

Topic: Mindful Keepers of the Home on Menses

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Sometimes it's a hit or miss, not everyone goes through this. We want to make sure we are doing the best sisters and daughters of Sarah we can be What is Menses?

Definition:

men·ses

/ˈmensēz/

blood and other matter discharged from the uterus at menstruation.

- the time of menstruation.

“That time of the month.” We as women, sisters, moms can struggle with that.

I am not a doctor and not giving medical advice, I am just sharing information aiming to give us better understanding on this topic to be able to proceed with wisdom, not all people are affected by this.

Proverbs 4:7 (KJV) Wisdom is the principal thing; therefore get wisdom: and with all thy getting get understanding.

We are trying to get a better understanding of this as women, because we are all affected by it one way or another. Let's have a discussion so we can be better and do better as being mother's, wives, daughters, sisters, and friend.

During that time of the month when the women is unclean, we can be chemically imbalanced, the moods can be up and down, feeling crappy, break out to effect self esteem, the skin feels dull. Every month changes. This class is for me also to have this on the forefront of my mind to be better and do better. When I get my menstrual sometimes I feel like I don't like myself. I know I can control it, because when my lord gets off from work, I'm trying to snap myself out of it so he doesn't see it or is not affected by it. If I can do that for him, I can do that for myself too. There is no reason for me to be affected by it all the time.

I see a few of us sometimes struggle, I see the look on the face. I know, I try to make it easier. If you see your sister give her some space, it's that time of the month. Try to make light of it, butt let's just talk about it.

All the while we are going through this sometimes if we're married, if we have children, even if you're not married or with children, people can be watching us. It is important to have this at the forefront of our mind. If we know better, we do better. We can look a little unsound #crazy, and we don't want to look like that.

2 Timothy 1:7 (KJV) For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

Focus on a sound mind. A sound mind is stable; a healthy mind. A healthy mind is linked to our attitudes and our outlook. We must be focused on doing the work so that we can be counted worthy. This is why we are all here, repenting daily, why we all decided to change our lives so we can do better ultimately so we can make it to the Kingdom and be with Christ. We want to be focused on having a sound mind and not being crazy. During this time of the month it can get a little crazy.

Let's talk about ways to help this process. Menses occurs every month unless you are with a child, or you have an irregular cycle. If you have an irregular cycle you should seek medical attention. If this is something you experience rhea out to your physician

Sirach 38:1 (Apocrypha) Honour a physician with the honour due unto him for the uses which ye may have of him: for the Lord hath created him.

We know The Most High created the doctor so we should not be neglectful of our health. If there are any issues arising we should be reaching out to our primary care physicians.

Sirach 38:7 (Apocrypha) With such doth he heal *men*, and taketh away their pains.

This is pain, annoyance and a nuisance, even if it is not physical pain, we know The Most High can take it away, if we believe in Him and He will help us overcome this so we won't allow this to take out the spirit or block us as being daughters of The Most High.

We are going over this topic so we can be mindful. When we talk about these issues and tackle them head on and give us a clear view to make better choices. Remember we can quickly fall out of the spirit during this time, and all of this can be avoided.

Leviticus 15:19 (KJV) And if a woman have an issue, and her issue in her flesh be blood, she shall be put apart seven days: and whosoever toucheth her shall be unclean until the even.

The Bible teaches us we are unclean for 7 days. That means even if the flow has stopped anytime within those seven days, for example day 4, your flow has stopped, you are still unclean until day 7. If you are married that means, no appointments, foreplay, nothing during this time.

Do Periods Actually make Women Moody? Ft iiSuperwomanii

https://youtu.be/LNDE_LDWXW0

There are things going on and this is why the imbalance is happening during this time. The first time I got my period I was so concerned and had no idea what was going on. I was just like I was dying. Every time a woman has her period her body was preparing to have a baby. Every time it starts in the ovaries each containing over 100,000 eggs. Once a month one egg will release, spending three days making its way to the uterus. The uterus makes a lining, under the right circumstances sperm will fertilize the egg and begin pregnancy in the womb. These hormones enter the bloodstream and travel throughout the body to the brain. Estrogen and Progesterone Interfere with neurotransmitters, which can lead to PMS in women. Period mind sucks. There are a whole bunch of chemicals messing with the mind every month. PMS is not the same thing as your period. It actually happens 7-14 days before signs of bleeding. 50-80% of women have experienced some degree of physical or psychological PMS symptoms. PMS can manifest itself as psychological symptoms such as mood changes, anger, crying, irritability, upset stomach, difficulty sleeping, nausea. One woman's PMS is not like another. Stress and anxiety run high. After no fertilization occurs, the body realizes it didn't happen. The shedding has nowhere to go but out. Unused membrane mucus out of system. When it ends the cycle starts all over again. Without the menstrual cycle our very existence as a species will be completely altered.

This is serious, and a real thing. We have to learn how to do better and manage it better. The scriptures say it's good for us to be fruitful and multiply. Let the younger woman marry, have

children and raise them. So we know that we need to have a menstrual cycle so when we are married, we start to bring forth children. That video shows everything that's happening. Why the hormones are a bit out whack. Eggs getting dropped, things looking to be fertilized, lots of ups and downs, highs and lows. Nothing we can do about it. It's serious a hindrance and can effect things

Genesis 3:16 (KJV) Unto the woman he said, I will greatly multiply thy sorrow and thy conception; in sorrow thou shalt bring forth children; and thy desire shall be to thy husband, and he shall rule over thee.

This is our curse. A sister texted me and said that damn Eve, why did she do what she did? My lord taught me we all are Eve. We are all women; we are in the same boat. This is our lot, we have to accept it, and do the best that we can.

We understand that our husbands rule over us and we need to do everything in our power to give them a smooth life. Be a helpmate for them, be a great mother to their children. If you're not married, you're doing a lot of things for the church. Constant contact with leadership. You have father figures in the church and want them to have a good report of you. A brother may be asking how this sister and you is don't want them to be like, sometimes that sister off.

Deacon Malachi said we are a reflection of our lords. Reflection of their house. If someone is checking for you if you want to have a lord. We have to learn how to do better. Someone can have a resting bi%Hh face. That's not how we should be looking. This is not to bash you or make you feel bad, we need to talk about this. When we know better, we can do better.

This is our punishment, we cannot use it as an excuse to not cook, clean, work, go to school, take care of the kids, We have an array of things we have to do everyday, yet the men have a lot going on too. They should not go to work all day and come home with no dinner prepared. We should be doing everything in our power to show them our appreciation for them for all that they do for us. This is our cross we have to bear, this cannot be a factor.

Ultimately sometimes the men have bad days, we love our leadership as father figures, and sometimes they can have a bad day, I don't feel like waking up the people today, teaching, I don't feel like getting on Biblical Smoke, there is a lot that goes on. There is a lot of great information helping you stay in the spirit and learn different ways to manage. The scriptures say, when one turns their life around, the whole Heavens rejoice. It is always emotional when people get it, this makes sense. Maybe we can have that same outlook and do this cause there is nothing we can do about it. Let's do the best we can.

The house should be orderly and clean as it always is. Your lord knows how you keep things in order and should not come home to a house he's not used to because you're on your menses. The kids should be clean and happy. They are hungry, crying, sad, they are cranky too. We have not been tending to anything, it's a madhouse. We have to avoid this and be mindful, just

because we are on our “menses” give us no excuse as being a wife, mother, or being a keeper of the home.

Sis Bayla mentioned we want our lords to rush to come home. My daughter chases me to the door when we hear my lord pull up. That’s a little joke we have in the house, that’s my dad, that’s my lord and my lord loves that. Every man rules their house as they see fit. Having menses is not fun or easy. Our foremothers talked about hating it.

Esther 14:16 (KJV) Thou knowest my necessity: for I abhor the sign of my high estate, which is upon mine head in the days wherein I shew myself, and that I abhor it as a menstruous rag, and that I wear it not when I am private by myself.

Esther hates the attire that she has to wear as the queen, and she compares it as a menstruous rag, no one wants to go through, see or feel it. That’s our load and we have to learn different ways to manage it better.

Let’s touch on the things to make it hated amongst us.

Article: [Here's How PMS Can Change in Your 20s, 30s, 40s.](#)

<https://www.health.com/condition/menstruation/pms-changes-20s-30s-40s>

We are dealing with this and coming in contact with people. Every year it’s different. This article will bring out a little bit more awareness. Premenstrual syndrome starts 1-2 weeks of the actual period. You want to be affectionate and moody. This shift is normal based on how your body changes as it gets closer to menopause. Knowing your symptoms help you manage them better. This is 7-10 days prior. Symptoms will go away after PMS begins and hormone level rises. PMS can cause a variety of symptoms. Physical symptoms. Fatigue and acne you may also experience emotional changes, You may have some, all or none. Mood swings, crying spells and feeling mad, changes in appetite, sleep patterns, tension, changes in libido. We have to find ways to deal with it better.

In 20s PMS symptoms start. If we have teenagers, daughters, YDOS we can have conversations like this. Women in there 20s may also be more likely to use hormonal contraceptives. We don’t advise that, when we get married, we want to be fruitful and multiply. Doctors mention this as a go to, we can prescribe you birth control pills. We have to not always be so equipped to take what they offer. We have to talk to leadership, fast, pray about it because we do not want to put anything in our bodies that are not natural.

In 30s PMS symptoms may also worsen if you give birth or a history of an affective mood disorder such as depression or bipolar disorder. The scriptures should help us. We have to have faith that The Most High can help us and heal us to get better. PMDD occurs in late 20s and 30s, happen in less than 5% of women that may menstruate. More intense than PMS. Symptoms can include suicidal thoughts. Reach out to leadership, your lor, counselor of 1000, this is serious. That anxiety, irritability, we have to get through it and do better.

In 40s PMS worsen as you go through perimenopause, typically begins in your mid to late 40s and last four years before your periods stop completely. It's an entire set of curses when you face menopause. I was 39 when I had my daughter, I was 42 when I was pregnant again. These things can still affect you. We have to take everything in stride. If you want medication, you should be looking for natural holistic or combination can be used to manage PMS symptoms.

This is our lot and our curse, as being women, there is no reason for crying, being depressed about it. Get better and do better

We are Israelite women and are busy.

Is PMS an Excuse to Dismiss Women's Feelings?

<https://youtu.be/le2jH8tnDeg>

PMS is a Western Construct. It is nothing but a myth. PMS & PMDD> Irritability, anger, depression, what happens if we have them, we blame them on our bodies. We dismiss and don't look at real issues underneath. Typical example of a woman who comes to me. I was working all day, picking up shopping, dinner, and looking after kids. I'm angry looking at my husband drinking a beer and reading the paper. He dismisses it and life goes on. Take the distress seriously. Help as not to look and blame bodies. PMS is not a diagnosis but a syndrome. When we look at underlying causes, she needs to work on communication. Some of those emotional signs are negative expectancy. When something feels askew they attribute it to that time of the month. The next cycle comes and happens again, which is part of the problem.

I grew up in a house with brothers who were older and said mom is b&*^y, it is a syndrome and things happen in our body and self and we have to get grips and learn to manage and overcome. It can last all the way into our 50s. There is no set time to stop. This is a real

conversation so we can make better choices and do better. The mood swings are real. We have to try to understand that. We don't want to push it on other people yet recognize it.

WE as Israelites have a very busy life, married, unmarried, children, we are very busy and that is what we do. Let's talk about what that looks like and can contribute to having this syndrome intensify. A lot of the time I don't have time to do things because from the time wake up in the morning, getting my lord out the door, and get my daughter ready for homeschool. Nurse the baby and put him back to sleep. We are juggling all this. It's time for lunch, reading and reviewing, online errands, running to the market, getting ready for dinner, offices in the body. Constant all day. The scripture says, idleness teaches much evil. It is a good thing we are constantly busy. Fit in daily reading, then it's bath time, clean up and it starts over again.

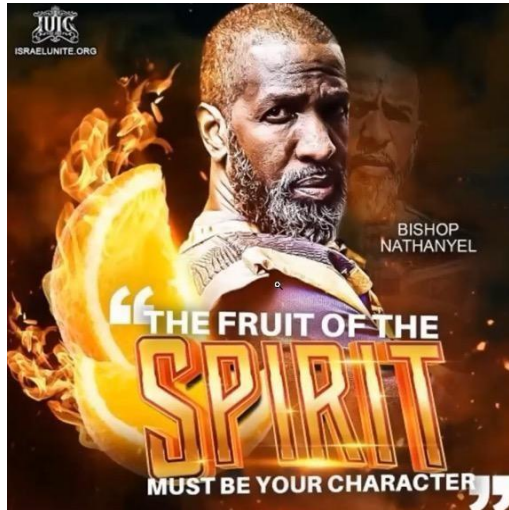
During the time of the month we may feel overwhelmed. We may be dealing to the capacity we are typically used to. We do not feel like ourselves. Take a moment and realize, this is not who we are. This is not forever, don't beat yourself up. We can do nothing but be better next month. I wonder if my lord looks at me and says it's her time of the month.

Since we're having a real talk. Before I had the baby, I used to have insomnia, I got into blogs, how to prepare for when the baby comes. Have your pads packed because your menstrual will start again. One time I woke up I saw I was a mess, that made me furious, what if my lord turns over and sees. This time when I had my little baby, they already had panties with disposable panties. If you are tossing and turning, you can have an accident. They are disposable underwear. They are all organic and cotton, they are called Rael. If you have a heavy cycle, you may need it longer. This can ruin everything; blood is not easy to clean. We want to be sanitary, clean, no order.

These are conversations you have to have with our girls, daughters, young girls. God forbid your husband go to the bathroom and see a nightmare. He does not want to deal with that. Be mindful when we flush. If we are at home, in public, look back and make sure it is flush completely. We have to be mindful.

There shall be a confusion also in many places, and the fire shall be oft sent out again, and the wild beasts shall change their places, and menstruous women shall bring forth monsters:

When we think about menstruous women and compare it with monsters. If we are not doing what we need to do, we will bring forth monsters. We don't want to be evil or wicked, we want to be righteous, having good fruits of the spirit.



Galatians 5:22 (KJV) But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, 23 Meekness, temperance: against such there is no law.

If the fruit of the spirit, we are aiming to have that become our character, it's not going to pass because we are on our menses. We are having mood swings, irritable, sad, we are withdrawn in the congregation, not interacting. We have to be mindful if this is a goal we are aiming for, it has to be all the time not just when it's convenient for us, it is supposed to be who we are. We should strive to display these at all times.

We know it is not easy, but with time, practice, application, studying, praying, applying, fasting, we can overcome this. We can do better and be better. From the physical and emotional aspect we just have to pray, fast, try to find ways to help ease all the symptoms we are dealing with.

Mood Swings During Period: Causes & Management/Period Mood Swings

<https://youtu.be/tww5gXrgk50>

For some women it can range from anxiety, to irritability to sudden crying spells. Start a week before or relieved once period starts on day one or two. Mild or severe degree of symptoms. Estrogen and Progesterone these sudden shifts can cause decrease in serotonin which is a happy hormone. Make some lifestyle modifications, exercise, high fiber, omega 3 (fish) that help improve neurotransmitters and improve mood. Distress by doing yoga, make a diary, now you know.

Sometimes things don't stick when you hear it once, we can see the reason. We are having this real life conversion, we can find different things that can help us. Have diaries, we take notes, clubhouse, Sabbath day, or watching a class that we focus on. Write down and give it a couple months to see when it starts. We can have it in the forefront of our mind to not allow it to overtake us. Doing exercises helps us manage it, even if you are doing 5 or 10 minutes, having a better diet, staying away from sugar. Yet around that time of the month I need it, it is really an addiction. I have dark chocolate, raw bananas, oatmeal, trying to find different ways to help us be better when we are on that time of the month.

DEACON MALACHI VIDEO CLIP

<https://t.me/c/1310094365/7092>

When you are in a place of leadership, never think they are not looking at you. They are looking at your wife, your children, because your wife and children is a reflection of you. If your wife bugs out, you bug out. If your wife's name pop up in everything, we look at you. There is something in the house you are not correcting. You have to put all this stuff in subjection before you can tell another man. How can you tell me and yours is not in order? That is what you call hypocrisy.

You say you a follower of Christ, but you don't do nothing Christ do. You have to live what you say brother You have to be that example. You want to be a leader but you don't want to be an example. They go hand in hand. If you call yourself a leader you have to be an example to that man and woman that sit next to you.

You have to be an example, so don't be a dragon or mean. Be kind, nice. If a sister ask a question, let me ask my husband. I'll get back to you. Don't be nasty. Some of you are mean spirited. The woman is always in competition with each other, that's a mean spirit to have.

We have to put things in subjection. We have to find ways to better deal with it and put it in subjection just like we have to do with anything we struggle and battle with. This is no different.

Leadership is always watching when the men bring their wives out. It might be that you are not a dragon. We know we want to be aiming to have the fruit of the spirit That Is still no excuse to be mean spirited. We want the fruits of the spirit to become our character as being Daughters of Sarah of The Most High.

We can start over today as long as The Most High gives us a new day. We send our prayers morning, noon and night, we can start over and do better, we can no longer allow the menses to take us down, we are strong enough and can put it in subjection.

Scriptures we can use to meditate on and help us.

Psalms 119:9 (KJV) Wherewithal shall a young man cleanse his way? by taking heed thereto according to thy word.

When we are reading, studying, praying and applying, and taking heed to the word because The Most High has given us the tools to overcome this.

Psalms 119:11 (KJV) Thy word have I hid in mine heart, that I might not sin against thee.

When we are reading, studying fasting we have all these in our heart, which is our mind, we have this in our head because the scriptures says to him that knows to do right, and don't do it; that is sin.

Meditate on to help us with strength, whatever scripture you can use to get through this time of the month.

Psalms 119: 97 (KJV) O how love I thy law! it is my meditation all the day.

We should be meditating and studying, doing all things necessary to help us walk this righteously.

Psalms 119:105 (KJV) Thy word is a lamp unto my feet, and a light unto my path.

We shine bright, we are Israelites. If you are in the word and doing the work, you have a glow to you. They watch you whether you are married or not. If you are not radiating with light, then you're dark. As Deacon Labachaa says, you don't want to be an ashy black devil.

We have to do the work, stay in the scriptures, keep the laws, statutes and commandments always, study, pray, apply and fasting always. Doing everything we can do to help the body, doing alms, whether money or work, all of it counts. The Most High is watching us and we can not use excuses as an excuse to be mean spirited.

Lord's will you can learn something to help the cycle we have to deal with every month.

Thank You all for having me, leadership. I appreciate you all for logging on, have a wonderful, blessed night and enjoy the rest of your week.

Most High In Christ Blessed