

Womb Intelligence: Leading with your Lady Balls

Flowing with the seasons of your monthly cycle requires you to listen to your body and tune into trends that can help you better structure your schedule and plans to meet your individual needs

WINTER - REFLECTIVE

- Day 1 of menstruation to approx day 6
- Hibernation, low energy, need for more sleep, disconnected from outer world
- Slow down, nurture your body, reflect on what might need to change in your life
- Review, feel, and connect to intuitive nature

SPRING - DYNAMIC

- Approximately Day 7-13
- Ride the energy wave of motivation, physical exuberance and mental sharpness
- Start new healthy habits here and implement any changes you may have gleaned insight on in your reflective phase
- Be mindful of lack of patience and over committing into other phases

SUMMER - EXPRESSIVE

- Approximately days 14-20
- Ovulation causes a shift to be less action-oriented and more socially inspired and savouring connection
- Still energetic and driven, just more focused on other peoples needs and emotional relationships
- This time is where our feminine qualities really shine

FALL - CREATIVE

- Approximately days 21-28
- Pre-menstruation is the most shamed and misunderstood phase of our cycle
- Physical stamina slows and strong emotions and passions are experienced as we begin to introvert.
- Creativity is high so it is important to channel emotions appropriately and be really kind to your self (take a break from social media while mental judgements are more comparative and critical)

"When you look not for consistency but at what you can do with your inconsistency be prepared to be surprised!" Miranda Gray