

Menstrual Cycle Guide



RECLAIMING CYCLICAL WISDOM &
YOUR FEMININE SUPERPOWERS

MENSTRUATION

Inner Winter & Dark Moon (Day 1-6)

DEATH & SURRENDER

Your menstruation is a powerful time to release old paradigms and birth new consciousness into being. It's a pivot point where one cycle ends and a new one begins.

▼ **HORMONES:** All hormones decrease and so does your physical energy. Progesterone decrease causes your menstrual lining shed in the form of menstrual blood. The nature invites you to rest, release, retreat, nourish yourself, be in silence.

▼ **FOOD:** hot nourishing food, stews, dahl, curry etc.

▼ **HERBS:** raspberry leaf, nettle, ginger, turmeric, mugwort, cramp bark, rose, motherwort, magnesium supplements, oil or bath salts

▼ **GIFTS:** heightened intuition, visions, dreams, natural cleansing & distressing of the body, recharge your batteries, re-connect to inner resources

▼ **MEDICINE:** Create space for yourself to rest. Reclaim the dark aspect of your feminine nature, embrace the darkness of your womb as fertile ground for your visions and creations. Address any fears related to 'death' & 'darkness' (distinguish it from 'shadow'). Look at your conditioning related to menstrual blood and any negative feelings associated with it.

MENSTRUATION

A vibrant, multi-armed woman with a snake and owl, holding a glowing orb, set against a dark, starry background. The woman has multiple arms, some holding a glowing orange orb, a snake, and an owl. She is surrounded by a lush, green and blue environment with many small, glowing yellow lights. The overall style is artistic and mystical.

YOUR VISIONARY POWER

BECOME AN ORACLE. SAY NO TO THE WORLD & YES TO YOURSELF. During your bleed you have a heightened capacity to connect to the spirit world and receive strong visions. This is only possible when you slow down and go inwards.

- ▼ Schedule some time to do inner visioning and rituals: create a cozy nest for yourself, turn off your phone and disconnect from all external distractions to connect to your womb wisdom
- ▼ Meditate with your hands resting on your womb. Ask her for messages, learn the language of the womb - she might speak to you in images, sensations, feelings, words, dreams, whispers, silence
- ▼ Wear something red in honour and celebration of your bleeding womb
- ▼ Connect to the medicine of your moon blood. Explore moon blood rituals. Anoint your third eye with your blood to activate your pineal gland and your inner vision
- ▼ Free bleeding on the earth. Lie down with your belly down connecting your womb to the womb of the earth

MENSTRUATION

JOURNAL PROMPTS

- ▼ How can I create more time and space in my bleed to slow down & connect to my visionary power?
- ▼ What am I releasing in this cycle?
- ▼ What seeds am I planting for the coming cycle?

FOLLICULAR PHASE

Inner Spring & Waxing Moon (Day 7 - 13)

REBIRTH & GROWTH

Time of rebirth, creative expression of your unique gifts, strengths, talents. It's an initiation into your power. Discover your personal power, identity & worth.

▼ **HORMONES:** Pituitary gland secretes FSH hormone which tells ovaries to stimulate follicles. These start to produce estrogen which signals to brain to release LH which causes an egg to mature. Increased levels of FSH, LH, Estrogen make you feel naturally energised with mental clarity & focus.

▼ **FOOD:** Fresh, colourful food including salads, raw food, seeds. Experiment with new recipes.

▼ **GIFTS:** Fresh start, increased energy, focus & enthusiasm, natural motivator to make ideas and visions real, desire for life & hunger for unique expression of self

▼ **MEDICINE:** Pace yourself, take your time to gradually come out from the inner to the outer world. Allow yourself to be an innocent beginner without pressure of perfection, expertise or particular outcome. Be curious, play and explore.

FOLLICULAR PHASE

YOUR CREATIVE POWER

Great time for manifestation. Release any fears that you hold in relation to your power to create and birth your heartfelt visions & creations into the world. Address your mental blockages and energetic / emotional stagnation in your womb & ovaries.

- ▼ Do yoni steaming to help your womb to release last bits of menstrual lining. Feel into what creative seeds are ready to sprout in this cycle
- ▼ Make a list of new projects, inspirations, goals & ideas. Create collaborative creations with others if you feel called to do so.
- ▼ Remember to have fun and pleasure in whatever you do.
- ▼ Acknowledge your unique gifts, abilities, talents, strengths, character traits. **WHAT MAKES YOU YOUR AUTHENTIC SELF.** Cherish yourself.
- ▼ Wear something playful, something that reflects your unique self.
- ▼ Take bold action in the direction of your true heart's desire.
- ▼ Unleash your adventurous side. Take a risk, make a bold life change.
- ▼ Appreciate your body, be sensual. Self-pleasure, sensual eating, dance.

FOLLICULAR PHASE



JOURNAL PROMPTS

- ▼ What creation do I wish to dedicate my maturing egg to in this cycle?
- ▼ What practical steps am I ready to take towards manifestation of my creative vision?
- ▼ What fears related to my creative power am I ready to acknowledge and transmute in order to become a powerful creatrix of my life?
- ▼ What are my unique strengths, talents, skills, gifts, personal traits?

OVULATION

Inner Summer & Full Moon (Day 14 - 20)

FERTILITY & ABUNDANCE

This is the peak of your cycle, time to let yourself shine. Your life force energy & unique expression are overflowing into the world. It's the realisation of yourself, the manifestation of your power.

▼ **HORMONES:** As estrogen levels peak your pituitary gland releases LH which makes your ovary to mature an egg. The main follicle ruptures and an egg is released in the process of ovulation which takes about 24 hours. The basal temperature rises on the day of ovulation, the cervix lifts and becomes softer, the discharge clear and like egg-white.

▼ **FOOD:** Fresh fruits & veggies, salads, smoothies, sensual foods

▼ **GIFTS:** powerhouse of energy, being in the flow, taking charge & initiative, making your dreams real, focus outwards, nourishing your creative projects (including your kids & inner child), high sexual drive, pleasure, strong magnetism

▼ **MEDICINE:** Show yourself unashamedly as your unique self not as an approved version of yourself. Share your originality & deliver your calling to the world. Address sexual taboo, shame, conditioning around female body, pleasure, orgasms. Explore sacred sexuality and celebrate your unique expression of pleasure.

OVULATION

YOUR SEXUAL POWER

Goddess who embodies her sexual power to create, sustain and birth life. She knows ecstasy as her birth right. The orgasmic woman, the great cosmic giver, the creatrix. Energy loving, sensual, nurturing, creative, confident, social, outgoing, heart-centred.

- ▼ Connect to daily pleasures of life & what brings you joy
- ▼ Explore your sensuality by taking in the world through your 5 senses
- ▼ Express your sexual energy through your creative expression – practice sensual dance, singing, painting, creative writing, intuitive movement, art, creative cooking, gardening
- ▼ Great time to schedule a presentation, record a video, hold an event, ceremony, share yourself with the world
- ▼ Sacred self pleasure with a crystal wand or yoni egg
- ▼ Yoni de-armouring to release pain, numbness, memories, emotions and activate your internal pleasure
- ▼ Nourish your heart - breast massage ritual, heart meditation, yogic chest openers, journal to address any unresolved grief from a heartbreak

OVULATION

A woman stands in a field of vibrant orange and yellow flowers. She is silhouetted against a bright, glowing circular light behind her head, creating a halo effect. The background is a soft, hazy landscape with a blue sky and distant hills. The overall mood is serene and spiritual.

JOURNAL PROMPTS

- ▼ Where am I holding myself back from my authentic expression? (reflect on your creativity, sexuality, relationships, projects, lifestyle etc.)
- ▼ How do I feel about myself as a sexual woman?
- ▼ Where can I bring more sensuality & pleasure into my life?
- ▼ What do I choose to mother & nurture in this cycle? (projects, kids, loved ones, parts of myself?)

LUTEAL PHASE

Inner Autumn & Waning Moon (Day 21- 28)

MATURING & TRUTHSPEAKING

Finetuning your power, clearing the path, cutting through bullshit back to the essence with the sword of truth. Expanding your witchy 'toolbox' to create space for clear communication, boundaries & emotional alchemy. Prioritizing yourself & practicing deep self-care as you start your descent journey from the outer to the inner world. Time to harvest, give thanks and let go.

▼ **HORMONES:** Corpus luteum increases progesterone levels which thickens endometrial lining. If there is no fertilized egg corpus luteum degenerates & progesterone decreases which leads to your menstruation.

▼ **FOOD & SUPPLEMENTS:** Roasted vegetables, any cruciferous vegetables, warm nourishing & supportive foods, ceremonial cacao, vitamin B6, magnesium supplements, oil or bath salts.

▼ **GIFTS:** aligning with your truth, expressing your boundaries, heightened intuition, creativity, rooting in your authority & dropping off your polite, socialized self, facing your inner critic, learning the art of emotional alchemy

▼ **MEDICINE:** Channel your sensitivity into wisdom & healing. This is the time to do a deep alchemical healing by moving, witnessing and transforming your emotions. Learn how to express your needs & respect your boundaries. Connect to your witchy superpower.

LUTEAL PHASE

YOUR ALCHEMICAL POWER

Make time to meditate, witness & alchemize your emotions. Become familiar with your triggers, address your shadows & work to evolve from old patterns. Go slowly and be mindful to create space between your feelings and actions. Learn emotional release tools & conscious communication.

- ▼ Learn to move your emotional energy by using breath, sound, movement, emotional release tools, shaking, cathartic movement & dance, bear feet on the earth to consciously release emotional charge into the earth, journal
- ▼ Do shadow work. Your emotions are messengers of your soul. Learn to listen to them & connect to lost parts of yourself, your needs & boundaries
- ▼ Articulate your unmet need, crossed boundary & express how it feels through non-violent communication
- ▼ Do voice work to find your authentic voice especially if you find it difficult to express your truth & stay rooted in your inner authority
- ▼ Sharpen your sword of truth. This is great time to cut through what isn't working, clearing out what you don't need & making space for yourself.
- ▼ Slow down, go inwards, create time and space for nourishing your needs
- ▼ Spend time in nature to rebalance, meditate and connect to your intuition
- ▼ Self-nourishing practices: yoni steaming, breast massage, womb massage

LUTEAL PHASE

JOURNAL PROMPTS

- ▼ What in my life isn't working & what do I need to refine, clear or let go?
- ▼ Where am I not expressing my needs & crossing my boundaries & what positive action can I take?
- ▼ What practices do I know / want to learn to practice emotional alchemy & connect to my emotions as messengers of my soul?
- ▼ How do I prioritize myself in this phase & what self-care practices do I choose to create more love, peace & nourishment in my life?