

MENSTRUAL CYCLE PHASES

Overview of the physical,
spiritual and archetypal
meanings of your cycle

health · yoga · nutrition



One of the simplest and most powerful things a woman can do to balance her reproductive biology and heal menstrual and fertility issues, is to tune in to her menstrual cycle.

Nurturing your body and mind through the four phases of your menstrual cycle could be the best decision you make as a woman. Diet, lifestyle, and stress all impact on the ease and regularity of the cycle, although the impact of these factors has become less obvious with the modern-day tendency to take an aspirin or go on the Pill the moment an issue arises.

An earlier menarche, better nutrition, fewer pregnancies and a longer life expectancy mean that today's woman will have many more periods in her lifetime than her ancestors did. And with that increase in number of menstrual cycles, we are seeing more menstrual difficulties including painful and heavy periods (menorrhagia), irregular periods (oligomenorrhoea), and absent periods (amenorrhoea).

Use the following table as a quick reference whilst you tune in to your menstrual cycle. Note this is a general guide only, and individuals differ in cycle length as well as many other factors. Use this as a starting point on your journey to better self-knowledge of your sacred moontime patterns!

Understand and make friends with menstruation and your menstrual cycle, and it will reward you with deeper self-knowledge, stacks of energy, and the radiant health that a balanced body and mind bring!

May moontime magnificence be yours!

Casey

Phase	Pre ovulatory	Ovulatory	Pre-menstrual	Menstrual
Moon phase	Waxing	Full	Waning	Dark
Archetype	Virgin/ Maiden	Mother	Enchantress/ Wild Woman	Crone/ Wise Woman
Season	Spring	Summer	Autumn	Winter
Element	Air	Earth	Fire	Water
Light	Lightening	Full bright light	Darkening	Dark
Approx. length	9 days	5 days	9 days	5 days
Hormone	Oestrogen	Rising Oestrogen and Progesterone	Falling Oestrogen and Progesterone	Progesterone
Physical	Egg follicle ripening – stimulating breast and womb	Egg released from ovary into fallopian tube, becomes a corpus luteum. Uterine wall built up in preparation for fertilisation		Womb lining breaks down and released from uterus
Vaginal Discharge	Sticky/ none	Clear and stretchy, like egg white. Very wet feeling	None/ blobby thick and yellow	Blood time
Emotion	Calm, open, dynamic, clear, energetic, enthusiastic, able to cope with irritations	Loving, nurturing, nourishing, sustaining, energised, connected	Creative, emotional, sensitive.	Introspective, dreamy, sensitive, intuitive, spiritually connected
Energy	Rising dynamic – growing outward	Full, sustaining – losing sense of self in work or mothering	Waning dynamic – destructive, descending inward	Reflective, slow, containing, internalised, spiritual
Libido	Rising - carefree	Full, horny, height of libidinous desire around full moon/ ovulation	Peaks and troughs - can be very intense	Usually little desire for physical intimacy - more desire for spiritual connection
Physical feeling	Energetic	Perhaps ovulatory pain/ cramping, sometimes mid-cycle spotting, food cravings, horny, sensitive breasts.	Lowered immune system. Towards the end cramping, back ache, bloating, tiredness, tender breasts, sugar and carbohydrate cravings, hostility, mood swings	Cramping, back ache, migraine, faintness, exhaustion, tearfulness
Outward action	Start projects – clear visioning and energy-raising. Fresh start. Organise and prioritise. A good time for a spring clean. Catch up with things that have slipped during menstruation.	Work hard, love well – birth creative projects, stay up late! Harmony with nature and other mothers. Receptive to other's input.	Winding up project action. Begin to reflect and assess. Focus on inner-directed creative projects. Taking action dealing with issues and problems	Retreat, dreaming time. Only do what is essential. Do not take on any new projects. Delay important decisions or stressful appointments. Slow down– rest well
Nutrition Tips	Do a gentle cleanse by incorporating some vegetable juices, sprouts, and fresh and light foods in salads or as additions to cooked dishes. Drink plenty of water to assist in detoxification.	Don't drink alcohol or coffee to excess. Be aware of food cravings. Make the most of your naturally increased energy levels by making an effort to prepare nourishing meals for yourself more often, or hold a full moon healthy lunch or pot luck.	Eat slow-release complex carbohydrates for greater stamina and fewer energy slumps and low-sugar mood swings. Magnesium to balance blood sugars and hormones. Zinc for skin support. Avoid over-eating. Consider chaste tree or other herbal medicines if your cycle is painful or irregular.	Ensure adequate iron intake to replenish iron lost during menses. Eat according to the seasons to completely nourish, balance the body and rebuild for your next cycle.
Relationships	Easy going, trusting, out going	Loving, giving, nurturing. Reach out to friends, family and partner.	Needs to balance dynamic interactions with others, with focused, energised creative time alone	Desires to be alone or in quiet communion with other women – does not want to be around men and children!
Key words	New beginnings, dynamic, exuberance, self-confident	Fertility, radiating, caring	Magical, witchy, destructive, intuitive	Darkness, wisdom, gestation, stillness, vision

Disclaimer of Health Related Information

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