ESTROGEN & INVENTION

DO HORMONES SPARK CREATIVE THINKING?

• @SharaRaqs
1ST.MUSE
"HATE THE HUSTLE"

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

3RD.MUSE
"I DREAM . I CREATE"

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

5TH.MUSE
"MASTERY GOES WITH FLOW"

6TH.MUSE
"MAKE COMPLEX SIMPLE"

9TH.MUSE
SUN, JUL 2, 2017

MONTHLY: 15
WEEK MONTH YEAR

YEAR TOTAL: 48
<table>
<thead>
<tr>
<th>CYCLE</th>
<th>START DATE</th>
<th>CYCLE LENGTH</th>
</tr>
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<tbody>
<tr>
<td>79</td>
<td>Sep 20, 2018</td>
<td></td>
</tr>
<tr>
<td>78</td>
<td>Aug 25, 2018</td>
<td>26 days</td>
</tr>
<tr>
<td>77</td>
<td>Jul 27, 2018</td>
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<td>76</td>
<td>Jun 30, 2018</td>
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<td>75</td>
<td>Jun 4, 2018</td>
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<td>74</td>
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<td>73</td>
<td>Apr 10, 2018</td>
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<td>72</td>
<td>Mar 14, 2018</td>
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<td>Feb 17, 2018</td>
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<td>69</td>
<td>Dec 27, 2017</td>
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<tr>
<td>68</td>
<td>Nov 28, 2017</td>
<td>29 days</td>
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</tbody>
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KINDARA
fertility tracker
1. cervical fluid
2. mental state

JOURNAL
the period is in
Some of the past cycle
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?
"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
SUN, JUL 2, 2017

- novel and extremely useful alternative to ALL cycle trackers on the market, called .muse (SBLC patent representation and 9/2018 XX yr end proves how much 1 AHA! moment is worth)

SAT, JUL 1, 2017

- AHA! The WOMB neural network!

FRI, JUN 30, 2017

- on-demand (KILLER strategy meeting with Steph, coming up with novel insights on the spot)
1

receptivity

sparks epiphany
creativity is not a mystery
3 stress is the ultimate creative block
2017

13 ovulations * 9 eurekas!
musecycles.com

text: cycles to 31996

insta: @shararaqps