

**MENSTRUATION, PREGNANCY, BIRTH, MENOPAUSE:  
CYCLES IN A WOMAN'S LIFE  
(DR-116)**

The stages of a woman's life are marked by definite changes in her body. A young girl joins the tribe of women with her first menarche. Pregnancy and giving birth make her a mother. The cessation of menstruation marks her as crone. Since we have few rituals in our society to mark these changes, a woman can find meaningful connection to the changes in her body, on a physical and symbolic level, through relating to her dreams.

**READ THIS SECTION BEFORE WATCHING THE VIDEOTAPE.**

The material is presented as follows:

1. Menstruation (18 minutes)
2. Pregnancy (15 minutes)
  - A. Pregnancy, Abortion, Womb
3. Giving Birth (16 minutes)
  - A. Labor, Birth, Dual Birth
4. Menopause and Death (10 minutes)

Conclusion: This tape inspires regard for the mystery and beauty of the naturally occurring cycles in a woman's life. A modern woman can learn to recognize these changes as her symbolic initiation into the deep and continuous connection with all women throughout history, as well as with the Archetypal Feminine.

**WATCH THE VIDEOTAPE IN ITS ENTIRETY.**

## RECOMMENDED READING

### TAPE XVI: MENSTRUATION, PREGNANCY, BIRTH, MENOPAUSE: CYCLES IN A WOMAN'S LIFE (DR-116)

If you can read only one book, read:

ZWIEG, CONNIE. *To Be A Woman: The Birth of the Conscious Feminine*. Jeremy P. Tarcher/Putnam Book, G. P. Putnam's sons, NY 1990.

Other books:

DOWNING, CHRISTINE. *Journey Through Menopause*.

RUTTER, VIRGINIA BEANE. *Woman Changing Woman: Feminine Psychology Received Through Myth and Experience*. HarperSanFrancisco 1994.

WOODMAN, MARION. *The Pregnant Virgin: A Process of Psychological Transformation*. Inner City Books, Toronto 1985.

Recommended books are available at  
C. G. Jung Library & Bookstore  
10349 W. Pico Boulevard  
Los Angeles, California 90064  
(310) 556-1196

Call 1-800-301-5553 to order the Dream Journal Workbook or more tapes in this series.