



*Moon*

*Cycle*

*Calendar*



# WHY THIS CALENDAR?

We, as women, have a superpower we don't use and it's time to change that.

Our cycles and period are a hidden pathway to power that can empower, sustain and guide us rather than working against us.

For millennia women have lived in tune with nature, their natural cycles and mother earth. Only for the past few thousands of years, since the apparition of patriarchal religions and societies this part of us has been silenced, shamed and hidden.

Our bodies are crying for a chance to be listened to, and that can manifest through pains, cramps, moods and other physical ailments related to our womb.

What do we do in return? Numb it, take painkillers, kill it all together with the Pill, wish for it to never come again, hide it, hate it and altogether deny its callings.

No more! When women of our time realise the power lying inside use and rise together, the world will see a new dawn.

It's time to come home to our womb wisdom and listen to it.

# HOW TO GET TO KNOW YOUR CYCLE

START BY ACKNOWLEDGING IT. YOU HAVE A CYCLE (OR MAY HAVE HAD ONE). LET'S BRING IT BACK INTO FOCUS. IN ORDER TO UNDERSTAND, WE MUST GET A VIEW OF IT FIRST.

**Start noting down what's happening with your body, your mood, your emotions, your feelings, your drive and outlook on life, spirituality, connection as you go through your cycle.**

You see, we all go through cycles. Day/Night, Lunar cycles, seasonal cycles, physical cycles.

Write down dominant feelings and dreams, synchronicities, sexual energies, reflections and do the practice daily. By noting these down you're being guided to the light, waking up to a relationship with your closest friend on a journey to discovering you.

**Where are you stronger or more comfortable with yourself during the cycle?**

**Day 1** is the day you start bleeding. Use that to guide you. As women, we also go through our inner cycle beginning with our periods. We can't expect to perform the same every single day. In the same way you don't expect a tree to bloom in autumn or bear fruit in winter. Each and every single one of us has her own internal calendar, but there seems to be a common thread to it.



# INNER SEASONS AND MOOND PHASES

## **WISE WOMAN OF WINTER - New Moon - Days 1-6**

As the first bleed takes place, the New Moon sets in, when the sky is black and Moon is dark. As nature does in winter, retreating itself and hibernating, so is your body craving for that rest and recovery, yet with our filled agenda and need TO DO, we forget to BE. Your physical energy is low, but your creativity can reach the stars, as well as spiritual insight. Block your calendar (if you can) to avoid meetings and if you can, take the day off. If you can't, do the best with what you have. Even if it's 5 minutes, take that off for yourself.

## **MAIDEN OF SPRING - Waxing Moon - Days 7-13**

As the bleed stops, and as daylight increases in spring, so are your energy and senses. You feel more centred in your body and ready to take action. During the Waxing phase, the earth becomes ripe and calls to be walked upon with bare feet.

## **MAIDEN-MOTHER OF SUMMER - Full Moon - Days 14-20**

As the full moon approaches, so is the light inside you expanding your energy. During your Full Moon, or summer phase, your energy is at its height. This is the ovulation phase, where we feel we can take on the world! Wonder Woman cape on! We feel warm and fuzzy inside and wanting to socialise and connect with others, as well as take care of their needs more than ours. You wish this could last forever, but not for long...

## **WILD WOMAN/ENCHANTRESS OF AUTUMN - Waning Moon - Days 21-28**

As the the brightness starts to dim, it's time to reap the benefits of the summer, and turn inwards.

This is a woman's Waning Moon phase or autumn. We get emotional, more tired and ready to rest. If we don't flow into what's happening we become easily moody and labelled as premenstrual.

If you give your body room to express and allow it to wind down, rather than push the pedal to the ground, you'll find that it's not as dreaded as it's made seem and you're ready to start the cycle again, in winter.

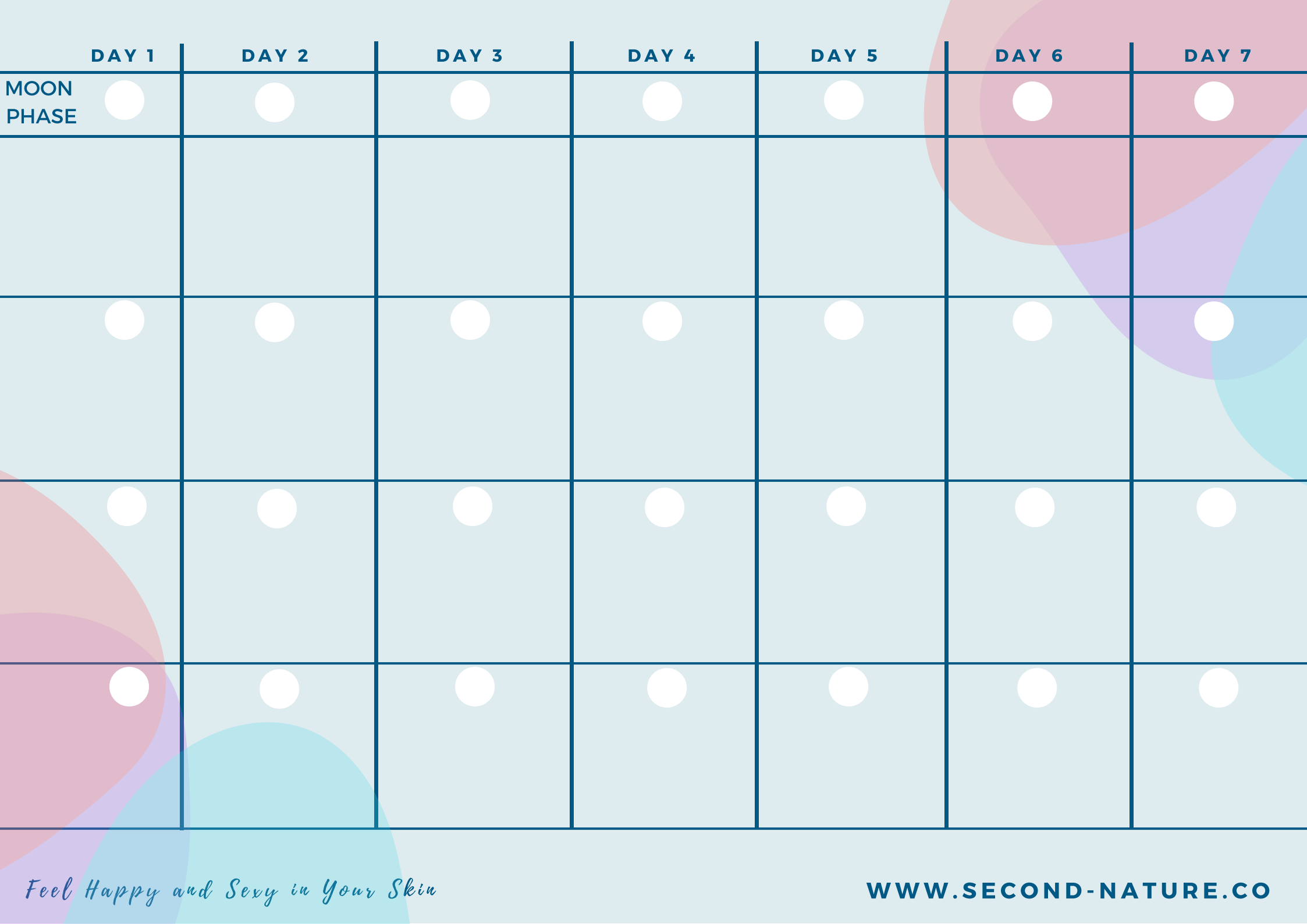
# EXAMPLE + PRINTING INSTRUCTIONS





























DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MOON PHASE						
18/03 - All I want is my cave. Don't want to talk. Simply be. Sleep. The pain is kicking in.	19/03 - Connecting with my guides so easily. No more pain. Feeling Nauseous. Writing a lot.			22/03 - Feeling awake. Slowly seeing the light. My body feels lighter.		

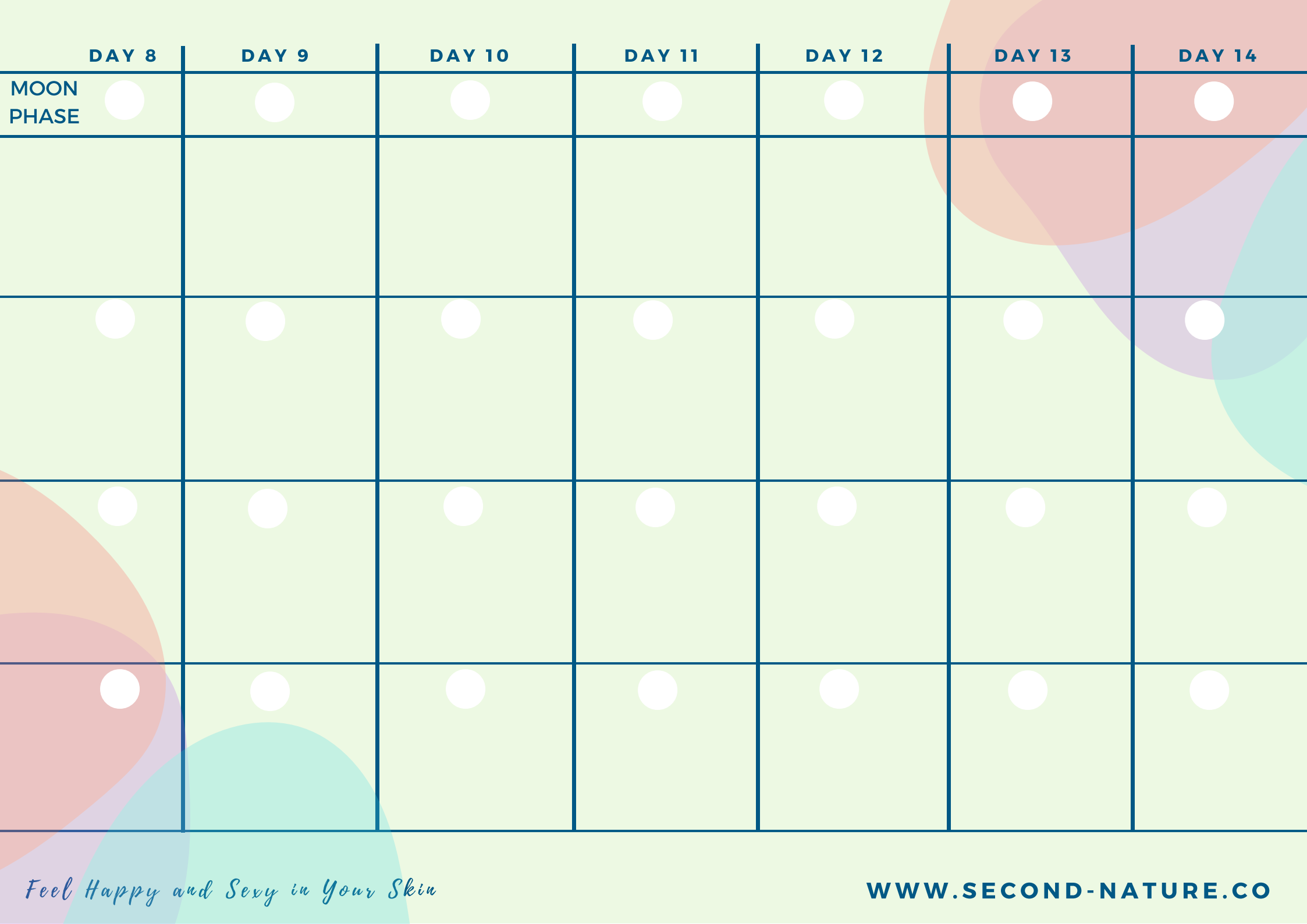
One print will cover 4 cycles. When you want to print a new set, only print from pages 6 to 9 (depending on your cycle length) and attach to the previous ones.





























You'll end up having your magical cycle archives in one place.

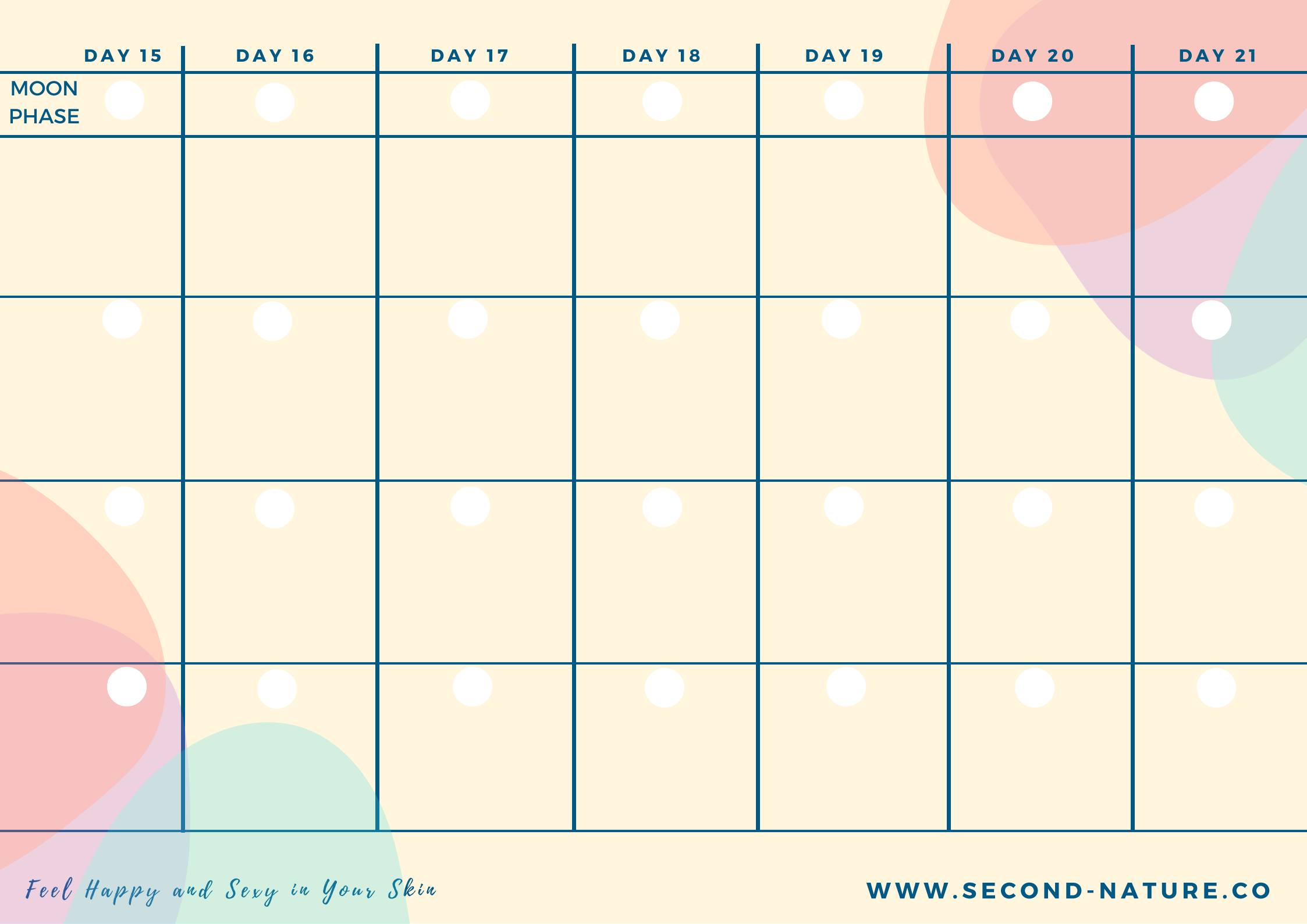
Feel free to find a beautiful binder or folder for it. If you can't take it with you all the time when you're away from home make notes on your phone and hand write into the calendar when you get a chance.































	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MOON PHASE							
							
							
							

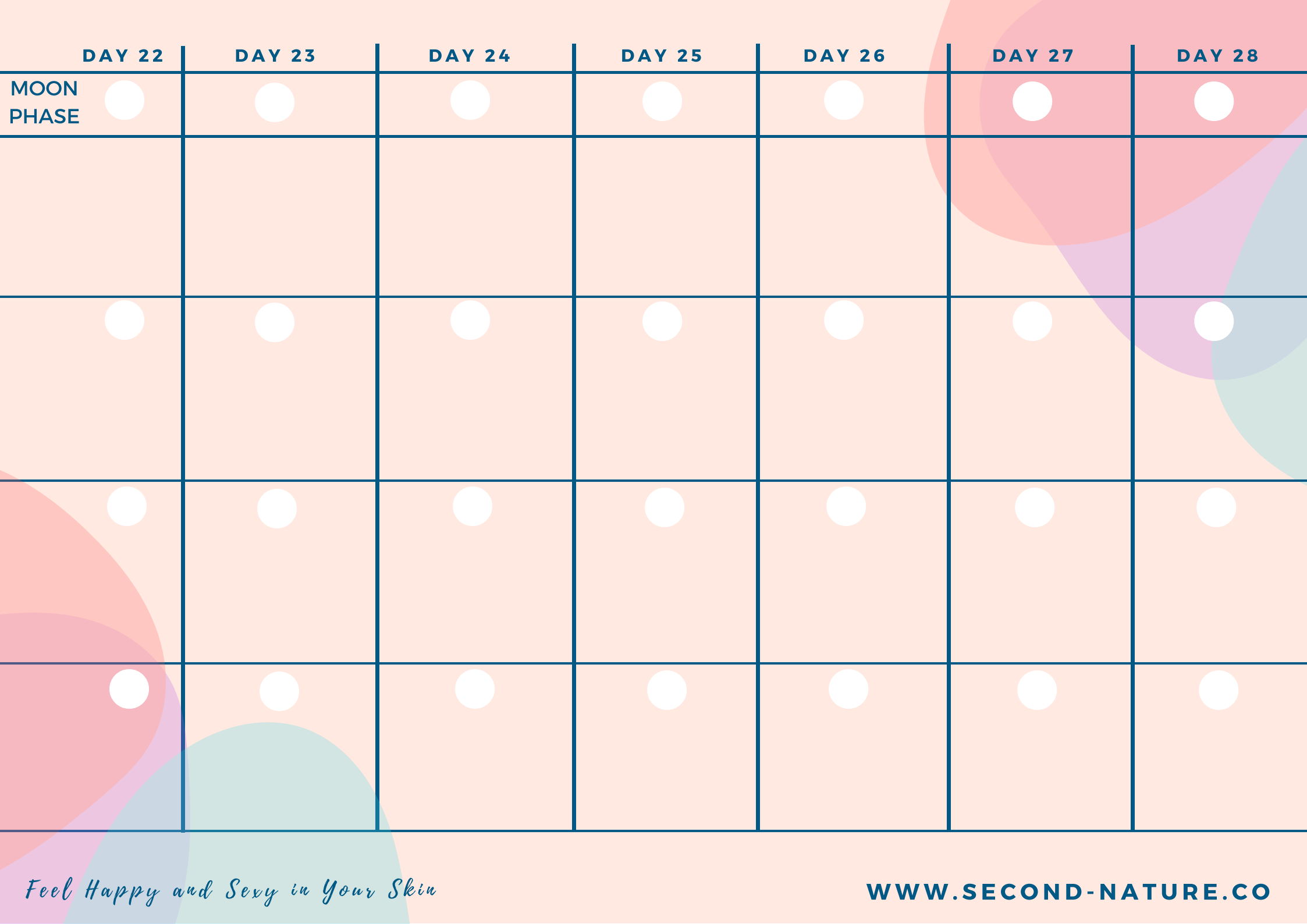






























	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
MOON PHASE							
							
							
							

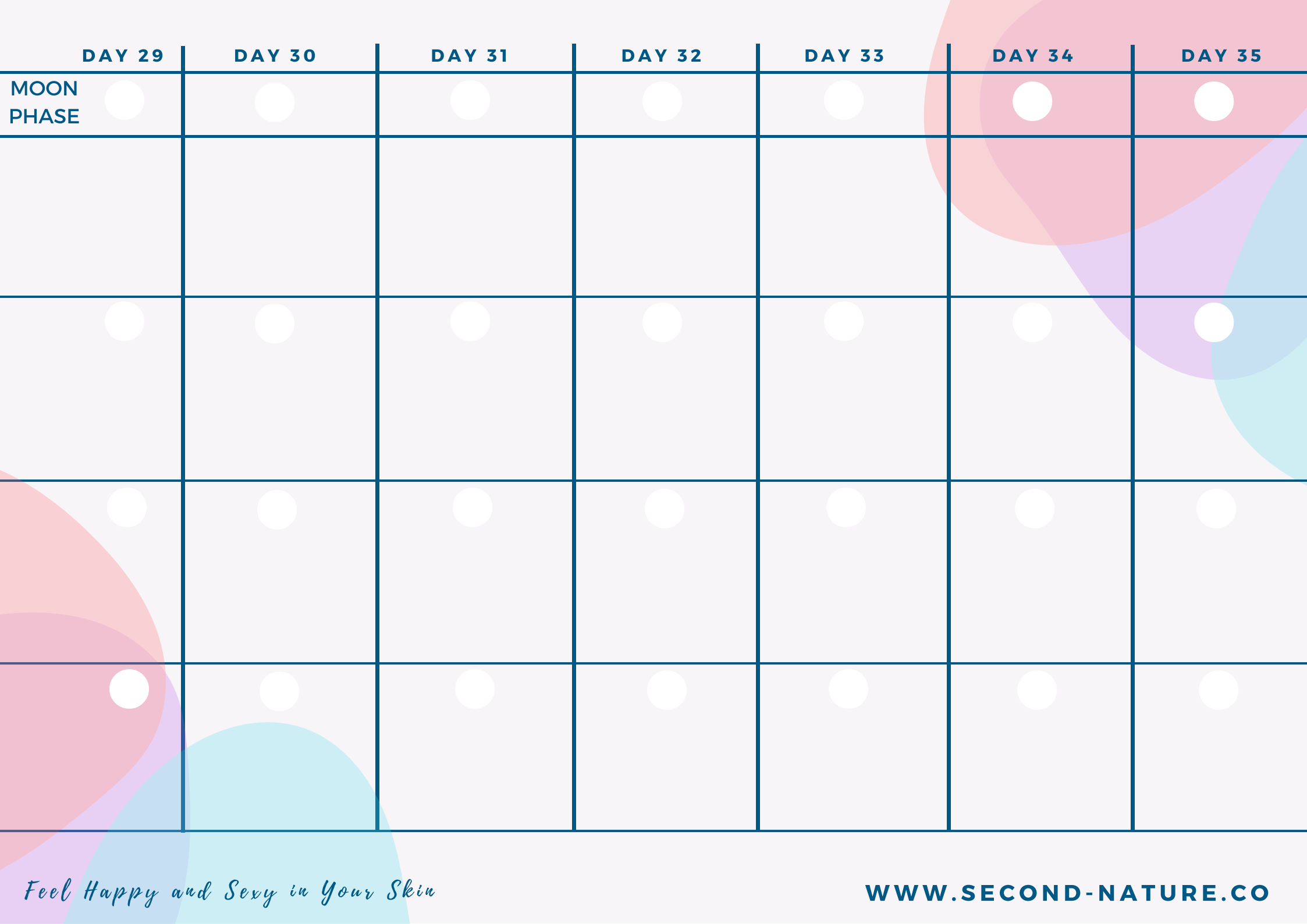






























	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
MOON PHASE							
							
							
							





	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
MOON PHASE							
							
							
							



	DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35
MOON PHASE							
							
							
							



Enjoy this calendar and make it  
your own!

Even if you don't get to write  
daily in it, come back to it every  
few days and make a note even if  
you don't remember it all.

And once you're ready to have a  
deeper conversation about your  
relationship with yourself, your  
body and your food, let's have a  
clarity call!

**Click here** to book it.

[WWW.SECOND-NATURE.CO/BOOKACALL](http://WWW.SECOND-NATURE.CO/BOOKACALL)