



MENSTRUAL CYCLE
AWARENESS GUIDE

RECLAIMING THE
DIVINE FEMININE
THROUGH THE
EARTH'S WISDOM

gaia goddess





Dear Goddess, may we remember:

Gaia, the living spirit of the Earth, is cyclical.

She breathes through seasons of becoming and undoing, growth and rest, expansion and reseedling, decay and renewal. This sacred rhythm is the law of life itself, the ancient intelligence through which all creation is sustained.

Our Great Mother is calling women home to remembrance right now. Through reverent relationship with her living cycles, we are invited back into intimacy with the Earth and with our own bodies. Reclaiming the menstrual cycle is an act of devotion and healing, a return to the wisdom that has always lived within us, waiting to be honored.

Within each menstrual month unfolds a holy symphony of hormones, shaping emotion, energy, perception, and intuition. This is not disorder, but sacred design. A living intelligence that teaches us creation is cyclical, spiralic, and alive. When we cease to pathologize this rhythm and instead listen, the feminine is restored to dignity, power, and authority.

The menstrual cycle is a living design encoded in the womb-space of your body. When you learn to read its signs and seasons, you remember who you are: a body of rhythm, a vessel of creation, and a living expression of the Divine Feminine in communion with the Earth.

This guide is an invitation to walk the four phases of your menstrual cycle with presence, awakening deeper awareness and embodied power along the way.



We do not heal in isolation.

As women, we are woven into an ancient womb field, an unseen yet deeply felt web of energy, biology, memory, and lineage that binds us across time and experience. When one woman turns toward her womb with presence, compassion, and care, the healing does not stop with her. It moves outward in subtle waves, loosening inherited patterns and opening space for remembrance within the greater whole.

This is why womb healing is never only personal. It is relational and communal. A quiet restoration of wisdom long held in silence. As each woman reclaims intimacy with this sacred center, she reawakens what has been forgotten, not just in herself, but in women everywhere.

The womb is a portal of creation, memory, and power. The menstrual cycle is one of its living languages. Together, they form a sacred intelligence through which feminine wisdom is expressed, tended, and embodied.

At its foundation, the womb is both a physical and energetic center, and the menstrual cycle is the rhythmic expression of its vitality. Through this monthly movement, the body speaks, revealing when to rest, create, release, and listen. To understand this relationship is to begin a deeper communion with feminine power itself.

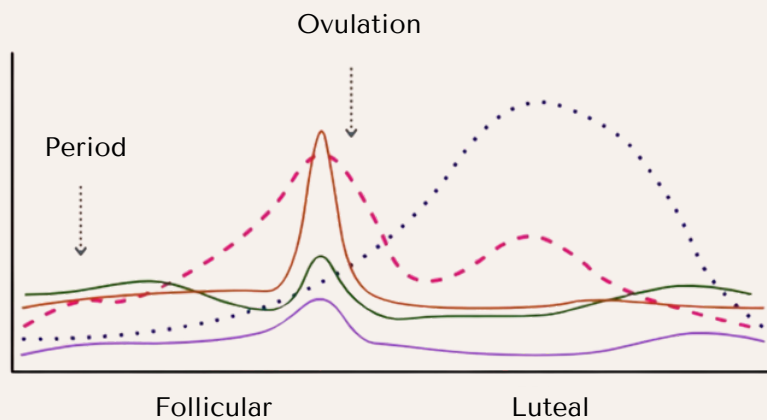
Understanding the Roots of Disconnection

Rather than being guided to honor the natural ebb and flow of our hormonal rhythms, many of us are immersed in a world that measures worth by constant productivity; a rhythm modeled on the unceasing 24-hour cycle of the male body. In this context, women as cyclical beings, are often taught to override their own emotional and physical signals. It is no wonder so many women feel tired and disconnected from their intuitive knowing.

Male Hormonal Levels 24-hours



Female Hormonal Levels 28 days

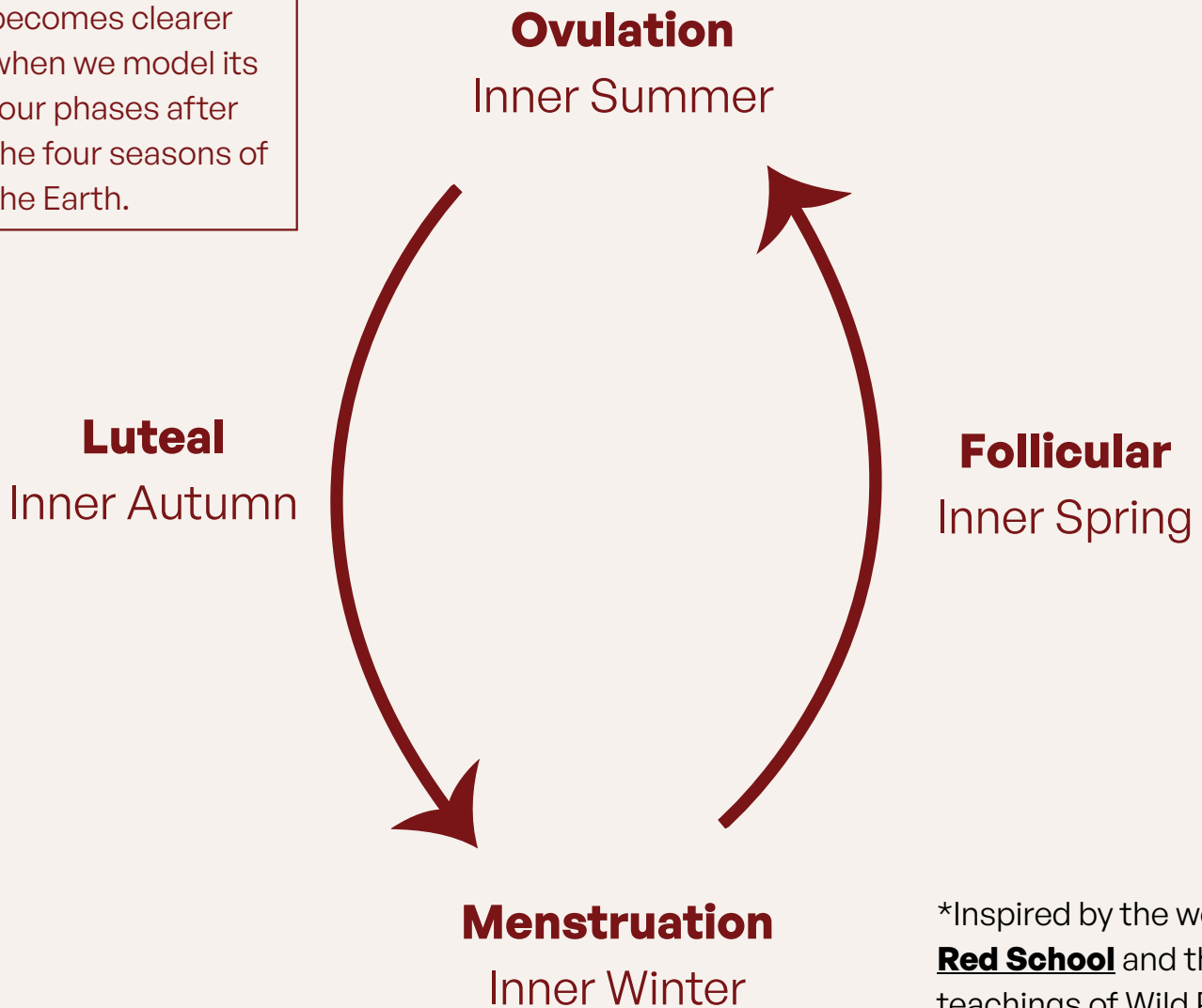


The body speaks in ways we are often taught to dismiss: intense PMS, irregular or painful cycles, low libido, mood shifts, anxiety, restless sleep, cravings, or fertility challenges. These are not failures, **they are sacred messages from the womb and menstrual cycle**, calling for attention, care, and respect.

These symptoms are invitations to heal, align, and reclaim what is out of balance with our natural rhythms. When we learn to listen to the language of our bodies, we remember that our cycles are not obstacles, they are a living intelligence guiding us home.

Menstrual Cycle Awareness (MCA) is the conscious, embodied practice of knowing your own cyclical intelligence; how your body, emotions, and energy **rise and fall** through each phase of your cycle. MCA is not simply tracking dates. It's a daily attunement to **your unique inner seasons** allowing you to meet your needs, pace your energy and heal your symptoms. When you cultivate intimacy with your cycle, you unlock a living source of authority and well-being encoded in your body and aligned with the Earth's wisdom.

The wisdom of the menstrual cycle becomes clearer when we model its four phases after the four seasons of the Earth.



*Inspired by the work of **Red School** and the teachings of Wild Power.

Menstruation

the depths

APPROX. DAYS 1-5

EARTH PARALLELS:
INNER WINTER
NEW MOON

Hormone levels drop and your uterus contracts to shed its lining

This is your time to:

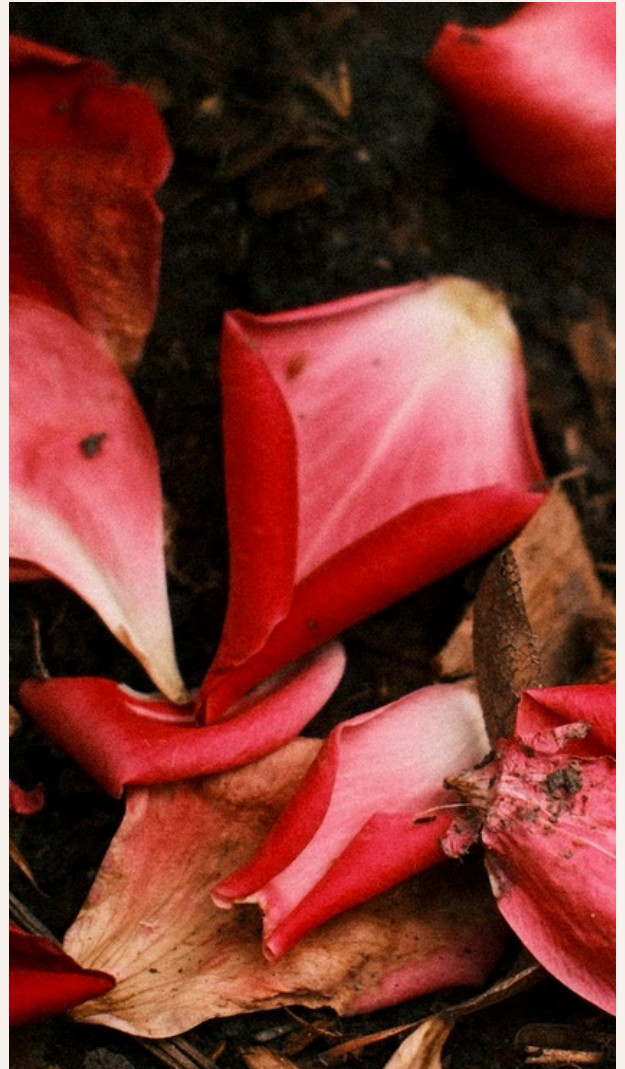
REST

DETACH

HONOR

BE IN STILLNESS

RECEIVE INNER GUIDANCE




Menstruation is the phase of shedding; blood, stories, identities, and expectations. When you allow yourself to step back from the outer world and enter rest, you reset the ground of your being. How you meet this threshold shapes the entire cycle to come.

During the bleed, the veil thins. Your intuition sharpens. Insight is not something you have to chase here. It finds you when you are **still enough to listen.**

The difficulty is not menstruation itself. It is the culture that fears the dark and worships constant output. We have been taught to override the body, to silence pain, to carry on as if nothing sacred is happening. When you push through or numb the experience, you abandon a well of instinctual power that lives in the depths.

Menstruation asks you to descend. To listen. To let something die. **Say no to what drains you. Say yes to the wisdom of your blood.** This is where your power renews.



Mother's Medicine for Menstruation

Affirm: "I honor the sacred pause within me. I surrender to the wisdom of my womb and rest in the power of stillness."

Herbal Allies – Teas for Gentle Support:

- Red Raspberry Leaf: Nourishes the uterus and gently supports hormonal balance.
- Lavender: Calms the nervous system and invites rest and relaxation.
- Rose: Opens the heart and offers deep maternal comfort and emotional nourishment.
- Turmeric Root: Supports circulation and soothes inflammation during the bleed.

Essential Oils – Aromatic Attunement:

- Clary Sage: Encourages release and supports hormonal balance.
- Lavender: Soothes the mind and invites gentle inward listening.
- Geranium: Grounds emotions and restores inner equilibrium.
- Patchouli: Anchors energy and offers deep, earthy stability.

Crystals – Womb Wisdom Tools:

- Moonstone: Deepens intuition, emotional calm, and connection to cyclical rhythms.
- Larimar: Softens emotional intensity, supports surrender, and balances heart-throat expression.
- Malachite: Grounds and protects while supporting emotional release and womb energy.
- Benitoite: Encourages energetic flow, self-expression, and insight into cyclical patterns.
- Selenite: Clears stagnant energy, promotes emotional calm, and offers gentle energetic protection.

Supportive Practices:

- Sacred rest and sensory reduction
- Womb or belly breathing
- EFT tapping for release, grief, or surrender
- Gentle self-holding and womb massage
- Intuitive journaling and dreamwork
- Ritual closure (letting go, completion ceremonies)
- Enjoy this **Forgiveness Meditation for Deep Emotional Healing**, your gift from Gaia Goddess

Follicular

the rising

APPROX. DAYS 6-13

EARTH PARALLELS:

INNER SPRING

FIRST QUARTER MOON

Estrogen begins to rise, stimulating
new follicle growth

This is your time to:

AWAKEN

INVITE CURIOSITY

OPEN TO DESIRE

EXPERIMENT

PLAY



After bleeding, you re-enter the world renewed and possibility feels close again. What has been released creates space for pleasure, vitality, and vision to return.

This inner spring is a season of quiet awakening; anticipation building, energy gathering, desire stirring back to life. You may feel more curious, more inclined toward imagination and play, as if joy is suddenly within reach. There is a youthful lightness here, a reminder that delight and experimentation are sacred.

Move gently as you emerge, allowing this life force to rise without rushing it into form. Not every impulse needs action yet. This phase teaches you how to hold energy with care, how to pace your return, and how to midwife yourself back into the world with grace; letting excitement grow without scattering it, honoring the tenderness of becoming.



Mother's Medicine for Follicular

Affirm: "I meet new beginnings with curiosity and an open heart.
As my body renews itself, my creative energy flows."

Herbal Allies – Teas for Gentle Support:

- Nettle Leaf: Rebuilds blood, replenishes minerals, and supports steady, renewed vitality.
- Spearmint: Gently uplifts mood, supports digestion, and refreshes mental clarity.
- Elderflower: Encourages gentle lymphatic movement and light detoxification, supporting clarity and ease.
- Red Clover: Supports hormonal balance and healthy circulation, nourishing tissues during renewal.

Essential Oils – Aromatic Attunement:

- Rosemary: Awakens mental clarity, focus, and personal sovereignty.
- Bergamot: Lifts the spirit and encourages playful curiosity and lightness.
- Lemon: Refreshes energy, supports optimism, and sparks new ideas.
- Jasmine: Awakens sensuality, creative life force, and gentle confidence as energy begins to rise.

Crystals – Womb Wisdom Tools:

- Carnelian: Awakens vitality, creative energy, and confident self-expression.
- Petalite: Brings clarity, emotional openness, and a sense of lightness and peace.
- Scolecite: Supports collaboration, learning, and healthy energetic boundaries.
- Sodalite: Enhances focus, curiosity, and intuitive clarity through logic.
- Tiger's Eye: Builds grounded confidence, emotional balance, and steady optimism.

Supportive Practices:

- Light, playful movement or free dance
- Creative brainstorming or vision mapping
- EFT tapping for confidence and expansion
- Pelvic mobility and gentle hip opening yoga practices
- Learning, curiosity, and exploration
- Setting intentions aligned with desire
- Enjoy this **Tantra Grounding Meditation**, your gift from Gaia Goddess

Ovulation

the radiance

APPROX. DAYS 14-18

EARTH PARALLELS:

INNER SUMMER

FULL MOON

Estrogen peaks and luteinizing hormone surges, triggering ovulation

This is your time to:

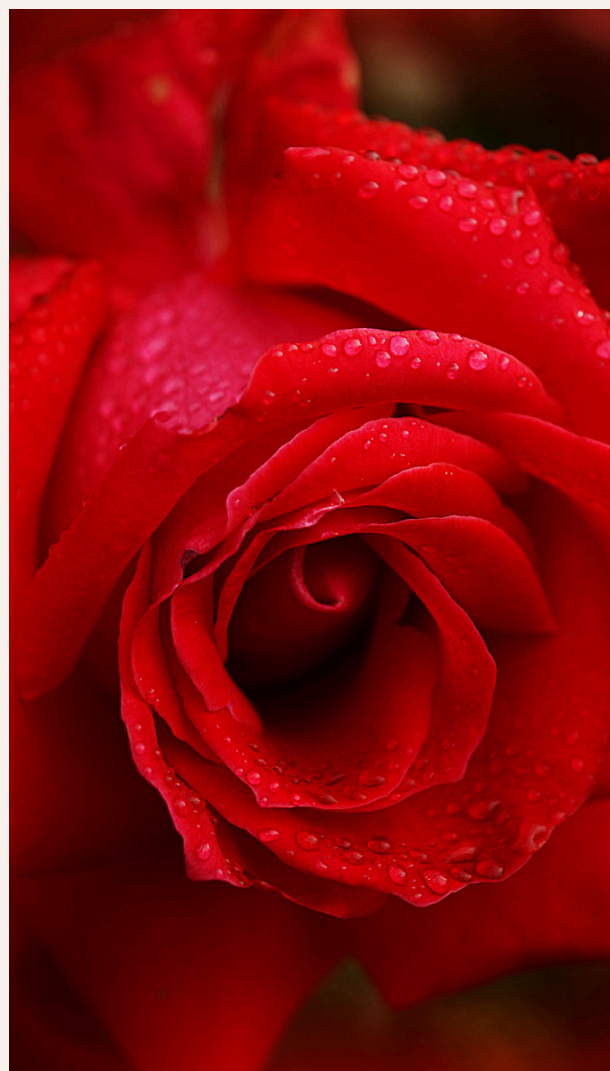
SHINE

OPEN

RADIATE

CELEBRATE

BE BRILLIANT



You've arrived in your season of radiance. Energy swells, confidence feels effortless, and being yourself comes naturally. It's easier to enter flow and create without second-guessing.

Opportunities, connections, and moments of ease seem to find you, as if the world is responding to what you're holding in your heart. There is a comfort in your own skin now; a grounded self-assurance that invites you to share your gifts, to be seen, and to receive appreciation.

Your body, too, opens toward pleasure and connection. Sensuality heightens. Touch, closeness, and affection may feel especially nourishing, animated by a creative and sexual vitality that is both potent and joyful. Saying yes comes easily here, but discernment is still sacred. This energy is luminous and expansive, yet fleeting. Remember, this is one chapter in the cycle, not the blueprint for every day. Let this radiant woman lead you in joy and generosity without asking her to carry the weight of the whole month.

Mother's Medicine for Ovulation

Affirm: "I shine in my full radiance. My voice, beauty, and presence are magnetic. I connect with others in joyful flow."

Herbal Allies – Teas for Gentle Support:

- Peppermint: Refreshes the body and opens energy pathways.
- Green Tea / Matcha: Supports energy, protects cells, and gently awakens focus.
- Red Clover: Supports healthy hormonal flow and radiant energy.
- Blue Lotus: Encourages confidence, self-expression, and feminine power.

Essential Oils – Aromatic Attunement:

- Rose: Opens the heart and deepens connection to self and others.
- Ylang Ylang: Encourages joy, pleasure, and feminine radiance.
- Cardamom: Ignites feminine fire, confidence, and embodied vitality.
- Neroli: Enhances confidence, emotional openness, and radiant self-expression while supporting the heart.

Crystals – Womb Wisdom Tools:

- Lapis Lazuli: Enhances confidence, clear communication, and authentic self-expression.
- Lepidolite: Supports emotional balance and ease while energy is high.
- Black Tourmaline: Grounds and protects energy, keeping radiance centered and contained.
- Bloodstone: Boosts vitality, courage, and physical strength during peak energy.
- Garnet: Awakens sexual energy, passion, and confident life force flow.

Supportive Practices:

- Belly dancing or sensual embodied movement
- Voice activation, singing, or toning
- Social connection and celebration
- Mirror work and self-adornment rituals
- Strength training and high-energy workouts
- Collaborative creation and leadership
- Enjoy this **Belly Dance For Pleasure Practice**, your gift from Gaia Goddess

Luteal

the deepening

APPROX. DAYS 19–28

EARTH PARALLELS:

INNER AUTUMN

LAST QUARTER MOON

Progesterone rises to support potential implantation or preparation for release if pregnancy does not occur

This is your time to

RELEASE

LISTEN

COMPLETE

NOURISH

REFINE



This is the phase that asks, “*How are you, really?*” **During luteal, the inner landscape grows louder, as if something within you is leaning closer, asking to be felt.** Parts of yourself that have been overlooked begin to surface: unmet needs, unspoken feelings, ancestral patterns that have lived quietly beneath the surface. This is not a descent into darkness, but an invitation into deeper intimacy with your inner world.

As luteal unfolds, discernment sharpens and illusions fall. What once felt tangled may suddenly feel clear. Sensitivity increases, intuition deepens, and your tolerance for what is misaligned naturally thins. **Truth begins to rise more quickly now, often without polish.**

Luteal is a sacred crossing, a threshold between who you have been and who you are becoming. **When you honor yourself here, you cultivate the tenderness required to face your shadows without shame.** This phase gently reminds you of a vital truth: you are worthy of love even in your messiness, your humanity, and when everything feels tender and raw.



Mother's Medicine for Luteal

"It's okay to slow down and integrate the gifts of my cycle.
I choose clarity and boundaries to honor my inner truth."

Herbal Allies – Teas for Gentle Support:

- Mugwort: Supports healthy menstrual flow and cycle awareness.
- Cinnamon: Balances blood sugar and supports menstrual regularity.
- Peppermint: Relieves cramps, bloating, headaches, and digestive discomfort.
- Lemon Balm: Calms the nervous system and supports hormonal balance.
- Hibiscus: Nourishes the blood and supports circulation during menstruation

Essential Oils – Aromatic Attunement:

- Geranium: Grounds emotions and supports hormonal balance during sensitivity.
- Sweet Orange: Gently lifts mood and softens luteal heaviness.
- Cedarwood: Encourages safety, stability, and emotional containment.
- Basil: Supports mental clarity when focus begins to wane.

Crystals – Womb Wisdom Tools:

- Red Aventurine: Supports grounding, emotional processing, and inward reflection as your energy naturally slows and prepares for release.
- Pink Calcite: Nurtures the heart and encourages self-compassion during introspection.
- Fluorite: Supports mental clarity and emotional discernment as the body slows.
- Common Opal: Amplifies emotional insight and encourages gentle release.
- Lepidocrocite: Promotes inner reflection and helps integrate emotions for healing.

Supportive Practices:

- Slow, grounding movement (yin, womb yoga)
- EFT tapping for emotional regulation and boundaries
- Nervous system soothing (weighted blankets, warmth, breath)
- Journaling for clarity, truth, and discernment
- Energy audits and boundary refinement
- Preparing the body and space for deep rest
- Enjoy this **Somatic Tantrum Practice**, your gift from Gaia Goddess

Tracking Your Cycle

Menstrual cycle tracking is the practice of noticing physical, emotional, mental, and energetic changes throughout your cycle. Its purpose is to recognize patterns, identify phases, and deepen awareness of your body's rhythms.

How to begin:

Day 1 is the first day of full menstrual bleeding. Track daily using an app (Stardust, Clue, Flo, Glow, or Ovia) or a journal (written or voice). Consistency matters more than the method.

What to track:

Energy and mood, physical symptoms, emotional patterns, sleep, appetite, libido, and intuitive or creative shifts.

Why track:

Over time, tracking reveals your unique cyclical intelligence. It supports self-trust, informed decision-making, and compassionate self-care aligned with your natural ebb and flow.

Golden Rule:

Averages are guides, not rules. Your lived experience is the authority; observe, honor, and learn from your body's language.



A note about the Menarch

Your first bleed is not just a biological milestone. It is an initiation. A moment when the body speaks in blood and rhythm for the first time. For many women, this threshold was met with silence, shame, confusion, or fear rather than reverence. Healing your relationship to your first bleed is about returning to that moment with tenderness. It is about meeting the younger you and offering her safety, honor, and belonging. When the first bleed is remembered and re-held with love, something in the lineage softens, and the menstrual cycle becomes a teacher.

Reflection: Close your eyes and bring to mind the moment of your first bleed.

Where were you? Who was there, or who was missing? What did your body and heart need that day? Write a letter to your younger self, speaking to her as an elder would, naming her power and welcoming her into womanhood.

[Learn To Heal Your First Menstrual Cycle](#) & Honor Menarche As A Sacred Feminine Rite with Amy Sergeant



We're honored to walk this path with you.

This work is an invitation to live closer to yourself. To let your body set the pace, your cycle shape your choices, and your inner rhythms lead you home again and again. As you honor these living seasons within you, you rejoin the greater rhythm of Gaia herself, remembering that your body is not separate from the Earth, but an expression of it.

You are not asked to do more, only to feel more. In the quiet attention to your own rhythms, the intelligence of the feminine awakens within you; soft, sovereign, and fully alive.

GAIA'S MISSION

To provide women unconditional love, support and healing as they awaken their power and embody their worth, allows women to rise and reach their full potential, balancing both the planet and humanity at large.

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