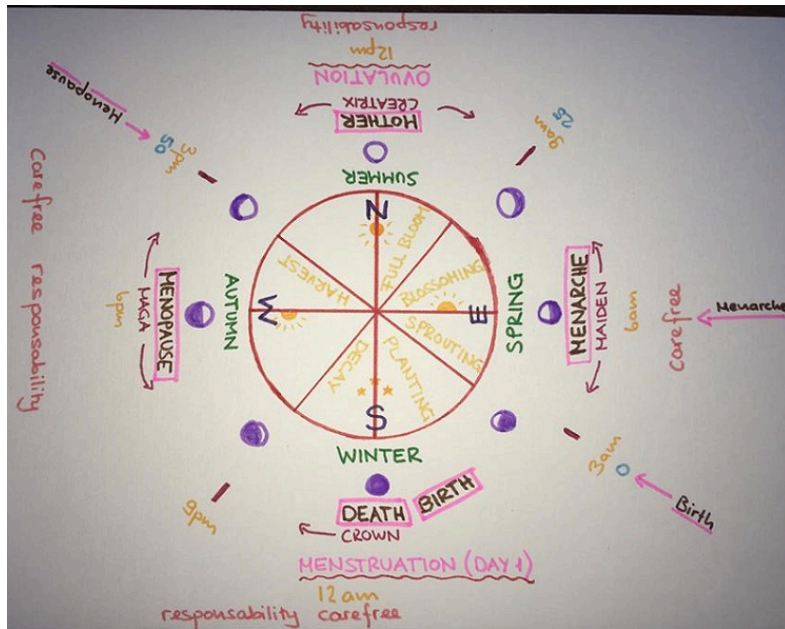


Mapping Our Cycles to the Seasons and Lunar Phases

Prepared by JOYW Instructor Karin Gisler for her "Cycle Literacy for Men" Red Tent in Journey Of Young Women's Mentoring Girls Training (8-21-2018).

This map gives us an understanding of how the Menstrual Cycle overlays with other cycles like the Lunar Cycle, the Earth's Seasons, and our Life Cycle.



Studying the map brings awareness to the daily changing influence of each of nature's cycles. It indicates how complexity of our cycles' effects on us. For instance, we naturally feel different energetically when the sun rises than we feel at midday or sunsets.

A few examples:

In this map, Menarche (the Rite of Passage of the first blood) matches with the energy of Mid-Spring, when everything starts blossoming. It also matches with the energy of the First Quarter Moon phase when new opportunities are still fresh and start to take form. If Day 1 as our first day of blood, Mid-Spring energetically matches day 7 / 8 (depending on the length of our menstrual cycle) when we become more energised, productive and active.

In this map, our Premenstrual Phase and the time of our period matches with Mid-Winter, just before and after the peak of Winter. It also matches with the energy of the Dark Moon, just before and after its peak. That's the time when our energy level is naturally at its lowest and we want more rest and nourishment.

Please have in mind that this is a map and not a territory. Everyone's experience is different.