MENSTRUAL CYCLE PHASES

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



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

very and server and se	Phase	Pre ovulatory	Ovulatory	Pre-menstrual	Menstrual
Spring Summer Autumn Winter	Moon phase	Waxing	Full	Waning	Dark
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Reference Refe	Approx. length	•	i		5 days
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