

A New Woman's Period Cycle



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A New Woman's Period Cycle Chapter 1



Gráinne



*Let us first distinguish between a woman's Period Cycle
and her Menstrual Cycle*

Sometimes the terms can be confused, so let us be very clear here.

And men, remember what I said about understanding the clitoris as being important for Manhood? It is important for men to understand the difference between a Period Cycle and a Menstrual Cycle too.

As we move into Golden Age, women's standards will rise. The standards that women expect from men will also rise. So yes, understanding Period Cycles and Menstrual Cycles is important for men too.



A Menstrual Cycle involves menstruation, the discharge of blood and mucosal tissue from the inner lining of the uterus

First let us make sure we are up to date on vocabulary.



“Akira, you explain me please “uterus””

“Uterus, womb – same”.

“Thank you, Akira-san. Domo arigato gozaimasu.”

That is it. Uterus is another word for womb. Same. Once a month the lining of the uterus, or womb, is discharged through the vagina (which is a natural-born woman’s equivalent of a fagina).

This is the Menstrual Cycle. It requires a womb. A uterus. One cannot have a Menstrual Cycle if one does not have a womb.

A Menstrual Cycle requires a womb

As such a man cannot have a Menstrual Cycle.

(Unless he recodes his body to female and generates a womb by being Mystique. But in that case he is no longer a man. So it is true. A man cannot have a Menstrual Cycle.)



*Now, what about a Period Cycle? That is different.
That is **hormonal**.*

This is to do with the ebbs and flows of female hormones - oestrogen, progesterone, follicle stimulating hormone and luteinising hormone – in a monthly cycle.

This is a hormonal cycle. While very closely tied in to a woman's womb, her Period Cycle does not *require* a womb. Her Period Cycle is hormonal.

This is to do with her endocrine system.

Now, first a little help once again with vocabulary.



“Akira, you explain me please “endocrine””

“Endocrine, hormonal – same”.

“Thank you, Akira-san. Domo arigato gozaimasu.”

The endocrine system is another term for the hormonal system. Same.



Now for something interesting. Men have endocrine systems too. Men have Pituitary Glands. Men have Pineal Glands. Men have hormonal systems too.

Men don't have wombs. So they cannot have Menstrual Cycles. But men *do* have hormonal systems. Which opens up a possibility.

That men could have a Period Cycle



There is already a precedent for males having a Period Cycle. It is in babies.

But doctors have missed it. It is in babies. I'll be discussing this in more depth later. But I can give the essence of it now.

It is to do with *initialising* a baby's immune system in the first few months after birth. During this time it is critical that the baby be in close physical contact with the mother for extended periods of time. This is to allow the baby to synchronise with the mother through *Sympathetic Resonance*. This is critical for initialising the baby's *immune system*. The baby's immune system is initialised by synchronising it with the mother's, which is tied in to her Period Cycle. In this way the baby's immune system is tied in to a Period Cycle for the first few months of life. Through *Resonance*.



Lack of physical contact with the mother in the first six months can result in the baby's immune system not being properly initialised

Which can cause long-term problems.

This is the single biggest cause of cot-deaths.



*One has no hope of understanding medicine to a deep level if one does not understand **Resonance***

You will find resonance at every level in the body. So many of our bodily systems are governed by resonance. To understand medicine, to *really* understand it, take time out and study resonance. Understand it inside out. It comes up everywhere in medicine.

In my medicine it does anyway.

Perhaps not in Mr. Slate's medicine. But in mine it does. In the medicine of Golden Age it does.



“Is this how a man can regulate a Period Cycle, Gráinne? By moving into Sympathetic Resonance with the Period Cycle of a woman?”

“That is exactly how it is done, Béibhinn. Just like when the Period Cycles of three or four women living in the same house can begin to synchronise over time through Sympathetic Resonance, it is the same.

By moving into resonance with a woman’s Period Cycle, the man can use her rhythm to kick-start and regulate his own.

Which is how a man can achieve the Period Cycle of a woman. By synchronising with a woman.

*I’ll be explaining this in more depth as the documents progress. Not simply the theory, but explaining exactly **how** to do it. But that is the essence of it.*

Like all good ideas, it is very simple. Therein lies its power. The power comes from its simplicity.”



A woman's Period Cycle. Is this possible? Yes.

We have some groundwork to lay. But I will be explaining step-by-step exactly how a man can achieve a woman's Period Cycle. Completely naturally.

I know exactly how to do it.



When I begin living as Gráinne one of the first things I am going to do is to activate my Period Cycle

I know exactly how to do it. Not just the cycle part but also the hormones part.

Let me give you another hint. The energy body is primary. The physical body takes its cue from the energy body. Which can be reprogrammed with the mind.

A man's endocrine glands (or hormonal glands – same) are capable of producing female hormones. They are produced in all men but in trace amounts. So men do produce female hormones. Just not many of them. But men's bodies do know how to do it.



The hormone levels that an endocrine system produce depend on the “orders” that it receives from the brain

Which come in the form of an energy signal. Which can be reprogrammed by the mind of an X-Man.

Both the *hormone* levels. And also the *cycle*. Both are very important.

This may not be enough to enable a man to get pregnant and carry a child. But it does have an effect on his physical body – curves and so forth. And it also has a profound effect on his emotions and mindset.



Switching a man's endocrine system to support a woman's Period Cycle is an important step in switching his emotions to female

I will be explaining step-by-step as the documents progress exactly how to do it.

For now I will simply say that it is possible. Completely naturally and without taking any hormone supplements, it is possible.

And I will also say that I know exactly how to do it.

Can I say that with certainty? Yes.



I solved this in November 2012 and I tested it on myself

Just for a few months. The decision to become a woman may not have been made until December 2012 but I had been working on this for many years beforehand. It takes many years to achieve the Tao. I was close to a decision in November 2012 and my solving and testing this was part of the lead-up to my decision.



I do need to do more work on this to develop the strength and depth to match a woman's Period Cycle

I have developed strength in a number of my body systems over many years of training. But this system I have not done as much work on. It will take time for me to build strength in this system. There are many additional complexities because of the strong links between emotion, psyche and the endocrine system. It is not simply a matter of recoding the endocrine system. I need to work through the psyche and emotions too, which takes years. So this one will take time. It will be slow.

What I achieved was a Period Cycle but not as strong as a natural-born woman's. But I did achieve it. It will take time and work for me to develop the strength and depth to match a woman's Period Cycle. But in time I know I will achieve it.



“Ciarán, are you referring to Psychoneuroimmunology?”

“Yes I am, Mr. Slate. That is a key part of it. But there is more.”

That’s a story for another time.



Moving into Sympathetic Resonance with the Period Cycle of a woman or women is the process by which a man can achieve a woman's Period Cycle

Completely naturally.

Understand?

Girls Aloud – I'll Stand By You

A New Woman's Period Cycle



End