

# KNOW YOURSELF, KNOW YOUR CYCLES

**As women we are a fertile, hormonal, sexual, emotional, cyclical being.**

*The cycles within the cycles echoes our menstrual cycle:  
the diurnal cycle, seasonal cycle, life stage cycle, moon cycle, plant cycle...  
We are part of nature, and nature is part of us.*

**Luteal phase (day 15-21)**

Blood rich lining of the womb thicken for 5/7 days to welcome and nourish potential fertile egg  
Potential fertile egg implantation  
Potential beginning of pregnancy  
Infertile mucus

Harvest of the fruits

3pm  
Beginning of Autumn  
Pre- menopause (40-50)  
Waning gibbous Moon

**Ovulation (day 14)**

Fully mature egg is released  
Fertile mucus  
High fertility  
Cervix open and rise  
The cervical os softens & widens  
Receptivity- Openness- Nurturing- Creativity- Peak time  
Magnetic- Intensity- Expansion

The seed fruits  
Midday  
Peak Summer  
THE MOTHER (25-50)  
Full Moon  
The White Goddess  
YANG ENERGY - NORTH

**Follicular phase (day 10-14)**

Fertile mucus  
Egg ripening and maturing  
Built up of energy  
Sex drive increases  
Increase desire for vaginal penetration

The seed buds

9am  
Beginning of Summer  
20-25 years old  
Gibbous Moon  
Yang Energy

**Follicular phase (day 3-10)**

Preparation for the nest  
Building up of the lining  
Rising of oestrogens

Seed establishes its root & stem structure

Sunrise- 6am  
Spring  
Menarche = onset of menstruation (first blood)  
THE MAIDEN (13-25)

First Quarter Moon  
Yang Energy - EAST

**Luteal phase Day 21-28**

If no pregnancy, progesterone & estrogen decrease  
Uteral lining shrinks and decomposes

Maybe emotional let down, sadness  
Reflection on what worked, what didn't, reassessing

Harvest  
The seed decomposes

SUNSET- 6pm  
Autumn  
THE MAGA (50-70)- MENOPAUSE  
Last Quarter Moon  
Yin Energy -WEST

**Luteal phase (From Day 25)**

Slowing down, Rest, Body Self Care, Time alone  
Assertiveness increases  
Increase desire for clitoral orgasm  
Sacred sexuality  
Healing & Magic

The seed turns back to itself

9pm  
Beginning of Winter  
Waning crescent moon  
Yin Energy

**Menstruation: Day 1**

**Bleeding - Shedding of excess of uterine lining- Cervix hangs low, the os is open to allow blood to flow-**

**Releasing- Death- Inward time- Stillness- Quiet- Deep sleep- Dreams- Power- Psychic & healing abilities are heightened- Need for warmth-**

**Germination- Instinctive seed felt**

Midnight- Winter- THE CRONE (70-DEATH)  
The Dark Goddess  
Dark or New Moon  
Yin Energy- SOUTH

**Day 3**

Shift in the cycle, Vision, Prophecy  
Awakening, New beginnings  
Initiation

Seed breaks out of its seed casing

3am  
Beginning of Spring  
BIRTH  
Crescent Moon  
Yang Energy

References:  
Moonsong workshop: Jane Hardwicke Collings,  
Mysteries of the Dark Moon by Demetra George,  
Natural fertility by Francesca Naish