

Self Empowerment - Week Four



What if loving your menstrual cycle is the key to accessing your full empowerment as a woman?

Menstrual Cycle:

INSPIRATION

Day 1- 15 (approx) - Follicular Phase

From menstruation (after the heavy days of period) to ovulation - Energy is more upbeat, feel positive - great time to initiate new projects and act on ideas.

Whilst ovulating - more receptive and positive to others

Ovulating also represents creativity at its peak



Day 15-28 - Luteal Phase (Ovulation to menstruation)

A time of evaluation and reflection.

This is the time we are most intuitive, and in touch with our inner knowing.

Its a time to go inward and rest as much as possible - deepest insights will come if you honour your body

Our energy and mood naturally ebb for a few days

REFLECTION

'To see your cycle as the enemy can set you up for more suffering. Working with it and all its rhythmic imperatives can be your foundational path to healing'
- 'Wild Power'

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Ask Yourself:

What is your relationship with your monthly cycle?

Do you currently track it?

Which part of your cycle do you enjoy and which do you struggle with?

If you are menopausal -

What relationship do you have with your body? What would you like in this later phase of your life?

Understanding our own natural cycle brings with it an awareness of our energy and flow. It helps us understand ourselves deeply which is empowering.

'Make sure that you are not sabotaging something that has the potential to be fruitful and great'

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Tune into your inner wisdom - Luteal Phase:

What/who irritates or upsets you most at this time?

What makes you sad?

When your body hurts, what do you think its telling you?

What do you think your body is yearning for at this time that you might not be giving it?

What overwhelms you?

What other feelings or emotions do you experience at this time?

*'I honour my
inner seasons
and cycles and
deeply trust my
feelings and
monthly
ryhthem'*