

Bodymind Physics and Premenstrual Syndrome

This essay is presented as a brief look at the dynamics involved in becoming conscious of previously unconscious levels of awareness and encountering the dormant forces stored in the sleeping layers. This phenomenon is becoming increasingly common in the general population as we confront the relentless pace of change in our lives.

Meditation teaches that it takes about 10 years to establish a stable understanding of the awakening process while undergoing a shift in it. Einstein made reference to this when he said, "A fish will be the last to discover water." In order to shorten this time frame for you, I want to make the logic of the dynamic very concrete by using a well-known example of a bodymind phenomenon. **Premenstrual Syndrome or PMS is an experience of both physical and psychological manifestations. This phenomenon is a mini-awakening for those who experience its emotional or physical symptoms.**

What drives this mini-awakening? Each person has reservoirs of unconsciously stored mental and emotional forces. The reservoirs accumulate throughout life because *we are preprogrammed* to unconsciously wall off certain painful events. *The exact pattern of programming* varies with our family, ethnic and social heritage. Once the walls are in place, we automatically make deposits of each similar event we encounter. This creates reservoirs of stored forces in our unconscious. The physical body shock-absorbs these forces and thus is a record of the unconscious. These forces can re-emerge in several ways:

1. Too many deposits for a specific type of event will fill the storage reservoir to the point where it simply bursts open.
2. Other pressure inside a person's bodymind can occupy space previously used by the storage reservoir. This could include the pressure of the uterus lining filling up with blood. Most PMS symptoms arise at the peak of this fullness and decline at the onset of menses. In Chinese medicine we know that PMS symptoms can't occur unless the liver has become tense and congested, this is another source of internal fullness. A nutritional liver flush and herbs to restore suppleness to the liver usually resolves this PMS pattern.
3. A second type of PMS develops symptoms of fatigue and weepiness when the period starts. Chinese medicine defines this patient as one who is depleted. Losing their menstrual blood further drains the system. At this point, the energy needed to store the emotional reservoir is used up and the reservoir spills open. Natural therapies (acupuncture, chiropractic, herbs, meditation...) enhance the rebuilding of a person's core energy reserves and thus resolves this type of PMS.
4. Meditation, Qi Gong, and Raja Yoga are awareness-enhancing disciplines. They cultivate increased internal stability (coherence). This inner unification is intended to gradually throw off the storage reservoirs in the unconscious. At the surface, the individual becomes conscious of new levels of suffering they had unconsciously endured their whole life. In India, this cleansing of stored emotions is called a "Kriya." In an individual who practices a meditative discipline, the

person is strong enough internally to manage their way through the surfacing forces. For the average American trying to deal with PMS, postpartum, or general depression, these surfacing forces will be misunderstood and may overwhelm the individual. Meditation training cultivates the "Observer" function. A person who has trained their "Observer" function can witness these emotional releases and not live in them like the untrained person enduring PMS. The trained "Observer" can notice, "My consciousness is releasing a reservoir of anger and it's about to emerge." While the PMS patient might shout, "Would everybody please quit bothering me!?!". In both cases the individual could experience a flood of surfacing feelings, which may or may not bring a stream of tears with them.

I hope this essay proves useful to those of you who are having mini-awakenings or "Kriyas." It is a lot more enjoyable when you know the deeper benefits involved. Unloading these dormant unconscious reservoirs slows the aging process by recovering lost vitality.

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