

ESTROGEN & INVENTION

DO HORMONES SPARK CREATIVE THINKING?



- @SharaRaqs

.MUSECYCLES

1ST.MUSE
"HATE THE HUSTLE"

2 ✓

2ND.MUSE
"SHE WHO IS FUELED BY HER FIRE, WINS"

2 ✓

3RD.MUSE
"I DREAM . I CREATE"

2

4TH.MUSE
"I FEEL, THEREFORE I AM"

2

5TH.MUSE
"MASTERY GOES WITH FLOW"

2

6TH.MUSE
"MAKE COMPLEX SIMPLE"

2



9TH.MUSE

< SUN, JUL 2, 2017 >

05



MONTHLY: 15 01

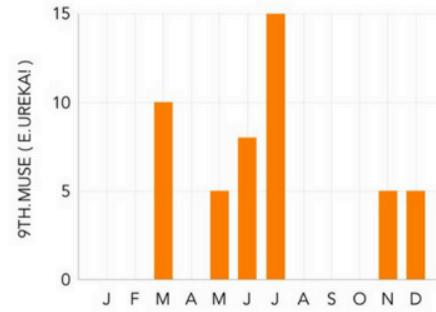


WEEK

MONTH

YEAR

YEAR TOTAL: 48



JAN 2017 — DEC 2017



KINDARA

fertility tracker

CYCLE	START DATE	CYCLE LENGTH	
79	Sep 20, 2018		
78	Aug 25, 2018	26 days	
77	Jul 27, 2018	29 days	
76	Jun 30, 2018	27 days	
75	Jun 4, 2018	26 days	
74	May 7, 2018	28 days	
73	Apr 10, 2018	27 days	
72	Mar 14, 2018	27 days	
71	Feb 17, 2018	25 days	
70	Jan 21, 2018	27 days	
69	Dec 27, 2017	25 days	
68	Nov 28, 2017	29 days	

Calendar Data Chart Community More

KINDARA

fertility tracker

1. cervical fluid

2. mental state

JOURNAL

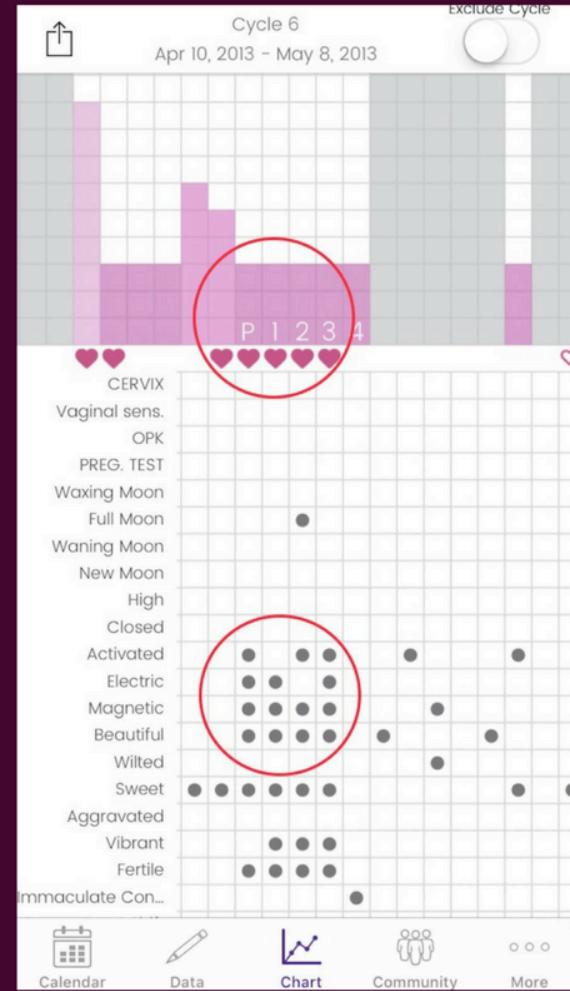
The [REDACTED]
So [REDACTED] [REDACTED]
per [REDACTED] g. I am going
through a creative time where I am downloading
some of the deepest and most far-reaching
insights of the year. This happened to me at this
time a few cycles ago. A pattern?



...

CYCLE.6

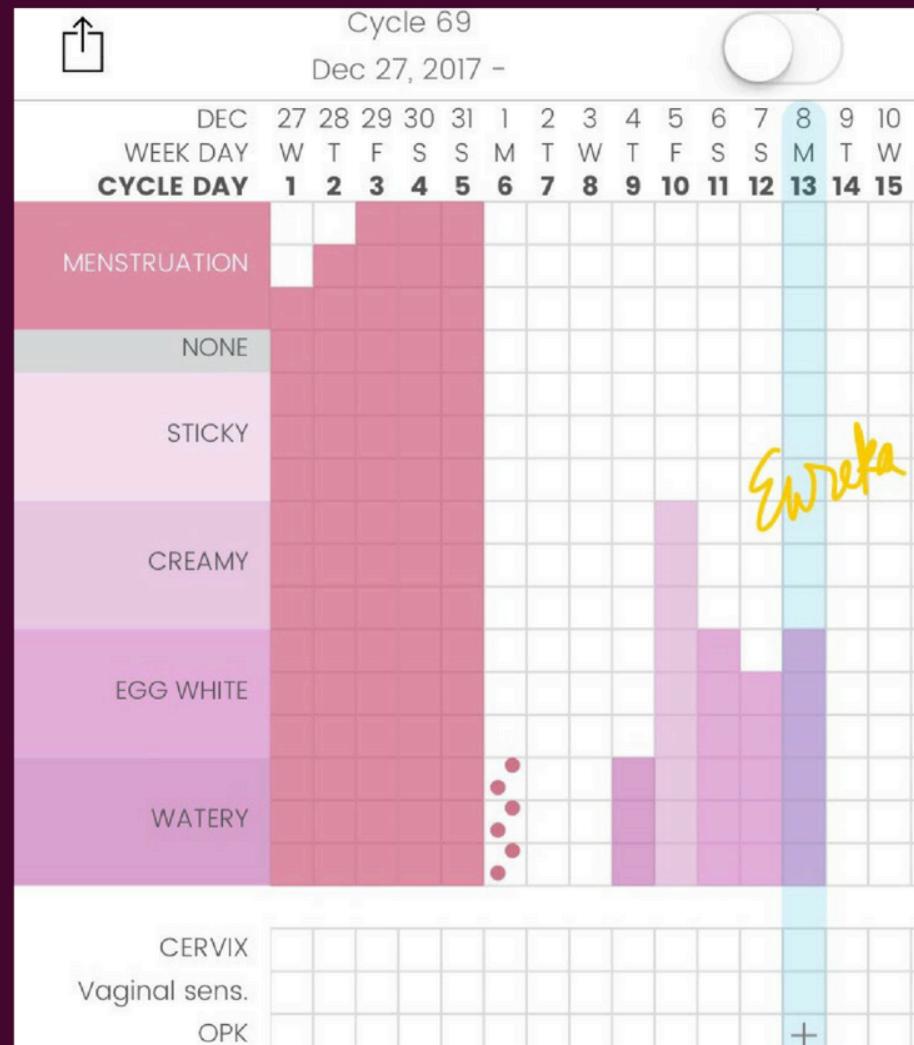
starting to see a
pattern?



CYCLE.6 DAY.12

"prince. was the best experience of my life.
consumed with gratitude that I'm
producing my best work, seeing the
**LINK BETWEEN MY CYCLE PEAKS
AND CREATIVE OUTPUT."**

the 9th time I
had a eureka
moment in
2017



MY JOURNAL

"It's as if procrastination is a readying for creative insight. For a birth of the idea itself. Which can happen in a flash."

-cycle.28/day.8

THE SCIENCE

"Neuroimaging studies clearly indicate that people are in this open and receptive state immediately before the moment of insight."

-your creative brain



<p>THE DIFFERENCE BETWEEN STREAM CONNECT IS SOLELY NOT APPARENT: STREAM - A CONTINUOUS FLOW OF IDEAS UNCONSTRAINED BY THOUGHTS</p>	<p>SUNDAY JUNE 18, 2017</p> <p>INSIGHT: If you want to master something, no better treatment than to SLOW DOWN & PLANNING YOUR LIFE.</p> <p>Planning Pattern: I have to make good predictions to know what's coming. When New learning leads to insight 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 Last week was a FAIL.</p>	<p>MONDAY</p> <p>IN INSIGHT: That's a very direct & insightful when I'm calm connecting the dots.</p> <p>INSIGHT: If you want to master something, no better treatment than to SLOW DOWN & PLANNING YOUR LIFE.</p> <p>Planning Pattern: I signed off on my Day 16/17/18 results from the process can result in another creative cycle.</p> <p>RESULT: + mood & ability to handle rough situations better. It makes for a better personal life.</p>	<p>TUESDAY</p> <p>IN INSIGHT: While I'm in a Beta Sky thinking state, this cycle experiences a EUREKA! Why?</p> <ul style="list-style-type: none"> - the A-B-C connect method? - talking to Richard? - summer solstice? - domain knowledge in Biz class? <p>Plan the right things at the right time (vs. start & fail)</p>	<p>WEDNESDAY</p> <p>IN INSIGHT: Predicted stream still based on yesterday? We're prepared:</p> <ul style="list-style-type: none"> - Sleep & phone in bedroom to catch deeper ideas and insights around - My morning meeting with Richard <p>Canada Day</p>
<p>1</p> <p>2</p> <p>3</p> <p>4</p> <p>5</p> <p>6</p> <p>7</p> <p>8</p> <p>9</p> <p>10</p> <p>11</p> <p>12</p> <p>13</p> <p>14</p> <p>15</p> <p>16</p> <p>17</p> <p>18</p> <p>19</p> <p>20</p> <p>21</p> <p>22</p> <p>23</p> <p>24</p> <p>25</p> <p>26</p> <p>27</p> <p>28</p> <p>29</p> <p>30</p> <p>31</p>	<p>1</p> <p>2</p> <p>3</p> <p>4</p> <p>5</p> <p>6</p> <p>7</p> <p>8</p> <p>9</p> <p>10</p> <p>11</p> <p>12</p> <p>13</p> <p>14</p> <p>15</p> <p>16</p> <p>17</p> <p>18</p> <p>19</p> <p>20</p> <p>21</p> <p>22</p> <p>23</p> <p>24</p> <p>25</p> <p>26</p> <p>27</p> <p>28</p> <p>29</p> <p>30</p> <p>31</p>	<p>1</p> <p>2</p> <p>3</p> <p>4</p> <p>5</p> <p>6</p> <p>7</p> <p>8</p> <p>9</p> <p>10</p> <p>11</p> <p>12</p> <p>13</p> <p>14</p> <p>15</p> <p>16</p> <p>17</p> <p>18</p> <p>19</p> <p>20</p> <p>21</p> <p>22</p> <p>23</p> <p>24</p> <p>25</p> <p>26</p> <p>27</p> <p>28</p> <p>29</p> <p>30</p> <p>31</p>	<p>1</p> <p>2</p> <p>3</p> <p>4</p> <p>5</p> <p>6</p> <p>7</p> <p>8</p> <p>9</p> <p>10</p> <p>11</p> <p>12</p> <p>13</p> <p>14</p> <p>15</p> <p>16</p> <p>17</p> <p>18</p> <p>19</p> <p>20</p> <p>21</p> <p>22</p> <p>23</p> <p>24</p> <p>25</p> <p>26</p> <p>27</p> <p>28</p> <p>29</p> <p>30</p> <p>31</p>	<p>1</p> <p>2</p> <p>3</p> <p>4</p> <p>5</p> <p>6</p> <p>7</p> <p>8</p> <p>9</p> <p>10</p> <p>11</p> <p>12</p> <p>13</p> <p>14</p> <p>15</p> <p>16</p> <p>17</p> <p>18</p> <p>19</p> <p>20</p> <p>21</p> <p>22</p> <p>23</p> <p>24</p> <p>25</p> <p>26</p> <p>27</p> <p>28</p> <p>29</p> <p>30</p> <p>31</p>
<p>PATTERN: - Evident moments of clarity in our daily lives → honest day to day work. Planning payout: At the start of the year, I had a clear vision of what I wanted to do. I wanted flat out success.</p> <p>PRODUCTION: - Not all your goals are derived from your vision. You can have multiple paths to success.</p> <p>PARTITION: - Evident in the middle of the year. Planning payout: I wanted flat out success.</p>	<p>DAY 1: RETREAT</p> <ul style="list-style-type: none"> - Slept 10 hrs - Meditation - Absorbive coaching platform to analyze my Day Life & master it! - LOVE DR. DEE! Doc!!! - BACON!!!! <p>DAY 2: RETREAT</p> <ul style="list-style-type: none"> - Slept 10 hrs - Meditation - Absorbive coaching platform to analyze my Day Life & master it! - LOVE DR. DEE! Doc!!! - BACON!!!! <p>DAY 3: RETREAT</p> <ul style="list-style-type: none"> - Slept 10 hrs - Light - spent day listening to audio teachings - BACON!!!! <p>DAY 4: REASON</p> <ul style="list-style-type: none"> - Woke up @ 7:30am - FEEL COGNITIVELY - physically - logically - ready to hit my goals - decisive quick to react decisions balanced against intuition <p>DAY 5: REASON</p> <ul style="list-style-type: none"> - Woke up @ 7:30am - FEEL COGNITIVELY - physically - logically - ready to hit my goals - decisive quick to react decisions balanced against intuition <p>DAY 6: REASON</p> <ul style="list-style-type: none"> - Woke up @ 7:30am - FEEL COGNITIVELY - physically - logically - ready to hit my goals - decisive quick to react decisions balanced against intuition <p>DAY 7: REASON</p> <ul style="list-style-type: none"> - Woke up @ 7:30am - FEEL COGNITIVELY - physically - logically - ready to hit my goals - decisive quick to react decisions balanced against intuition <p>DAY 8: ENVISION</p> <ul style="list-style-type: none"> - Very focused - I want desire accomplishment of task at hand! - ENVISIONING WORKS BIZ MODEL <p>DAY 9: ENVISION</p> <ul style="list-style-type: none"> - Very focused - I want desire accomplishment of task at hand! - ENVISIONING WORKS BIZ MODEL <p>DAY 10: ENVISION</p> <ul style="list-style-type: none"> - Very focused - I want desire accomplishment of task at hand! - ENVISIONING WORKS BIZ MODEL <p>DAY 11: ENVISION</p> <ul style="list-style-type: none"> - Very focused - I want desire accomplishment of task at hand! - ENVISIONING WORKS BIZ MODEL <p>DAY 12: ENVISION</p> <ul style="list-style-type: none"> - Very focused - I want desire accomplishment of task at hand! - ENVISIONING WORKS BIZ MODEL <p>DAY 13: ABSORB</p> <ul style="list-style-type: none"> - Late AM had to get out of the office (work) & my studio (focus) and the surrounding sound of suburbia (noise) - no singular direction - Kindle, iPhone, late night reading <p>DAY 14: ENVISION</p> <ul style="list-style-type: none"> - Day 13 INSIGHTS complete understanding - No further desires - Oracle & Delphi - I CONSIDER - MA LIPKA is gifted to see what's in the moment <p>DAY 15: STREAM</p> <ul style="list-style-type: none"> - Kinda "still" is potential. What stillness & solitude of thought like a woman lying in complete receptivity at the moment of conception! - READING NEW DRAFT RELATED PAPER READING 	<p>DAY 16: CONNECT</p> <ul style="list-style-type: none"> - Power of 2: my power on my UVP & product feature set became cyclical cycle - Novel & extremely useful add to AI and hadn't noticed <p>DAY 17: STREAM</p> <ul style="list-style-type: none"> - Nature - In me you can see the greater mystery So I cherish your most precious last the cycles you inscribe into memory <p>DAY 18: CONNECT</p> <ul style="list-style-type: none"> - Verbal fluency cognitive increase - Desire to inappropriate topics - So much better to listen to people talk about them - Desire to listen to algorithms receive new buzzwords <p>DAY 19: CONNECT</p> <ul style="list-style-type: none"> - Thrashing... Nest!!! - Can't decide what needs to happen - Mood shifts from desire to listen to algorithmic buzzwords <p>DAY 20: CONNECT</p> <ul style="list-style-type: none"> - Plan the right things at the right time (vs. start & fail) - Learner MACHINE - connecting a lot of dots between thoughts - no more stretching concussions, a lot of active listening & hearing <p>DAY 21: CONNECT</p> <ul style="list-style-type: none"> - Final push for tackling complex topics able mental energy shifts to physical needs - Did not want to touch technology - Decide to nest for front porch instead of workshop <p>DAY 22: TRANSFORM</p> <ul style="list-style-type: none"> - SUCCESSFUL EXPERIMENT: Melt method treatments during wk 2 have solved my previous system problems sensitively in wk 3 - Does it melt what can't melt 	<p>DAY 23: EVALUATE</p> <ul style="list-style-type: none"> - TIRED! Slept 12 hrs - great time to regroup while cleaning up GOOGLE TABS - great time to do tasks that insult my intelligence like OCC <p>DAY 24: EVALUATE</p> <ul style="list-style-type: none"> - TIRED! No desire to get cleaned up to update - spent 4 hrs researching about the female micro biome <p>DAY 25: TRANSFORM</p> <ul style="list-style-type: none"> - no day - just browse & debug blog <p>DAY 26: EVALUATE</p> <ul style="list-style-type: none"> - TIRED! No desire to get cleaned up to update - great time to regroup while cleaning up GOOGLE TABS - great time to do tasks that insult my intelligence like OCC <p>DAY 27: EVALUATE</p> <ul style="list-style-type: none"> - TIRED! Slept 12 hrs - great time to regroup while cleaning up GOOGLE TABS - great time to do tasks that insult my intelligence like OCC <p>DAY 28: EVALUATE</p> <ul style="list-style-type: none"> - BACON Day (France) 14 <p>DAY 29: EVALUATE</p> <ul style="list-style-type: none"> - BACON Day (France) 14 <p>DAY 30: RETREAT</p> <ul style="list-style-type: none"> - Slept 12 hrs - Heavy - deep analysis & info processing 	<p>DAY 31: RETREAT</p> <ul style="list-style-type: none"> - Slept 12 hrs - Heavy - deep analysis & info processing <p>DAY 32: ENVISION</p> <ul style="list-style-type: none"> - YBBBBP! - ↑ Pos Affect ?? <p>DAY 33: ENVISION</p> <ul style="list-style-type: none"> - completed entire lit review - Thrashing... YBBBBP - Extremely high Pos Affect → finishing Lit Review!!! - GOAL!!! <p>DAY 34: ENVISION</p> <ul style="list-style-type: none"> - completed entire lit review - Thrashing... YBBBBP - Extremely high Pos Affect → finishing Lit Review!!! - GOAL!!! <p>DAY 35: ABSORB</p> <ul style="list-style-type: none"> - Day 34 INSIGHTS complete understanding - No further desires - Oracle & Delphi - I CONSIDER - MA LIPKA is gifted to see what's in the moment



1

receptivity
sparks epiphany

2017

YEARLY SUMMARY

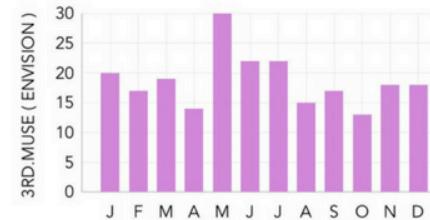
WEEK

MONTH

YEAR

3RD.MUSE

YEAR TOTAL: 225



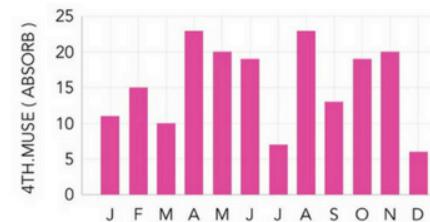
GOALS MET: 15

CURRENT STREAK: 9

LONGEST STREAK: 12

4TH.MUSE

YEAR TOTAL: 186



GOALS MET: 15

CURRENT STREAK: 10

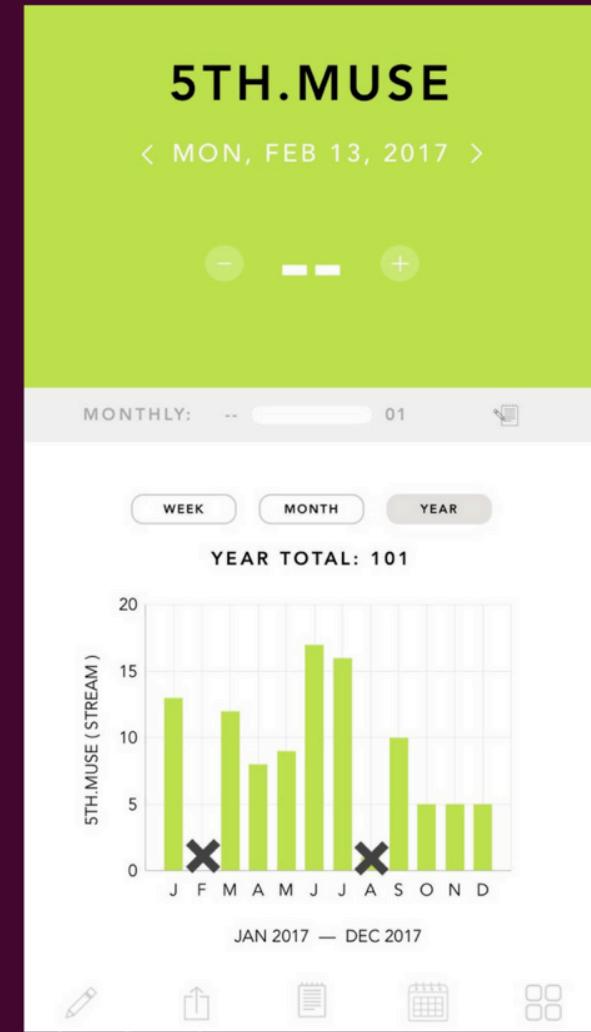
LONGEST STREAK: 13

2 creativity IS NOT a mystery





STRESS IS THE
ULTIMATE CREATIVE
BLOCK



2017

13 ovulations * 9 eurekas!



The background features a dark purple gradient with three sets of concentric circles. The left set is centered on the left side, the right set is centered on the right side, and a third set of overlapping circles is centered in the middle. All circles are thin and light gray.

musecycles.com

text: cycles to 31996

insta: @shararaqs