



Secrets of Our Turn-on: How our female cycle & brain rhythms affect our libido

One moment you are so horny that even the furniture looks exciting and you start doing a lap-dance for your couch.

In the next days, you are bursting with irritability and wish the world would go away and stop demanding of your time and energy.

Yet at times, nothing could be more delicious than silky PJs and a snuggle while watching a great movie.

And at its worse, you are depressed and feel horribly fat and unattractive, wondering why your partner is still interested in you.

Are you psychotic?!

No, you are female.

And as women, we are ever-changing, unpredictable, and exquisitely linked to the ebb and flow of our hormones.

Those who love us, revel in these shifts, while other runs for the hills.

Discovering Our Pleasure Gears

As much as we do not enjoy our body being referred to as cars, our hormones actually behave a little like a gear shift.

We have a high and low gear, as well as neutral and reverse.

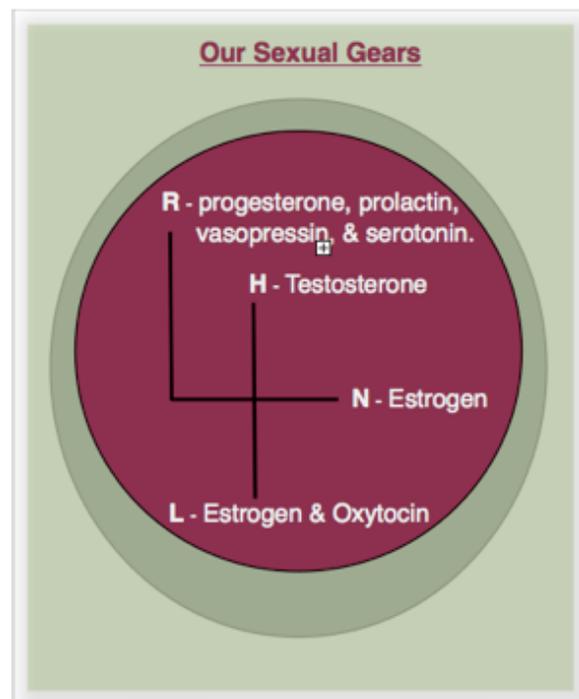
High gear is our **testosterone**. This is when we are more aggressive, outgoing and go for what we want.

Low gear is **estrogen** combined with **oxytocin** and represents our proceptive or seductive nature. Here we are more alluring and coy, the 'come hither and claim me' version of ourselves.

Neutral is **estrogen** on its own and it is, well, neutral. We can 'take it or leave' albeit sex, affection, socializing, etc.

Reverse is a mix of **progesterone, prolactin, vasopressin,** and **serotonin**. This literally can make us go in reverse and shut-down any of our desire and our ability to seduce and attract. It is our 'leave me be or suffer the consequences' gear.

Through understanding and navigating our hormonal peaks and valleys, we create more ease both for ourselves and those around us.

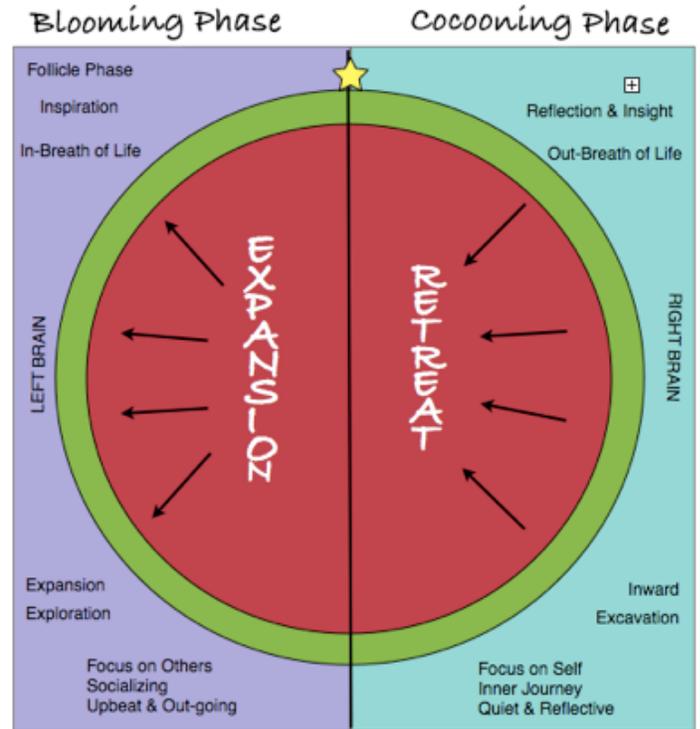


Girl Brain – Boy Brain?!?

But it doesn't end there (if that was not already enough!).

Our cycles are not only fluctuate between hormones, but also the two hemispheres of our brain!

The **'Blooming Phase'** is a time of the month where we are more in our left brain and more rational and focused.



While, in the **'Cocooning Phase'** time of the month, we are in our right brain and emotional and intuitive.

Forcing ourselves to stay in our left brain for the entire month, we literally expect ourselves to be constantly focused and rational.

When we refuse to explore our right brain and constantly ignore our deeper emotional and intuitive signals, we disrupt Nature's way of creating an exquisitely balanced and expressed life!

Only looking at the bright side of life, we cut ourselves off from invitations to develop our insight and consciousness.

Our 'Cocooning Phase'—when we move away from outside stressors and retreat inwardly—is not something we often value or are comfortable with.

While most of us are pros at our 'Blooming Phase'. As this is when we have the most beauty, aliveness, and enthusiasm for things outside of us.

Yet it is vital to our well-being.

When we forget to respect our natural rhythms or cycles, we start to directly compromise our system.

Continuing to do so, day in and day out, our body will eventually rebel and gift us with an imbalance such as obesity, chronic fatigue, and other issues.

We need to go inwards.

To take the time to be honest with ourselves and to discern what is no longer working in our life.

It is also a time to acknowledge and birth our deeper calling.

Do you know your deeper calling?

Turn-on, believe it or not, is not just hormonal or part of our brain-waves. It is also living a life of deeper meaning.

If our sole meaning is our relationship or our kids or our job, we may feel like our passion, our umph for life has kicked off its dance shoes and retired.

Yet inside each of us is a deeper passion.

Something, if acknowledged, would reignite us and flush our cheeks with rosy enthusiasm.

Our deeper calling.

No matter what age we are, it is never too early or too late to tune into the source of our own passion.

The beauty is that it is calling us, day in and day out. Whispering to us through silent yearnings and screaming fits of emotion.

We would find not only a renewed sense of purpose, we would also notice that our hormones jig to the tune of succulence.

If we would only listen... and then act.

Discovering our cyclical nature and living with deep alignment to our own inner truth and inspiration is part of my core message.

Start to uncover your own cyclical wisdom and living a passionately inspired and juicy life!

The time is now.