

# Period Journal & Guide Sheets

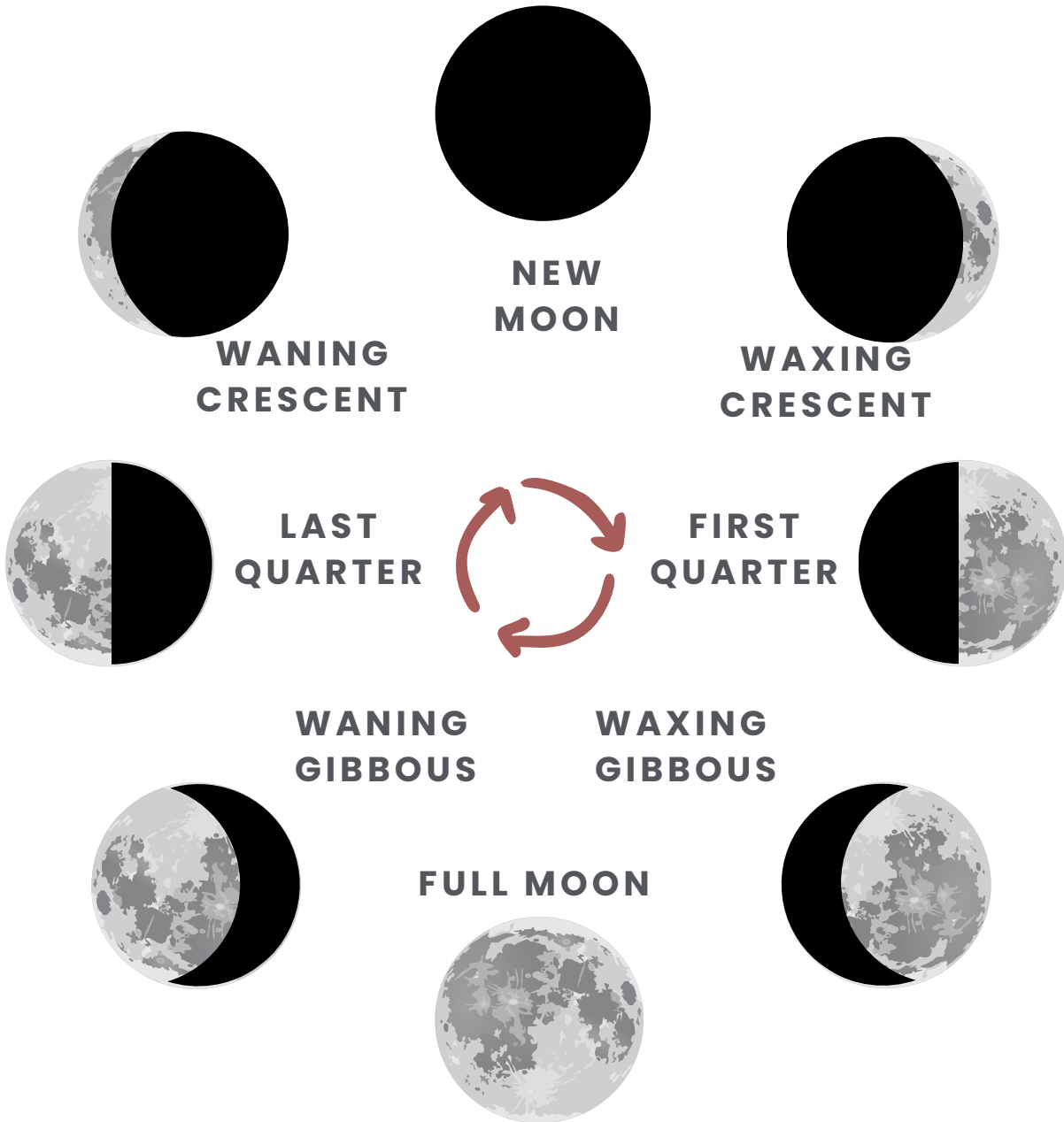


DIVINE  
DR  PS

[divinedrops.org](http://divinedrops.org)

# The Cycle Of The Moon

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# Which moon cycle do you align with?

**"Each cycle is perfect and unique to you no matter which moon phase you align with. There is no such thing as a better or worse moon cycle to flow with".**

## MOON CYCLES

### WHITE MOON CYCLE



**OVULATES ON A FULL MOON AND  
BLEEDS ON A NEW MOON**

You are connected to the fertility of the Earth.

In the Mother aspect of your life.

Ready to become pregnant or is focusing on raising children.

Pulls energy inwards.

Uses energetic resources to care for children and family.

Archetype: 'The Mother', 'The Matriarch', 'Goddess of Fertility'

Goddesses: Freya, Demeter, Isis, Ostara, Shakti

### RED MOON CYCLE



**OVULATES ON A NEW MOON AND  
BLEEDS ON A FULL MOON**

You are either a healer, shaman, priestess or witch.

Channels energy outwards.

Are a teacher and wayshower.

Knows how to commune with the Divine.

Uses energetic resources to heal and look after your community.

Archetype: 'The Priestess', 'The Healer', 'Wise Woman'.

Goddesses: Brigid, Persephone, Hekate, Morrigan

## TRANSITIONAL MOON CYCLES

### PINK MOON CYCLE



**OVULATES ON A WANING MOON (E.G. THIRD QUARTER) AND BLEEDS ON A WAXING MOON (E.G. FIRST QUARTER)**

You are in a transitional phase of your life.

As you bleed during a waxing moon, this means you are moving towards growth.

You are ready for a transformation and expansion within your life.

Growth, healing and expansion are a part of your current path.

Goddesses: Kali, Ceridwen, Eos

### PURPLE MOON CYCLE



**OVULATES ON A WAXING MOON (FIRST QUARTER) AND BLEEDS ON A WANING MOON (THIRD QUARTER)**

A transitional stage of your life.

Life is becoming quieter and you are gravitating towards inner work and self-healing.

Retreating into your cocoon.

Self-love, self-care and healing are your current focus.

Goddesses: Persephone, Vesta, Inanna

# Working With Your Cycle

## THE FOUR PHASES

**MENSTRUATION:** Day 1 to 7 of your cycle and the first day you begin to bleed.

**FOLLICULAR PHASE:** Day 7 to 14 of your cycle. The phase between menstruation and ovulation. During this phase your body prepares for an egg to be released.

**OVULATION:** Day 14 to 18 of your cycle. When an egg is released from your ovaries and is ready to be fertilised.

**LUTEAL PHASE:** Day 18 to 28 of your cycle. Occurs between ovulation and menstruation. The lining of your uterus stays thick until the onset of your period where it eventually breaks down and menstruation starts.

## WHAT HAPPENS DURING YOUR CYCLE

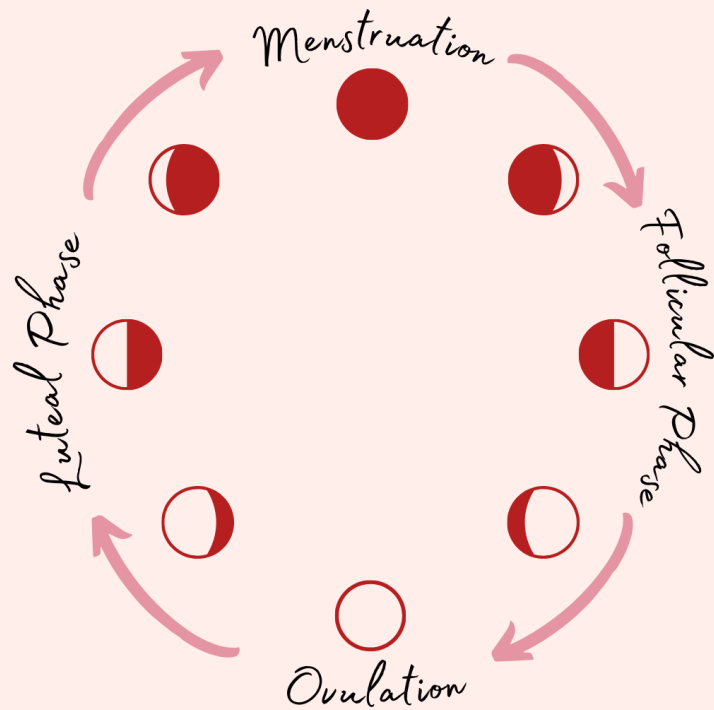
Throughout your cycle, you may notice changes in your energy levels, mood, and what kind of activities you are attracted to. This is in part because of physical changes happening in your body but can also be attributed to energetic and spiritual changes within your being as well. These changes are a part of the primal feminine wisdom of your body.

For example, during menstruation, a woman's energy tends to withdraw inwards and we retreat into our cocoon. However, as we draw closer to the ovulation phase, our energy becomes more outwardly focused, and suddenly we feel a need to be active.

As we swing back to the luteal phase and eventually back to menstruation, our energy begins to withdraw again.

The key to working with our menstrual cycle is to discover where exactly our energy waxes and wanes and what activities would nourish us at these points.

# A DEEPER LOOK AT EACH PHASE



## LUTEAL PHASE (PRE-MENSTRUATION)

### ENERGY ASPECTS

Saying No, Insight, Presence, Communication with Self, Slowing Down, Completion, Integration & Preparation for Menstruation.

### EXPLANATION

The luteal phase is often one of the most difficult for many women as bloating, PMS, breast tenderness and food cravings can be the most common symptoms of this phase. At this time, you may feel a need to slow down and be present with yourself as you slowly retreat inwards in preparation for menstruation.

### ACTIVITIES FOR THIS PHASE:

Journaling, Taking Time For Reflection, Mindfulness, Cooking, Nature Walks, Cycling & Connecting With Intimate Friends.

## MENSTRUATION

### ENERGY ASPECTS

Comfort, Receptivity, Self-care, Rest, Divine Communion, Intuition, Reflection, Sensitivity, Inner Connection & Emotions.

### EXPLANATION

During menstruation, whilst your energy is being depleted by the physical changes happening in your body, this is the time to put everything on pause and look after your inner being. Significantly, during this phase, you may find your psychic abilities heightened or perhaps feel more 'spiritually connected' than usual.

## **ACTIVITIES FOR THIS PHASE**

Journaling, Self-Care, Epsom Salt Baths, Meditation, Pampering & Alone Time.

## **FOLLICULAR PHASE (PRE OVULATION)**

### **ENERGY ASPECTS**

**Tenderness, Awakening, Realisation, Strengthening, Hope, Surging Energy, Motivation, Positivity & Ideas.**

### **EXPLANATION**

**During the preovulatory phase, you feel fresh energy in your being and are ready to exit your cocoon. You slowly emerge back into the world refreshed and ready to set your teeth into a new project or task.**

### **ACTIVITIES FOR THIS PHASE**

**Yoga, Gentle Exercise, Planning, Intention Setting & Creative Activities.**

## **OVULATION**

### **ENERGY ASPECTS**

**Action, Movement, Attraction, Sexuality, Socialising, Creativity, Visibility, Mastery, High Energy, Pleasure & Self-Expansion.**

### **EXPLANATION**

**Most women during the ovulation phase feel a surge of energy and feel the need to be active and doing things. This is a great time for getting things done. At this time, you may want to take more time in your appearance or generally feel more attractive and magnetic.**

### **ACTIVITIES FOR THIS PHASE**

**Socialising, Meeting Friends, Exercise, Completing Projects, Building Skills & Sexual Exploration.**

# My Cycle

DATE:

CYCLE LENGTH:  DAYS OVULATED ON DAY  OF MY CYCLE

START DATE OF PERIOD:    END DATE OF PERIOD:

I CURRENTLY ALIGN WITH THE  MOON CYCLE

REFLECTIONS ON MY CURRENT MOON CYCLE. DOES YOUR CURRENT MOON CYCLE SHED ANY LIGHT ON WHAT IS HAPPENING IN YOUR LIFE RIGHT NOW?

THE MAIN SYMPTOMS I EXPERIENCED THIS CYCLE WERE...

SOME OF THE EMOTIONS THAT SURFACED THIS MONTH FOR ME WERE...

DIFFICULT EMOTIONS

HAPPY EMOTIONS

SOMETHING NEW, IRREGULAR OR UNUSUAL I EXPERIENCED THIS MONTH WAS...

THE ACTION STEPS FOR NEXT MONTH'S CYCLE ARE...

# Moontime Journal

DATE:

## ENERGY LEVEL SCALE



1 2 3 4 5 6 7 8 9 10

Low Energy



High Energy

**I AM LOOKING AFTER AND TAKING CARE OF MYSELF RIGHT NOW BY...**

Write down any self-care practices you are doing during your moontime/period.

**I AM RELIEVING ANY DISCOMFORT I HAVE BY...**

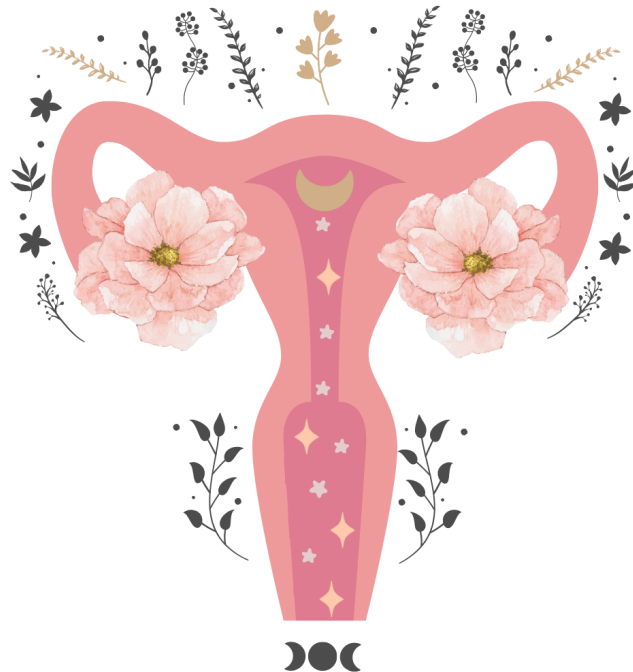
How are you relieving PMS, cramps, headaches or any other symptoms you might have?

**INTUITIVE JOURNALING SPACE**

Write down any feelings or emotions that are surfacing for you during this time. As your psychic and intuitive abilities are heightened during your period, you may also want to write down any visions, dreams or even psychic downloads you have had. Allow your intuition to lead the way!



# Divine Drops Cycle Activity Chart



CYCLE PHASE	ENERGY ASPECTS	ACTIVITIES
MENSTRUATION DAYS 1 - 7	Comfort, Receptivity, Self-care, Rest, Divine Communion, Intuition, Reflection, Sensitivity, Inner Connection, Emotions	Journaling, Extra Rest & Self-Care, Epsom Salt Baths (to relax muscles), Meditation, Pampering, Alone Time for reflection.
FOLLICULAR PHASE DAYS 7 - 14	Tenderness, Awakening, Realisation, Strengthening, Hope, Surging Energy, Motivation, Positivity & Ideas.	Yoga, Gentle Exercise, Planning, Intention Setting & Creative Activities.
OVULATION DAYS 14 - 18	Action, Movement, Attraction, Sexuality, Socialising, Creativity, Visibility, Mastery, High Energy, Pleasure & Self-Expansion.	Socialising, Meeting Friends, Exercise, Completing Projects, Building Skills & Sexual Exploration.
LUTEAL PHASE DAY 18 - 28	Saying No, Insight, Presence, Communication with Self, Slowing Down Completion, Integration & Preparation for Menstruation.	Journaling, Taking Time For Reflection, Mindfulness, Cooking, Nature Walks, Cycling & Connecting With Intimate Friends.

# Period Tracker

YEAR:

AVERAGE CYCLE LENGTH:

## COLOR CODE

SPOTTING

LIGHT

MEDIUM

HEAVY

PMS

CRAMPS

ACNE

OVULATION

OVULATION PAIN

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\_\_\_\_\_

NOTES:

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

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