



**PLEIADIAN  
KNOWLEDGE**



# THE TAYGETEAN RACE

## INTERNAL BIOLOGICAL DIFFERENCES

### PREGNANCY AND MENSTRUATION

**TAYGETA**  
*Stellar civilization*

**INTERNAL BIOLOGICAL DIFFERENCES**

**4**

**PREGNANCY AND MENSTRUATION**

This information is given by women and men from the star Taygeta, in the cluster of the Pleiades. They are different conversations kept live in writing over the internet and reorganized by theme. We keep their original text without any modification.

They can be found in video format on YouTube, on the Pleiadian Knowledge channel of Cristina Álvarez and Estel·la Fernández.

**Start date of the contact:** 12<sup>th</sup> June 2020

**Anéeka of Temmer:** On Earth the lunar frequencies are the ones that mostly govern the cycles of women. There's also an influence in between other women and their proximity and with men, but in general it is mostly lunar. It is also because everything is left to be seen as something inevitable that happens to a woman and that's it.



Here there are no lunar frequencies, so what dominates is the mind, more than the hormonal stimuli of the environment and of the other people around. But of course, relationships with other people influence the mood and with that your mind. It's not perfect.



But for us it is normal to go many months or even years without a menstrual cycle. And suddenly something deconcentrates us or takes us out of the ordinary, and there it is again. This means that there is birth control using only mind, of course.

The problem is that after her period a Taygetean woman will not have a fertility corridor of a few days, but that fertility corridor can be up to a month later. After the date of the next cycle is skipped then again it is known that one is no longer fertile.

Another difference is that the Taygetean woman has a tendency to store sperm in the ovaries, which means that she has the potential for pregnancy, even years later. And if that were not enough, even a virgin can get pregnant since with 24 chromosomes, we have a strong tendency to get self-pregnant, that is, self-cloning.

So although Taygetean women have the ability to control their cycles mentally, the disadvantage is that if you are not careful with your thoughts and deep desires, you will always have the "threat" of getting pregnant.

Of course, to prevent this there are contraceptive methods that suppress this, be it any of the 3 ways of getting pregnant by the Taygetean woman. These methods are mostly hormonal, similar to those on Earth. It has also been previously tested with specific frequencies but the aura of the woman prevails over the instrument, nullifying it. So hormonal is still the safest.

**Estel·la:** And in that case of pregnancy when storing the sperm, how do you know whose child it is? Is it possible to choose conscientiously when wishing for pregnancy?

**Anéeka of Temmer:** The truth is that if the woman was with more than one man, you cannot know whose son it is. Only with DNA tests. But it also happens that it depends on the number of times a woman was with which man, being then that the one who tends to dominate over the sperm of others.

The problem is that even at the ovarian level, sometimes the sperm, although no longer mobile, only being present in conservation by the same ovary, can impregnate a new ovum. Or an ovum without being mature, it can be already fertilized and ready, but be there latent for years until it is mature and if the circumstances are correct, pregnancy occurs. It can be argued that with the mind and with the desire, it is possible to prevent an ovum fertilized by someone unwanted from forming and being that of another that is desired, the new partner for example.

But this is a problem that all the women of Taygeta carry. There, human women do have an advantage, although we have verified that they also conserve sperm from their partners for life. Which indicates and accentuates the need to be very careful with the partners that one has, being that things like promiscuity, are something very destructive or with very destructive potential.

**Estel·la:** How long does your menstrual cycle last on average? Do you also have problems with very abundant or irregular cycles?

**Anéeka of Temmer:** That's right, it lasts about 5-6 days, on average. Sometimes it can last 4. As for irregular, the Taygetean woman is very irregular, as you would imagine from what is described above, and we also suffer from abundant and scarce cycles and pain and colic and all that.

**Cristina:** And hormones as a contraceptive method is not harmful?

**Estel·la:** I had always seen the ones here as super harmful, canceling the cycle completely and causing a lot of problems.

**Anéeka of Temmer:** On Earth I know that it is controversial, for example they say that one gains weight, and many people defend that, but we found no evidence. It seems to be used as excuses. Here with the hormones we have it is said that they are perfectly safe.

**Estel·la:** I have not only observed that, but also physical consequences on the body such as swelling and infections of the nipples, changes of character, not being able to sleep ...

**Anéeka of Temmer:** It may have to do with it. It is that the amount of hormones present in human pills can be unnecessarily high. I know they sell the same compound but at a lower dosage. I think that is too strong and it must be reduced.

It's also necessary to see what hormones and as is logical, that they are very synthetic, with other harmful things. But that is a problem with the pharmaceutical company, not with the method itself and how it is supposed to work. Maybe trying another brand and dosage.

**Estel·la:** At what age does the period appear for the first time in Taygetean woman? Do you also suffer from menopause?

**Anéeka of Temmer:** At what age? Around the age of 13, rarely before, whereas to the human woman it can appear around the age of 9. There is no menopause here, the Taygetean woman remains potentially fertile all the time. The only difference is that many really old women, emotionally and intellectually are very stable, they know what they want and what they don't want. Being that this is reflected on the control they have over their body. And they never have a period again. Perhaps this can be called menopause, although the origin is different.

**Estel·la:** Thank you Anéeka, this is very interesting. And does it bring any physical or emotional consequences to retain your period for a long time? It is said here that having it releases energies as well.

**Anéeka of Temmer:** I don't know, but one feels very free and secure. And the more time passes, the more secure you feel because even if you have emotional ups and downs, you know that you still keep your mind at peace and in control of your body.

**Estel·la:** And what methods do you use when you have your period?

**Anéeka of Temmer:** Basically the same items in feminine hygiene that you have there, but more natural, without chemicals in the towels. It can be uncomfortable, but it is the healthiest way. Also unlike on Earth, here the menstrual cycle is highly respected and is not seen as something negative or dirty. Since here the cycle is not something that is really a problem, as in the sense of having to keep running despite that. Here it is taken as an opportunity to rest a little, stay at home, break with the routine. As here there are no bosses to tell you anything.

Inclusive (although this can be controversial for Earth), menstrual blood can be used to energetically demarcate the boundaries of your home, such as around your perimeter.

**Estel·la:** How long is the pregnancy? Even knowing that you do not calculate or perceive time the same.

**Anéeka of Temmer:** Taking into account the pregnant woman, the only real reference in terms of a time frame is about 9 to 10 months, almost the same as on Earth. Just a little bit longer, but not much.

**Estel·la:** And are there sometimes premature births?

**Anéeka of Temmer:** Yes, when a problem occurs, as is logical. However, pregnancy complications are much rarer or infrequent than on Earth. Births are almost always natural, rarely not. And as a normal procedure, it is customary to give birth under water.

As an additional fact; When parthenogenesis occurs and the woman is still a virgin at the time of giving birth, usually she gets surgical help there, because many report that this makes everything not only more complicated but much more painful. Also, more dangerous for the baby (in this case they are always girls) and also for the mother.

**Estel·la:** In the water like at home, the pool, or the sea? Once you commented that it was easier for you to give birth, how exactly, in a biological way?

**Anéeka of Temmer:** In hospitals they have special tubs for giving birth. At home in a swimming pool or in running water wells, natural. At sea I don't know, I've never heard that.

The sex organs of both genders here are slightly larger than in humans. This means that the vaginal tract is more apt to give birth than in human women. That is why it is easier. Although it does not mean that it is exempt from pain and problems. It is always a difficult event.

**Cristina:** When you say surgical aid, do you mean like a cesarean section?

**Anéeka of Temmer:** In this case, the hymen is surgically removed or opened. Caesarean section; only if there is a serious problem, but it is a last resort.

**Estel·la:** So you have the concept of virginity there? Because here it is already being canceled, as it was imposed by religion and in reality, the hymen, breaks on its own many times. Being that there is no great difference then when having had sexual intercourse or not.

**Anéeka of Temmer:** The hymen of the Taygetean woman is usually stronger and thicker than that of the human woman. It is another biological difference. On Earth, virginity has been imposed as a method of population control and against women, taking away their freedoms and all that. In many aspects it is also control over the human 'farm'. Because in many ways that is what human society is.



The problem is that, looking at things carefully, in terms of sexual freedoms and contrasting this with biology, we find that promiscuity in general does not make much positive sense for any gender. Being that the debauchery in this sense is like a catharsis derived from having been in repression.

So, this does not come from a religious, moral or social aspect, but biologically it ends up damaging the person, very easy to see why in the case of the Taygetean woman, but applicable to the human as well. I'm talking mainly about women, but men too. Psychological problems also occur that later lead to social or relationship problems.

In addition to that there are the energetic aspects that are shared. In itself, one person absorbs the energy of the other, and become the other person, because they share their frequencies. It is true that they are mixed, because the frequency of one person influences that of the other, reaching an average.



But that's for normal people, let's say 'positive'. But it happens, especially on Earth, that in relationships a person will have a very dense and dominant energy, usually of low vibration. Which will dominate the other person, creating personality problems, such as spirals of negativity. Being graphic here.

This happens many times when a person has very regressive energy and gets mixed with a very positive person. The regressive person will feel great and want more. But the positive person will feel very bad, exploited, drained.

Here you can see that that person is literally draining the other of vital energy. In short, it is not a simple thing to have sex with anyone, it is something to be very careful with and thoughtful.

**Estel·la:** Thank you Anéeka, I agree with you. And how is the hymen surgically removed in those cases?

**Anéeka of Temmer:** In the traditional way, with local anesthesia and laser scalpel or compressed sound scalpel. It is a big job and task, but it is necessary. It is not a matter of morality, or religious morality. Do not confuse freedom with being free of consequences.

It's just that I have seen and studied the consequences in general. For example, and this is controversial, but I still bring it up. Although we are supposed to be equal men and women, the truth is that we are not. Even biologically.

So no matter how progressive a man is. It will always annoy him that his wife has had many partners before him. This is especially notorious in Taygeta, because despite the fact that it is a very matriarchal society, where basically women have control over society (not to be confused with nullifying the man, because it is not like that), even here, men will prefer women with fewer past partners, and this is more than logical if we remember the phenomenon of sperm retention. No man wishes to raise another's child. But of course it happens that it depends on each one, and both in Taygeta and on Earth there are many men who adopt the children of their partner. I'm not talking about this, but about deep psychology based on biological needs.

**Link for the video:** <https://www.youtube.com/watch?v=tTwLouQ4Ip4>

**Publication date:** 4<sup>th</sup> of October 2021

**Transcripts can be found in:**

Facebook group Pleiadian Knowledge PDF

<https://www.facebook.com/groups/pleiadianknowledgepdf>

Telegram group:

<https://t.me/PLEIADIANKNOWLEDGE>