

Coming to Peace with your Cycle



Love your cycle, rock your world!



Created by Caroline Mary

Coming to Peace with your Cycle



Introduction

So why are you reading this?

Because probably, like me, you've been subject to repression and shame over the last few thousand years, all because you have a womb!

And now it's time that our Womb Wisdom is the norm!

I spent my teens bent over in agony with my period pain. The only solution was to take pain killers when I would have preferred not to use medication. Back then I didn't know about meditation and self-healing so I'd take one begrudgingly and lie rolling on my bed.

I then went on to be seriously depressive and even suicidal every month wondering what was wrong with me, and then, guess what... I'd get my period!

It was infuriating, but no-one was around to help me understand I just needed to wind down the week before my period AND allow space for the changes that take place every month.

Why weren't we taught this at school? Because we've all been taught to dumb it down and hide it away - "it's gross". I'm sure you remember many times feeling ashamed of your cycle?

The ironic thing is, we women make babies, and none of us would be here without our wombs and our scared monthly cycle.

Over the last 12 years I've completed training in Women's Wisdom with Miranda Grey, author of "The Red Moon", run Red Tents, made hundreds of cloth menstrual pads, have worn my own home made reusable menstrual pads, taken part in numerous womb healings during my meditations and now enjoy pain-free periods, respect my need for gentle, quiet times during my cycle, and rarely have a twinge in mood change! It could be said, I'm more in love with my cycle than every before.

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Introduction continued

How to use this booklet...

This booklet is by no means the totality of Womb Wisdom, yet it offers you an invitation to get to know your cycle, to think differently about your different phases, and to normalise *your* changes, celebrating them, as a deeply sensitive being. Hopefully you'll realise as a women, our cycle offers us so many gifts!

I invite you to spend time observing your cycle, getting to know your body, exploring our cycle's connection with the moon, and overall, getting a little bit closer to your body and your cycle.

Over time you'll get to know what works best for you during the month, and then you can alter your schedule to suit your energies, or at least allow for those fluctuations, rather than trying to be a machine, with no fluctuations in energy through the month!

I invite you to do your own research too as there are many women out there teaching about how to connect with your cycle, and as you continue your journey, there will be so many Aha moments for you. Our womb's hold powerful creative energy, and as we connect to our cycle we connect to the power of our creativity.

I'll leave you to get stuck in, and pray you learn to love your cycle as I do, and celebrate the changes you feel every month, allowing you to fully claim your sovereignty as a women and access your full Goddess Power.

With so much love, Caroline Mary x



Coming to Peace with your Cycle



Step 1 - Get to know your cycle

Do you know when you are ovulating?
How do you feel when you are pre-menstrual
Do you know when you work and play best?

Getting to peace with our cycle isn't luck: it's as simple as getting to *know* your cycle. When we start to track our cycle, as with the phases of the moon, we can work WITH our natural energies, rather than against it.

4 Phases - 4 Energies

No matter how long your cycle is, you can work with you cycle to track the changes in your body and energy. When we start to work with our natural ebb and flow, we are allowing ourselves to enjoy the changes throughout our cycle!

It's helpful to see our phases reflecting the 4 seasons, or the moon phases, and we can see how our energy shifts through your cycle as does our energy during the year:



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Step 1 - Get to know your cycle cont.

It's often thought that we are "weird" as women... we fluctuate, change our minds and can experience STRONG emotions during the lead up to our period...

Have you ever wondered WHY?

As you look to the chart in the last page, notice how as the moon energy grows, so does our energy, and similarly, when the moon energy wanes, after the full moon, once again, so does our energy...

This means, if we allow ourselves to enjoy the rising energy up until our Ovulation phase, we can utilise this energy and really enjoy our life, our new cycle, and all the energy we are enjoying.

This energy is similar to spring and summer energy, and that is why the connection to natural cycles is shown.

Similarly, if we allow ourselves to acknowledge that after ovulation, we draw in, feel less active and really want to hibernate especially a few days before our period starts to flow, then we can allow this time to rest, reflect, journal, and harness the power of that inner time...

AND, feel more at ease when our blood does start to flow. No rushing about or putting a brave face on, just allowing our energy to be more restful!

When we honour ourselves and our needs, we're no longer pushing down feelings that lead to intuition: we are honouring our cyclical nature.

Over the rest of the booklet I invite you to reflect and journal how you feel and what you need for you to enjoy your moon time, rather than despise it.

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Step 5 - Exploring Winter

In the winter phase, we're bleeding, and it's likely we don't want to be so active. You could feel a lot of emotions, all sorts of bodily changes and overall, feel more sensitive. At this time we're highly intuitive, and in some cultures this phase for women is deemed to be very powerful - in a *feminine*, intuitive, going-within sense.

We might need more time alone, we might want to daydream, journal, bathe and generally shut the world out and that's totally fine - it's only the outer world that may lead us to believe this isn't ok.

Let's explore how you currently feel in this phase.

How does the Winter feel to you? And this phase in your cycle?

What do you feel when the moon is dark, before new moon?

How do you currently feel during your bleeding phase?

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Honouring your Cycle

Charting our cycle: One thing we can do to really support our journey is record our cycle, and not only the days we're bleeding but our temperature (if you'd like to see when you're nearing ovulation), how your breasts feel, what your mucus feels like and more.

On the next page is a simple chart you can use to record whatever you choose throughout your cycle. This can help identify when you need to rest more, how your diet fluctuates, how you feel at different phases of your cycle and more.

For me, as long as I know where I am in my cycle, I know how to care for myself - which usually means less action and social interaction leading up to my bleeding phase.

Journalling: Science may explore what's happening to our body during our cycle, but my emphasis with my journey and when working with clients is journeying inwards to heal any emotional wounds around our cycle and body, to allow healing to occur in the physical body as these wounds are healed emotionally.

Using natural products: When I created my first moon pad, though it was uncomfortable, it was the beginning of me choosing nature over convenience, and honouring my cycle. I no longer used tampons to "ignore" my flow, and washing out my blood every month has been so healing.

When we honour ourselves, and our cycles, we really are letting the wisdom of our soul move through our body, and from here, pain releases, as do the pressures of conforming to a system that hasn't fully honoured women and womanhood for a long time...

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Honouring your Cycle continued

Below is a chart you can print out and fill in. I've left the segments blank so you can choose what to record and where, and decorate it as you'd like.

You can of course create your own or find one online...



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Moving forwards...

We've covered a lot so far, but there is so much more, if you feel to keep diving inwards and letting your own wisdom speak to you.

I hope you've been inspired to make changes to your own cycle, in a similar way to me, as there are so many things you can do to assist in healing and loving your cycle: change your diet according to your cycle, attend workshops, attend women's circles, read books and online blogs, keep a diary and use a Cycle App, change your plastic pads to cloth pads or tampons to moon cups... there's so much available to us right now!

I'm so glad I've taken these steps as I rarely feel any fear or shame I use to feel around my moon time, and am happy when it comes around each month as I know it signals some me time.

As you move on, what other actions might you take to honour your cycle and yourself as a spark of the Divine ?

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I hope you've enjoyed this booklet if you have any questions or comments, or would like to share your findings, please email me at: carolinemaryandrews@hotmail.com

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