

MOON Magic

Connecting to Your Moon Cycle



01

Observe the Moon during your bleed.

- *Is it a Full Moon or is it the New Moon?*
- *Write it down and begin to see your pattern.*
- *As you connect more with the moon's cycle, you'll be able to connect deeper to your own and when you're going to bleed.*

02

Honouring Your Moon Flow

- *Day one of your cycle is the first day of your bleed.*
- *Start to track your cycle on a calendar or journal, such as how many days and whether your flow is heavy, light, medium and the colour of your flow.*

03

Rest & Retreat

- *Honour this sacred time as much as you can by resting when possible or simply putting less on your plate during this week.*
- *This is a powerful time of intuition and knowing, a time to connect to your inner compass, your guides and rest will enable this to occur.*
- *Take a bath with your favourite essential herbs and candlelight.*
- *Massage your womb with beautiful oils to honour your body and bleed.*

04

Make Blood Prayers

- *Collect your blood from your period undies or your moon cup and return the blood to the Earth with your prayers for your next cycle and future growth. (You can also pour it onto your plants too!)*
- *Give thanks to Mama Earth for her blessings and ask for guidance in letting go of old ways and patterns no longer serving you and your life.*

05

Observe the Seasons of Your Cycle

- *Start to observe the seasons inside of your Cycle. See below pic for more details. Winter is Week One, when we begin our bleed.*
- *As you observe which season you're in, you will better understand your energy levels and can then plan future projects and rest time.*

06

Make Your Own Rituals

- *This is your unique cycle and the more you connect to her, the more you can create and bring sacred energy through for this powerful time.*
- *There is no wrong way, there is only your unique way. This is a time to connect to yourself and the power you hold as a woman and creator.*
- *Play with different ways to honour your cycle, to honour your body and flow as you move through your seasons and life.*

Much Love,

Chrissy

Autumn
pre-bleed (week 4)

Feel into what your body is needing, slow down if you need, practice grounding techniques to regulate your nervous system, spend time barefoot in nature, say no (rising progesterone can lead to a fall in energy so honour this by resting), take note of your triggers (these are gifts, they show you what you may want to release in your bleed), ask for support, prepare the womb cave, prepare meals to freeze for when you're bleeding, drink dandelion root tea, womb massage with moon oil, yoni steam.

Summer
ovulation (week 3)

Get social and play, prioritising pleasure and enjoyment, celebrate your sexiness, spring clean the house, declutter, dress up and treat yourself, offer to help a friend (your peaking estrogen will support your energy levels to do this, flirt with life, exercise, use your fertile energy to launch your business or creative project, show your face to the world throw a party, get romantic, get outside.

Winter
bleeding (week 1)

Spend time in your womb cave, journal, write, paint, get creative, sit at the altar, carve out time to rest, nap (when you can), free bleed, magnesium baths with candles, eat blood-building foods, descend into your emotional waters, release (what are you letting go of?), gentle stretching, stay warm, hot water bottle or heat pack, drink moon time tea, use moon oil to ease cramping, wear red in celebration of your blood, connect with your blood (offer some to your plants).

Spring
pre-ovulation (week 2)

Emerge with softness & slowness, find a body of water to wash off all that you released while bleeding, get planning (honour any creative downloads you received on your moon), connect with your visions & goals, try something new, wash your period blanket or period undies to prepare for your next cycle, water your plants, revel in your rising estrogen levels which will have you feeling refreshed & new, buy or pick flowers for your home to honour your internal spring.

HONOURING THE INNER SEASONS OF OUR WOMB

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