

Cyclical WOMEN'S GUIDE

CONNECT MORE DEEPLY WITH YOUR WOMB



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Introduction



This Cyclical Women's Guide is for all women who wish to explore their natural rhythm and flow. It is a gift, created to inspire you to awaken the feminine energy within, through understanding ancient cyclical knowledge and phases of the moon - leaving you empowered to tap into the wisdom of your womb.

I welcome you with love to this deeper exploration of your Menstrual Cycle, offering you tools that may assist you in releasing anything that may not be serving you, to create the space for you to begin acting in accordance with your innate and powerful feminine nature.

It has become the norm for us as women to continue to function as usual during our menstrual phase, often leaving us drained, irritable and disconnected. The way that our society has been conditioned leads us to believe that we have no other choice than to continue operating, without taking the time for our own deeper intuitive process to unfold. The purpose of this guide is to assist you in syncing with the seasons of nature, and in that way returning to your natural rhythm. As there are seasons in nature, so there are also seasons within us; periods of time to work, rest, play and create.

This Cyclical Women's Guide is a key to unlocking a deeper practice of self-love and connection to your womb space - through understanding your own cyclical rhythms, and how to best nurture yourself during different phases or seasons of your cycle. This will leave you with a greater understanding of Nature's Intelligence System, feeling more connected to your sexual and creative energy, as well as more grounded and connected to your femininity and true nature.

Love, Vanessa

Our Cyclical Cycle

Menstrual Cycle

"Traditionally, the Moontime is the sacred time of woman when she is honored as a Mother of the Creative Force. During this time she is allowed to release the old energy her body has carried and prepare for reconnection to the Earth Mother's fertility that she will carry in the next Moon or month. Our Ancestors understood the importance of allowing each woman to have her Sacred Space during this time of reconnection, because women were the carriers of abundance and fertility..."

"As Grandmother Moon is the weaver of tides (the water or blood of our Earth Mother) so a woman's cycles follow the rhythm of that weaving. When women live together in a common space, their bodies begin to regulate their menses and all will eventually have their Moontime concurrently. This natural rhythm is one of the bonds of Sisterhood." - Jamie Sams from Sacred Path Cards: The Discovery of Self Through Native Teachings

Before you read any further, take a pause to review. From this place of curiosity and connection, you will evoke a deeper understanding of the moon mysteries, through your womb wisdom within.

The Womb energy center is home to the element water. It is vital that we have an intimate relationship with our own inner waters if we would like to connect more deeply to the rhythm and cycles of Nature.

In order to properly connect with and activate our womb space we must synchronise our activities with the flow of our Menstrual Cycle. This is one of the most powerful practices a woman can do to align more deeply her feminine power.

When we bleed we purify and hold the truth of life and death all at once inside our bodies. Due to the nature of our modern world (birth control, high stress jobs, less nature more concrete), we have lost touch with the natural rhythms of nature and the natural rhythms of our Menstrual Cycle.

Nurturing a deeper connection to our womb space is powerful, as this is where desires are held in potential form. Once we are able to tap into and nurture the energy held within this space, we may begin to intentionally create life birthed from the deeper desires of our true essence. This is the power and potency of connecting with our Menstrual Cycle.

The 4 Inner Seasons

4 Archetypes and Seasons

The archetypal and seasonal breakdown of the menstrual cycle week by week is based on ancient women's wisdom. As you get to know your own cycle, you'll be able to create a chart unique to how your body ebbs and flows with the seasons each month. Use this information as a guide to building a strong relationship with your body. As you understand the energies and signs of each phase, you'll be able to tune in more deeply to your true essence. Since this Cyclical Women's Guide assists you in connecting more deeply with your womb, we will mostly be exploring our Inner Winter Phase or Season.

Inner Winter

Week 1 of our Menstrual Cycle takes place from day 1-6 during the time when we are releasing the blood that has accumulated over the weeks passed. During this time we naturally embody the archetype of the Wise Women / Chrono / Visionary. This phase of "death" is symbolic of purification, as we release old energy that our bodies have been carrying from our previous cycle.

Inner Spring

Week 2 of our Menstrual Cycle is around day 7-13 when we move into our Pre-Ovulation Phase. During this time we are aligned with the maiden archetype. Inner Spring is a time to tap into your creativity, as we move into our movement phase, we are ready to get back into the world - the perfect time to open up to taking on new projects or plan and organise your month ahead.

Inner Summer

Week 3 of our Menstrual Cycle is usually from around day 14-21, our Ovulation Phase. During this time we may most naturally embody the archetype of the Nurturer / Mother / Healer. This is the phase during which our fertility and sexuality are heightened. We may also feel more social, as our energy is more expressive and outward.

Inner Fall

Week 4, the final week of our Menstrual Cycle is from around day 22-29, during our Luteal Phase. We are now winding down again, embodying the Wild Woman archetype. This phase requires us to go inward as we may find during this time that we are filled with inspiration, and may be more inclined to pursue our creative ideas.

Inner Winter - Menstruation

A time of inward reflection...

Winter is not a time to give to others, but to ourselves. Learning to be self-loving during this time is the healthiest behavior we can adopt for ourselves and our families.

To nurture yourself best during this phase, consider taking warm baths, having a movie night, spending the days alone creating, writing or reading in bed, sleeping, meditating, giving yourself self-love massages, taking naps and being in nature. Yin Yoga practice, Tai Chi, dancing or any slow embodied movements are all nourishing ways to connect with this phase of your cycle. During this phase you may feel like gifting yourself 1-2 days to completely disconnect from all technology and BE with yourself.

During this time you may become aware of your energy being more expanded and open, and when you sleep you are very receptive to others unconscious thoughts which get a chance to process naturally during time of deep rest. You may want to kindly ask your partner to sleep in the spare bedroom for the first night of your menstrual phase, so you can have a good night sleep fully in your own energy field & use this time to replenish. It is also important to remember that self-love is not just about bubble baths and massages, its about taking a mental, emotional, physical and spiritual rest - and that will look and feel different for everyone.

Allow for a safe space to nurture yourself and be receptive to your body during it's purification process. Some women bleed for 3 days others up until 7 days - each body is unique and beautiful in it's own natural cycle. As winter is a time of inward reflection, a time of metaphorical death, the bleeding phase of your cycle is the time where your energy and hormones are at an all-time low. Most women when left to their own devices will take more rest on the first few days of their menstrual cycle.

Hibernation and rest are two qualities that accurately characterize what this phase is about for a woman, but there's also a spiritual element woven in. According to ancient women's wisdom, the winter phase, or wise woman/crone phase is a time when the veil between worlds becomes thinner.

The greatest communication between the two hemispheres of the brain occur: left analytical and right feeling side. This means you are able to best synthesize how you feel about situations. A woman on her menstruation is said to be more powerful and have deeper access to her own wisdom. In ancient times, women would separate from the men during their bleeding time to gather in menstrual huts or tents to renew and tune in to the spirit world.

Journal Questions

- 1) Is what you think you want still feeling good at this point?*
- 2) Do you feel good about what you're doing in the various different areas of your life?*
- 3) How are you spending your time, who are you spending it with?*
- 4) What intuitive messages are coming through during this time?*

The 4 Moon Cycles



Understanding the Moon's Phases and where we are in our Menstrual Cycle in relation to the Moon, is a powerful way for us to tap into deeper self enquiry and nourishment. The energy that is shining down from the moon, upon us throughout our 4 Inner Seasons may offer a time for deeper intuitive experiences, connection with the spiritual world, self discovery or transformation. By knowing which Moon Cycle we are synced with, we may then be able to nourish ourselves in a way that is more in tune with Nature's Intelligence. Make sure to check out the Moon Tracking Calendar on Page 8, to see where your Menstruation and the Moon's Cycle meet.

White Moon Cycle

During this cycle we bleed with the New Moon & ovulate with the Full Moon. When we are synced with this cycle, we are naturally embodying the "Nurturer" and mirroring the natural fertility of the Earth. During this time our intuition will be high as we move into our Inner Winter season, and it is recommended to focus our energy inwards and withdraw from external experiences.

Pink Moon Cycle

During this cycle we bleed with the Waxing Moon & ovulate with the Waning Moon. When we are synced with this cycle, we are naturally embodying the Maiden, full of enthusiasm and strength. During this time we may find ourselves in a space of deep self discovery. We should focus this energy outwards, embodying our true essence and making time to outwardly express ourselves in our strength and inner power.

Red Moon Cycle

During this cycle we bleed with the Full Moon & ovulate with the New Moon. When we are synced with this cycle, we are naturally embodying the "Wise Woman", connecting us to the Moons Wisdom. During this time we have a heightened sense of connection between the human and spiritual world, and we should focus this energy outwardly to empower others and assist in healing.

Purple Moon Cycle

During this cycle we bleed with the Waning Moon & ovulate with the Waxing Moon. When we are synced with this cycle, we are naturally embodying the Wild Woman, a wilder expression of ourselves where shadows may rise up. During this time we are in a state of transition, and may find ourselves reflecting on our inner world. We should focus this energy on letting go of what doesn't serve us, and allow space for transformation to occur.

Moon Rituals



During our menstrual cycle we are most connected to our spiritual gifts, and our intuition is highly attuned. It's a time when the veils between the worlds would thin and we have the opportunity to receive insights and guidance in how to best embody new aspects of ourselves by consciously releasing old wounded patterns and stories. Here are some very simple rituals that you can do to clear your womb space.

Ceremony

Create a warm and inviting space for you to spend an hour alone in - honouring yourself. Dim the lights, light some candles and incense and play some soft music in the background (I offer soundscapes that are perfect for this please visit my website under Music). Write down a list of things you are grateful for, and what you would like to manifest within your new cycle. Take a moment to be still and honour your Menstruation for giving you the opportunity to reflect, witness and release all that no longer serves you.

Reflective Writing

On the first day of your menstruation (or the days leading up to it) I invite you to observe your thoughts, emotions and ask yourself what is arising that wants to be healed and released. On the first day of your Menstruation take time to yourself, and reflect by writing / journaling about the patterns, thoughts and situations from your last cycle that you have chosen to release.

Moon Ritual

Collect your moon blood. You can do this if you are using a moon cup and simply pour it in a glass, or if you bleed into a tampon soak the tampon in a glass of water and into a bowl. Go out to your moon altar (a place in nature you will monthly offer your blood) and sit on the earth in your garden or a quiet place in nature. Breathe your prayers and intentions into your blood and offer them to the earth.

Bonus: Create A Special Moon Basket

Preparing a Moon Basket is a beautiful way to honour yourself as you move into your new Moon Cycle. I would recommend that you dedicate a time to put your Moon Basket together each month before your Inner Winter Phase, so that when you begin your Moontime, you can have all that you need to assist you in moving inwards and nurturing yourself, in one place! The best part is that it can consist of whatever you like!

Here are some of my favourite Moon Basket items to get you inspired:

- A beautiful basket, box or container
- Menstrual supplies (pads/tampons/cup/moon undies)
- Dark Chocolate / Cacao
- Tonics, teas or oils specifically for your menstrual cycle.
- Bath Salts + relaxing essential oils
- Heating pad
- Moon Journal for recording thoughts, dreams, reflections from moon blood ritual.
- Red candle, red stones, red scarf or red clothing I wear during this time.
- A book about menstrual cycles... I highly recommend Wild Power or Women Codes.

Store this lovely basket in your closet, and when you get your menstrual cycle, take it out and consciously initiate yourself into this new phase. I have grown to really love this ritual!



Moon Tracking Calendar



2022

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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My love & blessings...

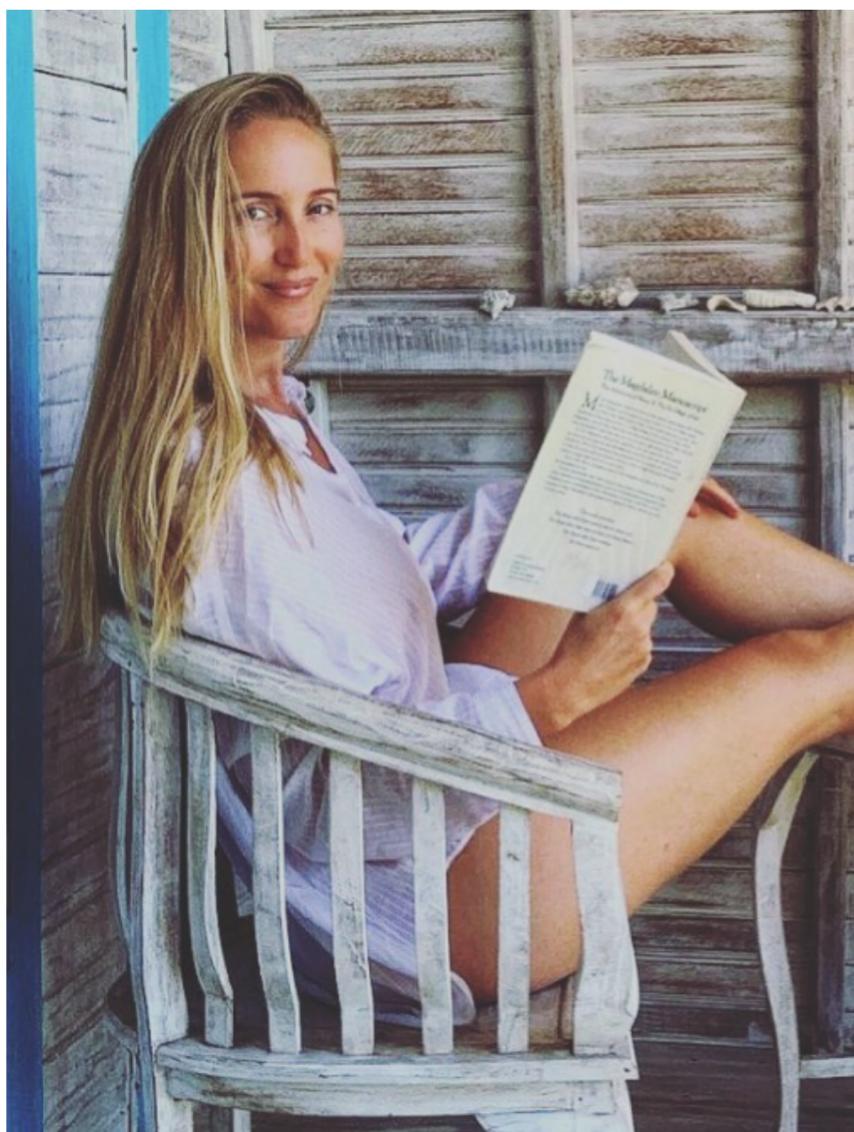


My wish for every woman is that she may tap into her feminine energy and express her greatest truth. Sharing my discoveries on connecting to our womb, with women of all ages, has been motivated by my experience of disconnect from my own feminine wisdom and the path I had to take to once again align with my true essence within.

In my younger years I was always busy and extremely driven... But I was predominantly living in my masculine, hustling around, closing deals and obsessively striving to accomplish my next goal. As a result, I was overworked and started to dabble in alcohol and drugs. Seeming like there was no other way out - or should I say 'IN' - I flung myself into the evolution of my spiritual path with full devotion towards awakening my feminine spirit. I committed to 4 years of intense initiatory training in Eurythmy - a highly refined ancient temple art that opened me up to embodying and cultivating my feminine energy through movement; for well-being and connection to Self. In this I discovered the esoteric knowledge of Rudolf Steiner and his methodology of Anthroposophy, which has largely influenced my work.

I believe that our wombs are the dreamspace where our greatest desires are held. The more fertile our womb environment is, the greater the possibility for us to dance in the field of the Infinite. When I speak about fertility I'm speaking about something with great essence, a tapping into your untouched power and potential as a woman to CREATE.

To all women who wish to call forth life into their wombs, whether that may be physical life or the conception of a new creative expression, I open this space and invite you to join me on a journey of re-connection, as we inspire more incredible women to feel into the ancient wisdom of the womb. For more information on my services and courses, see the link below!



<https://www.vanessaholliday.com/>

Love, Vanessa