



Menstrual Cycle Awareness

SPEND TIME GETTING TO KNOW YOUR MENSTRUAL CYCLE.

WHY?

BEING ABLE TO PREDICT THE PATTERN OF OUR SACRED MONTHLY CYCLE, GETTING TO KNOW HER SIGNS AND SYMPTOMS, HER EBB AND FLOW,

WOMEN ARE TRULY CYCLICAL BEINGS, WITH INNER SEASONS (MIRRORING THOSE OF THE YEAR) CYCLING THROUGH AND BEYOND OUR FERTILE YEARS. AS A COLLECTIVE, IN THE TIME OF PATRIACHY, WE HAVE BEEN TOLD TO IGNORE AND SUPPRESS OUR MENSTRUAL CYCLES. MENSTRUAL CYCLE AWARENESS IS ONE WAY WE CAN RECLAIM OUR BODIES, BY GETTING TO KNOW OUR FULL FEMININE SELF, OUR INHERENT WISDOM, INTUITION AND BRINGING THE MUCH NEEDED SACRED FEMININE BACK TO THE FORE, WHERE IT WAS ONCE REVERED AND HONOURED.

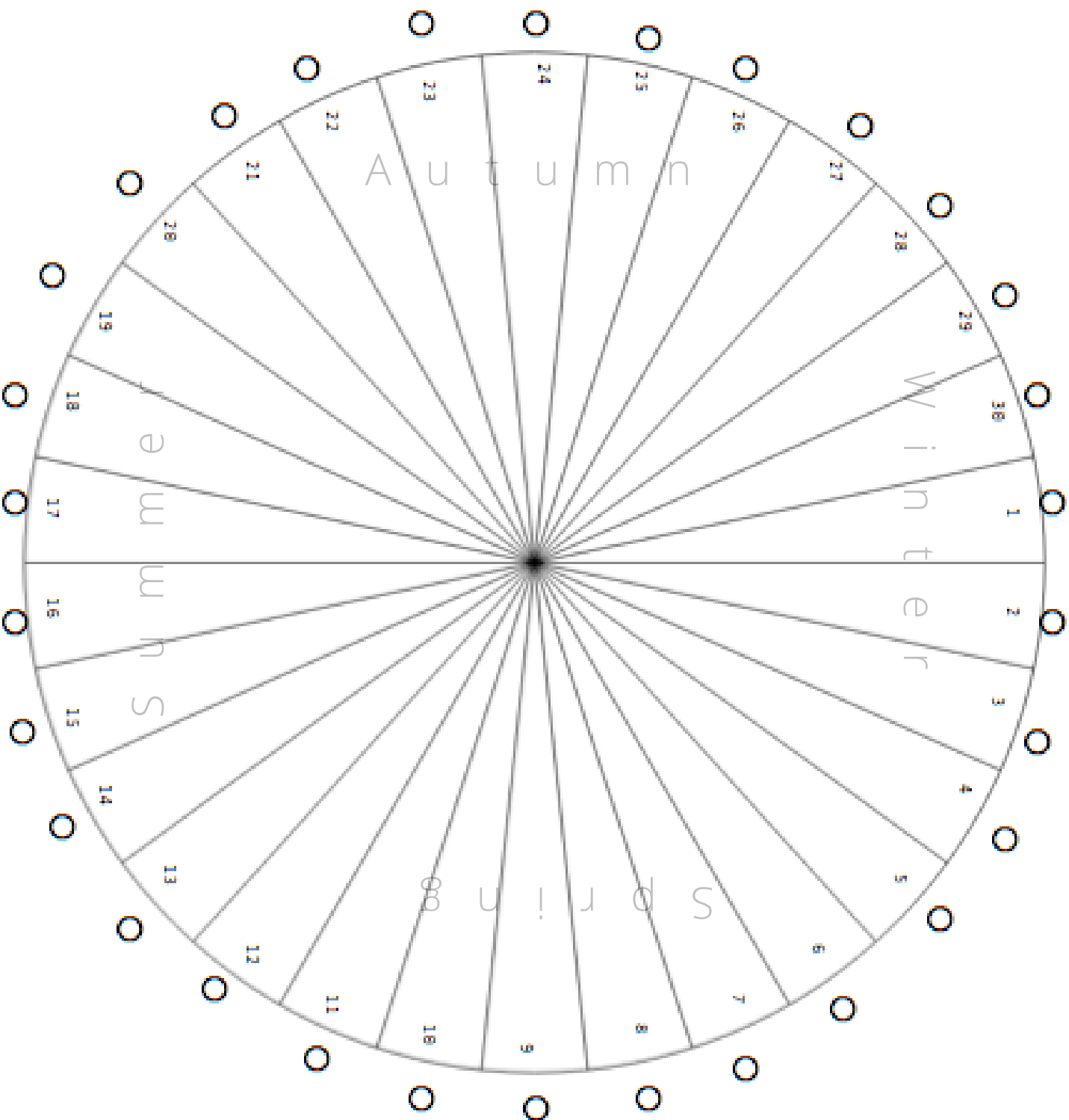
HOW?

THERE ARE MANY WAYS TO TRACK OUR CYCLES, THE FIRST IS TO BEGIN TO RECORD YOUR PHYSICAL AND EMOTIONAL STATE EACH DAY. RECORD IT HOWEVER WORKS BEST FOR YOU, IN A JOURNAL, ON AN APP, OR A MENSTRUAL MOON CHART (AS ATTACHED).

BEFORE LONG YOU MAY BEGIN TO NOTICE PATTERNS (OR IRREGULARITIES) THROUGHOUT THE MONTH, THIS CAN HELP YOU TO ADJUST TO LIVING IN A MORE HARMONIOUS WAY, ALIGNING YOUR LIFESTYLE WITH YOUR NATURAL ENERGY LEVELS, REST WHEN YOUR BODY MOST NEEDS REST, SOCIALISE WHEN YOU ARE NATURALLY MORE EXUBERANT OR IF YOU ARE ON A FERTILITY JOURNEY GETTING TO KNOW WHEN YOU ARE MOST LIKELY TO HAVE A FERTILE WINDOW.

MENSTRUAL MOON CHART?

START RECORDING ON THE FIRST DAY OF YOUR BLEED, ADDING THE DATE TO THE DAY 1 SECTION. THINGS YOU MAY WANT TO RECORD INCLUDE - DATE, MOOD, SLEEP, FLOW, EMOTIONS, DREAMS, MUCAS, PHYSICAL SENSATIONS OR CHANGES. IF CONNECTING YOUR FLOW TO THE MOON PHASE FEELS IMPORTANT TO YOU, YOU CAN USE THE MOON SYMBOL TO REPRESENT THE CURRENT MOON PHASE ON EACH DAY, OR SIMPLY CHART WHERE THE FULL MOON AND NEW MOON FALLS IN YOUR CYCLE. YOU CAN USE COLOUR TO CHART MOOD AND MAKE NOTES. THE CHART IS FOR A 30 DAY CYCLE (SIMILAR TO A MOON CYCLE), IF YOU HAVE A LONGER CYCLE PLEASE USE ANOTHER MOON TO COMPLETE YOUR RECORDING. FILL THE WHOLE PAGE, EXPLORE + CREATE!



WINTER
 MENSTRUATION
 RELEASING
 STILLNESS
 WITHDRAWN

SPRING
 POST BLEED/
 PRE OVULATION
 EMERGING
 GAINING ENERGY +
 MOMENTUM

SUMMER
 FERTILE
 ENERGISED
 SOCIAL
 POWERFUL

AUTUMN
 PRE MENSTRUAL
 REFLECTIVE
 WITHDRAWING
 TRUTHFUL

Seasons on the chart are indicators,
 remember each cycle and season duration
 will differ