list over from one computer to another, a few errors may have crept in... If you have previously unsubscribed from this newsletter, and now find the vexation of another edition coming to you, I do regret that, and invite you to unsubscribe once again (by emailing lunahouse@clear.net.nz with "unsubscribe" in the subject line). Sorry about that, if it happens to anyone.

The **next Menstrual Cycles Course** will be starting soon, running for 8 Thursday evenings from June 29th. Please see the poster for this on the last page, and do feel free to send it on to anyone you know who may like to attend.

I am also delighted to tell you that **I have finished writing the first book** in my coming series containing the Conscious Menstruality Knowledge. This first volume is on Menstrual Cycles, and I am really looking forward to seeing it out in the world where women can read it at last. The process toward publication is a long one, but I will keep you posted as to when it may become available.

It has been heartening to see in the media recently that people are beginning to wake up to **how unsupported menstruation is**, especially in our schools and workplaces. Painful as it is, it is also very good to see these acknowledgements and conversations starting to happen in public. The story of a 10 year old girl being asked to stay away from school, or, even more outrageously, to be put on the pill, because her school was not willing to provide the simple things she needed to be able to receive an education while menstruating, is almost unbelievable.

And yet at the same time it is totally believable – this scandalous story is just one visible example of something that has been going on invisibly for thousands of years, and continues in so many ways both blatant and subtle everywhere in the world, even in our supposedly advanced times. At last we are starting to see the obvious, but long unnoticed cost of menstrual exclusion to girls and women, and all sorts of voices are beginning to speak up and break the silence about it.

If you haven't already heard it, this interview <http://www.radionz.co.nz/national/programmes/ninetoon/audio/201846444/pri-mary-school-excludes-girl-with-period>

is well worth listening to – for me, what is most moving in it is the wise, clear voice of Molly, a senior school girl from Wellington, who recognises that the need for girls to feel *emotionally* supported, so that they can menstruate at school without shame

or embarrassment, is even more important than financial support to be able to afford supplies for “self-managing” their periods. Halleluia for her wisdom, and I hope this debate is just the start of a whole revolution in how we make room for menstruation in public life in this country.

Have a listen to the radio interview that sparked it all off, and then read the excellent opinion piece that followed on Stuff in response.

<http://www.stuff.co.nz/life-style/well-good/93479794/michelle-duff-lets-stop-treating-tampons-like-combustible-objects>

You might also enjoy clicking on the other links embedded within this one to get a broader picture. The story of the man in India awake and courageous enough to dedicate his life to designing good menstrual pads for the women of India has had me in tears of gratitude and admiration ever since I first saw his Ted Talk some years ago.

Don't forget **Luna House can travel** to any part of the country (or world) to bring workshops and courses for **Mothers of Daughters, Couples, Menstrual Cycles, and Menopause**. I am very happy to co-create with you events that will suit women in your area, and I am open to your suggestions of what you would like to see happening, here in Christchurch or elsewhere.

I am looking forward to seeing some of you on the Menstrual Cycles course coming up – and hopefully we will have a Menopause Course after that as well.

And finally, here are a couple of exquisite little poems for you, from Nayyirah Waheed:

Sometimes the night wakes in
the middle of me
and
I can do nothing
but
become
the
moon

I am relieved
when
I see the feminine presence
in a man's eyes.
It means
he is a peace
I do not
have
to
bring to him

[see next page for course poster]

Women

Would you like to learn something new about something old?

The Whole of the Moon Illuminating your Menstrual Cycle

Gain knowledge, support and inspiration in the company of other women

- A new understanding of our female hormones and why they act as they do
- A clear model that makes sense of our changeability, emotions and physical experiences around the month
- Some tools to minimise difficulties and align our daily life to our cycle energies
- An exploration of our Menstrual Cycle's special resonance with Nature
- An experience of the spiritual and developmental dimensions of living our Menstrual Cycle consciously



8 Thursday evenings, 7-9pm, 29th June – 17th August

Cost: \$215 whole course or \$30 each evening
(negotiable where necessary)

Register by Thurs 22nd June

Email: lunahouse@clear.net.nz Phone: (03) 332 5755 or 021 029 19819

A Luna House Presentation

by: **Jane Catherine Severn**

Psychotherapist, Pascha Therapist, Menstruality Educator

For more information visit www.lunahouse.co.nz

With love to you all

Jane Catherine