

PHASE 1
FORCE FOR
RECEIVING

MOON CYCLE AWARENESS

PHASE 2
FORCE FOR
GIVING

PHASE 4
A FORCE
WITHIN

THE POWER OF CREATIVITY EMBODIED

PHASE 3
FORCE FOR
RECIPROCITY

PHASE 1: MENSTRUAL REST, RELAX & RETREAT

Wombing-in to flow of the dark abyss where we collect valuable information for ourselves, loved ones & the collective.

Evaluation & Self-Check-in time. Coming home to oneself. Intentional solitude. Most receptive of inner wisdom. Vivid dreams. Sensitivity & emotional alchemy is at its peak. Emotional cleansing process in it's last stage.

TLC: Receptive to being taken care of by others.

PHASE 4: LUTEAL EMOTIONAL CLEANSE & NEST

Detail oriented. Turning inward. Intuitive & Reflective. Retreat from outward activity. Vivid dreams.

Nesting Prep. Organization, cleaning & beautification instincts kick-in to create space to rest & be nurtured.

Inner-questioning. In tune with inner-knowing with what isn't working in our lives. Emotional sensitivity increases = deep insight. Surfacing of emotional information that needs healing & TLC. Cleanse limiting beliefs. Preparing to birth from deep within.

PHASE 2: FOLLICULAR CREATE & OFFER

Most creative energy for new projects & action. Filled with new ideas. Refreshed, invigorated, renewed & inspired, enthusiastic & motivated.

Moving toward peak of outward expression in the world. Energy is outgoing, higher, and upbeat.

Integration. Ability to recognize & transform healing into creative vision, purpose & motivation (your magic).

PHASE 3: OVULATORY COMMUNICATE & ATTRACT

Balance of giving and receiving. Best communication skills & peak outward expression.

Mental and emotional creativity at apex. We are naturally more receptive to others and to new ideas, more "fertile."

Sexual desire peaks. Magnetic.

Ally Rugge | Cycle Awareness Educator
Consults and Classes at Communicatus.org



Cycle-It-Forward

Sharing Embodied Wisdom & Knowledge
Generation-to-Generation

This is a FREE Cycle-it-Forward resource -
committed to making embodied education + events
accessible and become common knowledge.

Pass-it-on!

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\$7 for 7 Generations

One Dollar for One Generation, Seven Generations Ahead...



Founded to provide Menstrual Cycle-related resources
empowering education + events,
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Menstrala ~ the great cycle of renewal.