

Menstrual Blood, The Wise Wound

Alize Timmerman & Petie van Zandvoort



Summary of the homeopathic remedy: menstrual blood.

Trituration enables the substance to reveal herself and to express all levels of interference within a woman.

This brings the "woman" to a higher level of understanding of the potential healing power of the substance: menstrual blood.

Menstruation, also known as a period, is the regular discharge of blood and mucosal tissue from the inner lining of the uterus through the vagina.

The menstrual cycle occurs due to in correspondence with the rise and fall of the moon-cycle. This cycle results in the thickening of the lining of the uterus, and the growth of an egg. The egg is released from an ovary around day fourteen in the cycle; the thickened lining of the uterus provides nutrients to an embryo after implantation. If implantation does not occur, the lining is released in what is known as menstruation. The trituration of Menstrual Blood reveals the main themes of this remedy.

Themes connected to the source of life, to her story of female suppression and suffering, and the (re)connection with her inner nature.

Introduction:

In the year 2011 two triturations of menstrual blood took place:

One at the School of Homeopathy in New Zealand by 6 women and 2 men and one at the Hahnemann Institute in the Netherlands by 7 women.

In co-creation we trituated blood of 13 women.

It took us 12 years to write out the Trituration, every time we got "disgusted" by the awareness of the Grief, Pain and Memories. For all of this time it remained unfinished.

By writing the trituration out we got migraines and disgust and postponed the writing again and again.

The trituration/proving was carried out according to the principles described by Jürgen Becker and by Hogeland and Schriebmann as to the practical effectuation.

For five days we worked in co-creation to do this trituration.

In this report the symptoms are organized according to C1-C7 levels.

The healing force of menstrual blood:

We as "healers" we see a lot of women suffering with their menstrual cycles.

These cycles are still a fairly unexplored area in science, as well as in our personal lives.

The menstrual cycles are the essence of the woman, her biological base.

Women from all cultures and all generations share this experience not being in contact with the body: 'this essence' can cause illness.

By tritulating menstrual blood, we intended to liberate the healing force of the substance and explore the wisdom hidden inside, so that women can become more aware of their natural connection with their cycles and the cycles in nature and in life.

By exploring what is known already about the menstrual cycles, we intend to gain a deeper insight into the female principle.

The other side of the woman.

The female principle is dualistic in itself, because women are guided by cyclical processes: the growing and the decrease.

The menstrual cycles are usually seen as divided in two: ovulation and menstruation. The ovulation is related to pregnancy and giving birth to a physical child. The other half, the menstruation, is the development of the spiritual child in the woman and womb, and is related to love without

biological consequences, her independence, thoughts and deeds. It is the pivotal point on which the female is capable of stepping into the world of spiritual powers. The 'other I', connected to the decrease, is available especially right after ovulation and during menstruation.

The female principle is the source of everything.

From embryology we know that in the womb we all begin as female.

In Greek mythology the name 'Hera' means 'womb', also the 'origin of all things'.

Hera was the goddess of marriage and birth.

In zoology it is generally recognized that the development of the menstrual cycles was responsible for the evolution of primates and finally for human society. When the estrus-cycles evolved into the menstrual cycles sexual libido was made free from fertilization. The sexual libido became available for something else than the preservation of the human species by reproduction alone: the confirmation of life by shared sexual experiences between individuals.

Every evolutionary development that can be considered as specifically human dates from the beginning of the menstrual cycle: namely the development of the mind, symbolism, and the recognition and appreciation from the individual and social organization.

The Mother suppressed:

Dr. Annine v.d. Meer shows us how women and their connection with their female nature are affected by two main developments in history. In the Stone Age, until 1000 B.C. cultures and religions were centered around women.

Their role in society was important because women give life and are fertile.

Wisdom was transferred from Mother to Daughter.

A matriarchal society wherein women and men lived together in groups was replaced by a society in which men were the head of families in the Bronze and Iron Ages.

Sons, being the heirs, became more important. The patriarchal era began. In myths and religions the Mother goddess with her male partner was replaced by God the father. With the arrival of Christianity, in a time when mainly men wrote, gradually women were given a more negative role

in the stories, or disappeared completely.

For centuries this has had a negative effect on the realization of women worldwide.

Witch persecution in the Middle Ages is a clear example of the suppression of women. But witchcraft is, according to Penelope Shuttle and Peter Redgrove, a natural skill of all women, the natural experience of the menstruation-cycle.

Witchcraft as a state of natural expansion of body awareness. The increased sensitivity of the senses can be very valuable.

These powers were seen as evil because men were afraid of these skills of women.

Connection with female nature.

The menstrual cycle forms a close connection between body and spirit. A continual cyclic evolution can take place in women because they are guided by this cyclical process. The menstruation may be seen as a birth, it gives a feeling of renewal from which a woman can learn about herself and the connection with herself and her origin. Traditionally in many cultures women set themselves apart during the menstruation period to develop insight, inner knowledge and truth and to connect to the deeper source of being.

Symptoms, pathology and dis-ease means that the conscious attitude of the woman is not in accordance with the deeper needs of her own nature. The ignorance about the meaning of the cycle is the basis of many menstrual problems.

Connection with other women.

The menstrual cycles are a powerful symbol of our shared experience as women. The cycle connects us with the rhythm of nature as well as inside as outside our bodies, and brings us to our essential source of being.

When women join together in 'sisterhoods' and spend time together, their menstruation-rhythms tend to synchronize. One of the mechanisms that plays a role can be pheromonal.

These pheromones, that are excreted by the body in very small amounts, are chemical substances that work on an unconscious level but are powerful.

These messengers can influence body processes through external transmission between people. The air that we breath transfers information we are usually not aware about, our body oot the other hand is.



Connection with nature.

The menstrual cycle also forms our connection with rhythm and flow in nature. Traditionally there has always been a passionate interest in the Moon.

In ancient time it was given that the fertility cycle follows the phases of the moon.

Hekate is the goddess of the moon, and the special patroness of the witches.

Also in language there is a connection between human fertility and the moon. The word 'mens' means 'month' or 'moon' in Latin. Time itself was first measured using the moon phases; the months. Our harmony with the moon is disrupted, because the months do not fit exactly in the solar year. They are adapted and therefore changed to fit the new calendar, no longer in synchronicity with the moon. Human beings, and especially women are in resonation with the light of the moon from the very first beginning. The water in our bodies resonates with the cycles of the moon. It seems that in normal circumstances a woman can master her own cycle, when she can move in resonation with the moon. According to Penelope Shuttle and Peter Redgrove "The friend of the woman" is the oldest name of the menstrual cycle in all languages. (Note 3 see PS & PR.) To be friends with your womb can be seen as if in harmony with yourself in the rhythms of nature. (Note 4 see The Wise Wound: 2 kinds of menstruations in the female body).

From suppression to integration.

The despised female functions can be restored.

In fact a woman surely is the embodiment of both basic principles, female and male, like everybody, but her female side has been polarized by social and other circumstances. Modern women have to learn to give their suppressed side a voice.

When they can learn to accept again the instinctive riches of their menstrual cycle, the possibilities of it are not lost and cause no menstrual problems due to being suppressed.

According to Annine v.d. Meer oneness in human awareness and society can be restored when humanity learns to recognize the symbols of the motherland and honor the female principle again. The aim is to find a balance between the male and the female principle, to heal women and men. The menstruation, the neglected part of the cycle was not always hidden. We can follow Lilith, one of the two sisters connected to the menstrual cycles through time by all kinds of rituals and cults, until today. Eva is connected to the ovulation, and Lilith to the menstruation. Lilith, the black Goddess, the demon-goddess of menstruation, is waiting to be accepted in our time. Robert Graves says about her: 'The black Goddess is, until now, barely more than a whispered word of hope she prospects a new peace treaty between men and women, that corresponds with the final true love, into which the patriarchal marriage will merge she will lead back men to that certain love instinct that he lost long ago through his intellectual pride.'

Estrous cycles are named for the cyclic appearance of behavioral sexual activity that occurs in all mammals except for higher primates. Menstrual cycles, which occur only in primates, are named for the regular appearance of menses due to the shedding of the endometrial lining of the uterus.

Here we see that the first part of the cycle is related to the fertility and the second part to the developmental process of our mental spiritual state. In zoology it is generally recognized that the development of the menstrual cycles were responsible for the evolution of primates and finally for human society.

When the estrous-cycles evolved into the menstrual cycles "sexual libido" was made free from fertilization.

The sexual libido became available for something else then the preservation of the human species by reproduction alone: the confirmation of life by shared sexual experiences between individuals.

Every evolutionary development that can be considered as specifically human dates from the beginning of the menstrual cycles: namely the development of the mind, symbolism, language, recognition and appreciation from the individual and social organization.

Trituration

Main experiences during the trituration.

We experienced a deep connection to and with mother earth.

Ancient wisdom came to us.

Connection to ancestors and family connections deepened.

Connection to our Mother deepened on all levels.

Development of Sisterhood was appearing

- Realization as a women and empowerment of women.
- Purity opposite of disgust
- Sexuality and Fertility
- Pregnancy and Motherhood
- Sacrifice of the Women
- Rhythms and Flow

The path

C1

- In the C1 trituration there were themes around circulation, energy, sexuality and fertility.

C2

- We experienced intense emotions such as grief, anger, jealousy, shame and guilt. Emotions which were strongly suppressed before.
- Alienation from our bodies and from nature.
- Feeling unsafe. Violence against women, being raped came back in our memory.
- Feelings of inferiority, impurity, disgust.
- Feelings of being powerless, dark and fear of death.
- Men and women are competitors.

C3

- We felt totally misunderstood.
- Empty feelings.
- Needing to be alone, a conflict of wanting and feeling.
- Grief resolved.

C4

- The Curse is the Gift.
- We were full of laughter and craziness being reckless .
- We are happy playful naughty bad and wrong.
- Happy to be woman Sexy Sensual Strong and Whole and Love for the Self in a cocoon .
- Blood is Life and death the essence of the making of the Mother.
- Bleedings develops motherhood.
- The naked woman in the moonlight her blood curls into the earth with vitality strength and power with weeping and tears of joy.
- The blood returns to the earth and brings fertility to honor the Mother sharing her abundance with Love she is old from the beginning of times till the end, she is all what is.
- Our man felt we give the fertility to earth.
- Secrets from the deep dark forest are being revealed.
- The purity goes inward in the earth in silence and transforms out of "Abuse dirt rage rape and sex" .
- We shed the blood we sacrificed for mankind monthly. We end in eternity.

C5

In C5 there was the feeling that everything can be said and come into the light. There was a sense of connection to mother earth, the real mother, and to a long line of female ancestors.

There was a sense of power, playfulness, creativity; we as women can use these to go our own. path and reach our goal. Comradeship between men and women, working together.

Consequences of tampering with nature; pollution, earthquakes, floods, droughts. All structures will be demolished, the immaterial will remain, love for natural forces. Evolution of human society.

Main themes.

- Grief intense grief and feelings of loss of the child.
- As if going through death and loss.
- Deep experience of impurity.

- Deep disgust aversion to men.
- Need for purity experiencing disgust and feeling dirty.
- Oneness , no individuality
- Connection, with mother earth, ancient wisdom.
- Connection with ancestors, other women, family, tides
- Realization as a women, empowered women power
- Extreme menstrual pains and cramps.
- Pregnancy and motherhood
- Sacrifice
- Rhythms and flow

During the trituration at the Hahnemann Institute we drew a card for the remedy during the C5 level: it was the "trickster".

To give the female aspect the place it deserves, the usual procedures will not work. We have to mislead the outside world a bit, and do so in a playful manner, using female charm. To play the game and go our own path as women.

Main symptoms in the C1: The first round of Trituration.

- Crown chakra open
- Head: hot
- Fullness head
- Heaviness head
- Vertigo
- Pain above eyebrows
- Pain left side head
- Pain cervical region
- Perspiration face
- Pressure left ear
- Sensitive to noise
- Tired eyes with tendency to squint
- Pustules in mouth with loss of appetite
- Sneezing
- Smell of iron
- Smell awful
- Pain, chest
- Pain back, right side
- Pain abdomen, cramping, ext. to back
- Pain abdomen, stitching, left

- Abdomen, indigestion
- Empty feeling in abdomen
- Stool excoriating, yellowish, floating
- Urgent desire for stool
- Nausea
- Menses suppressed
- Urging to urinate
- Pressure pelvis
- Fullness uterus
- Pain forearms, burning
- Swollen legs
- Cold legs
- Pressure in legs
- Pain in calves, blood vessels
- Tiredness muscles
- Sleepiness
- Skin, itching
- Polarities of temperature, appetite, libido
- Slow feeling
- Weak feeling, no energy
- Extreme prostration
- Energy increased
- Sensation of stillness
- Sensation of retraction
- Sensation being heavy and deep
- Sensation expanded, feeling big
- Sensation of release
- Feeling strong
- Feeling heavy, than light
- Internal heat, upwards
- Suddenly very hot
- Circulation, stagnation, as if running through the body
- Desire: chocolate, sweets, potato chips
- Warmth/moist aggravate

C2-C3

- Awkwardness
- Changeable mood
- Sadness

- Melancholy
- Anxiety
- Panic attacks
- Sudden emotions through whole body
- Suppression of feelings.
- Alienation from nature and our bodies from interfering by intake of hormones with menses
- Menses suppressed by threat-guilt
- Infertility by threat, being unsafe
- Abuse
- Screaming during menses
- Dullness
- Unable to express
- Memory unclear
- Aversion to talk
- Loquacity
- Mind wandering far and free
- Prostration of mind - decisive and insightful
- Intense grief, giving up
- Grief, not having children
- Weeping
- Feeling dirty
- Letting go
- Irritability, from noise, talking
- Anger from suppression
- Anger towards mother
- Dependency mother
- Violent anger, no control
- Violence towards women
- Fear being torn to pieces
- Fear of attack/rape
- Feeling safe - unsafe
- Feeling welcome - unwelcome
- Unfeeling
- Feeling of disgust
- Feeling an idiot, silly
- Forsaken - Sense of unification W
- Life - dead
- Light - dark

- Connection - no connection
- Introversion
- Desire to withdraw
- Guilt
- Shame
- Playfulness
- Impurity
- Jealousy
- Greed
- Slowing down
- Times goes too fast W
- Desire company
- Desire being alone
- Lack of appreciation, inferiority
- Respectfulness
- Confusion identity
- Togetherness, working together - want of togetherness
- Confidence, feeling healthy
- Shame, guilt, hidden - out in the open, all can be said
- Rape of women
- Denied motherhood
- Injustice, feeling of
- Endurance, fortitude ~
- Power - powerless

DREAMS

- Dream: desire to kill children, no right to live
- Of being raped, of threatening rape
- Circumcision
- Children Murdered
- Danger
- Family, friends
- Men, people
- Talking with someone
- Wales
- Truthfulness
- Weeping — positiveness
- Want of self-confidence — assertiveness
- Anger — tranquility

- Forgetful ---- capable
- Confusion --- clarity of mind

C4/C5

- Hidden, secret, unwritten truth
- Everything come's into the light
- Curse, abuse, violence against women, suppression of women, feeling a whore.
- No right to exist
- Castration, murder, desire to kill children
- Togetherness, friends, comradeship between men and women, working together
- Men and women as competitors
- Choosing the Right man who brings fertility.
- Choosing wrong man, guilt, shame, not able to be yourself
- Love, compassion
- Connection to mother earth, the real mother
- Nature's laws
- Connected knowing
- Long line of female ancestors, ancient mysteries
- Connection to women in pain with their menses or childbirth
- Playfulness, creativity, we as women can use this to go our own path and reach our goal
- All structures will be demolished,
- the immaterial will remain, love for natural forces
- Consequences of tampering with nature, pollution, earthquakes, floods, droughts ~
- Goddess Kali: illusion of death, crossing borders
- Letting go of the ego, the self image
- Communication
- Responsibility others, oneself
- Cleaning the heart
- Grandmothers, mothers, daughters
- Generations, aging, time
- Old (boy)friends
- Old wounds
- Irritability
- Body image
- Heaviness
- Alternating/ polarity of symptoms.
- Feeling like high priestess mixing poisons, not from this earth,
- Red purple flowing robe, flowing hair, Goddess of fertility ~
- Physical symptoms

- Vertigo.
- Lightheaded
- Dizziness

HEAD

- Band-like feeling
- Dullness
- Fullness
- Heat
- Pain, dull, temple left
- Pain, pressing, frontal, left
- Pain, pressing, frontal, right side
- Pain, sore, temple right side
- Pain, sudden, right side > pressure, rubbing
- Tension
- Throbbing, sudden, left side

EYE

- As if something is stuck in inner part of right eye
- Burning
- Pressure, right
- Swelling

HEARING

- Noise, sensitive to

NOSE

- Awful smell
- Smell of iron
- Sneezing/Tingling

FACE

- Eruptions, pustules
- Heat, burning
- Itching, skin, must rub
- Pain, cheekbone, right
- Pressure, jaw, upper, right
- Tension, jaw, lower

MOUTH

- Gums, sensitive
- Heat, burning, lips
- Herpes, lower lip, left
- Taste, offensive

THROAT

- Pain
- Swallowing
- Swelling, tonsils

EXT. THROAT

- Pain, gland, left

STOMACH

- As if wanting to come out, bursting
- Constriction, eructation amel.
- Eructation, sour
- Fullness
- Heartburn
- Nausea
- Pain cramping, solar plexus
- Restlessness
- Vomiting

ABDOMEN

- Distention , hard
- Fullness
- Heaviness
- Hungry
- Itching, skin
- Pain, stitching, right
- Swelling, as if pregnant

STOOL

- Diarrhea

BLADDER

- Urination, frequent, night

KIDNEYS

- Pain, stitching, left

FEMALE

- Pain, cramping, ovaries
- Pain, cramping, ovary, left
- Pain, cramping. uterus
- Pleasure sensation vagina
- Sexual desire increased during menses and ovulation
- Uterus, full, big, as if

CHEST

- Fluttering
- Heaviness, sternum
- Pain, breast, inner side, sudden, sharp, stabbing
- Pain, stitching, heart
- Palpitation
- Pressure, sternum behind

BACK

- Coldness
- Heaviness , lumbar region
- Pain, lumbar region

EXTREMITIES

- Coldness, fingers
- Coldness, toes
- Feeling strong, arms
- Heat, feet
- Heat, wrist, left
- Inflammation ,shoulder, left
- Lump, shiny, hard, third finger, right
- Lump, shiny, hard, thumb
- Pain, neuralgic, upper limb, right
- Pain, sharp, hip
- Pain, shoulder
- Stiffness, hip
- Swelling, ankle, right
- Swelling, feet, left

- Tension, arms
- Tension, thighs
- Tingling, feet
- Weakness, hip
- Weakness, lower limbs

SLEEP

- Restless
- Sound agg.
- Waking at 4.15

PHYSICAL THEMES:

- Cutting, stitching pains
- Dryness
- Itching skin
- Polarities: temperature, appetite, energy, libido
- Redness

DREAMS

- Anger, aggression
- Changes, rebirth, renewal
- Children , babies
- Circumcision
- Conflicts with mother, rivalry between mothers, jealousy
- Eggs, jewelry, round, fragile, precious things
- Fear to become pregnant
- Fearful dreams: giant slimy reptile, chopped off head, deep water, bloody wounds, danger
- Man who is comforting and helpful
- Men, people
- Own family, relatives, friends
- Pregnancy, nursing
- Sexuality
- Talking with someone
- Wales

CHILL

- Coldness, icy

GENERALS

- Coldness, night, in bed
- Constriction, tightness
- Emptiness
- Great energy, exhilaration
- Heat, flushes of
- Heat, pleasurable
- Heaviness
- Lack of vitality
- Lightness
- Pain, bones
- Pain, stabbing
- Pressure, from inside out
- Prostration , extreme
- Relaxation
- Restlessness
- Sighing
- Sleepy
- Sluggishness
- Weariness
- Yawning, constant

SENSATIONS

- As if grounded
- As if the top of my head was just about to blow up
- As if salivation, left corner of mouth
- As if something moving in the stomach
- As if fire coming out of the head
- As if bleeding
- As if spiraling energy through inner core
- As if concentric circles, going deeper
- As if too much adrenaline in the blood, breathless
- As if a weight is pulling one down
- As if in a trance
- As if an energy is buzzing around the head

- As if fat
- As if nothing, no substance

CASES

1). A woman who had used anti-conception for contraception for many years and the menstrual cycle had not re-established after discontinuing use of contraception. She took a dose of Menses 40/4. Some weeks later she bled again for the first time. She had previously been prescribed Carcinosinum and Folliculinum to which she had not responded. Menses 40/4 reestablished her periods.

2). A woman who had profuse menstrual bleeding with anaemia and a history of abuse. Very sensitive and intuitive. Phosphorus helped issues around abuse and Ferrum, then Ferrum-phos held back the anaemia. Menses 40/4 "turned her around", regulated the bleeding which ended the anaemia and she became in balance "It had a profound impact" .
Heals Hidden abuse and Menstruation symptoms. Many cases of menstrual cramps with grief and depression before menses and are healed with this remedy! Amazing deep-acting remedy.

3). Menses-blood teachings brought back the memory of having been circumcised secretly by family members! Which brought back great relief and insight.

CONCLUSION

Menses-blood teachings brought back the memory of having been circumcised secretly by family members. Brings us to deep traumatic insights and heals trauma.

Literature:

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