

# Menopause Naturally

## *Module 3*



## Rhythms & Cycles

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# Introduction

The first module encouraged you into a routine of keeping a journal or gratitude diary, this has allowed you the space to work out your priorities and into a useful habit.

This module will build on this skill and allow you to acknowledge the rhythms and cycles of your life and menstrual cycle.

# Lunar Cycles

Our ancestors lived their lives according to the natural rhythms and cycles of life. Nowadays for the most part we've shifted our focus and have lost connection with them. If we take time to reconnect and notice these rhythms, it soon becomes very noticeable how we are still affected by them if we take the time to notice.

The lunar cycles last 29 days, the moon moves from New Moon gradually appearing larger (waxing) through to full moon. Two weeks later it then gradually appears smaller (waning) until it's a crescent shape once again.

Each New Moon can be useful energy; like pressing a reset button or like setting New Year resolutions but over a shorter, manageable timescale.

The Chinese use the lunar cycles when planning surgery as our bodies bleed more readily when the moon is in the waning cycle. We absorb more nutrients in our body during the waxing moon.

A useful book on the subject is *Moon Time The Art of Harmony with Nature and Lunar Cycles* by Johanna Paungger, Thomas Poppe (ISBN: 9781844133000)

Once we start to notice the lunar cycles, it's interesting to chart our own reactions. As the human body contains 70%+ water and the lunar cycles affect the tides it's unsurprising how it can have a bearing on our moods and emotions.

Once you track how you feel throughout each lunar cycle, some phases will feel more comfortable than others. Armed with this knowledge you can plan tasks around the relevant phase to get the most out of its influence.

Most calendars and diaries have the moon phases marked on each month but you can get lunar diaries and calendars.

# Tracking

What to track?









You can track your cycles (you may not have a regular menstrual cycle). You can track things like symptoms, emotions, cravings etc. and you will begin to find patterns appear.

If you prefer to track electronically I can recommend a free app called

**Womanlog** (others are available) it is very comprehensive and allows you to track your cycles, symptoms, cravings etc.









This works with the usual solar calendar and now gives statistics.

# Moon Phases

|   |                              |  |
|---|------------------------------|--|
|    | DAYS<br>1<br>2<br>3          | Releasing old patterns, habits, beliefs that no longer serve you. Setting intentions for the new lunar cycle ahead                           |
|    | DAYS<br>4<br>5<br>6          | Releasing old patterns, embracing creativity. Connect within and using this insight to move forward. Personal growth and bringing in the new |
|    | DAYS<br>7<br>8<br>9<br>10    | First active steps. Attracting and being open to New opportunities and experiences.  |
|   | DAYS<br>11<br>12<br>13       | Keep moving. Start taking bold steps forward   |
|    | DAYS<br>14<br>15<br>16<br>17 | A good time to work on the big stuff. Express Gratitude and purpose. Being in your true power  |
|    | DAYS<br>18<br>19<br>20<br>21 | Supports cleansing and de-cluttering and celebrating your achievements   |
|    | DAYS<br>22<br>23<br>24<br>25 | Gathering all you have learned. Release emotional obstacles that hold you back.  |
|    | DAYS<br>26<br>27<br>28<br>29 | A time for inner reflection and rest for the next cycle. Embrace the time for stillness and quiet contemplation.                             |
| <p style="text-align: center;"><b>Menopause Naturally</b>      <a href="http://www.thelavenderroom.co.uk">www.thelavenderroom.co.uk</a></p> |                              |  |

# Moon Phases

## Tracker

|  |                              |  |
|--|------------------------------|--|
|  <p><i>New Moon</i></p>             | DAYS<br>1<br>2<br>3          |  |
|  <p><i>Crescent Moon</i></p>        | DAYS<br>4<br>5<br>6          |  |
|  <p><i>First Quarter Moon</i></p>   | DAYS<br>7<br>8<br>9<br>10    |  |
|  <p><i>Gibbous Moon</i></p>        | DAYS<br>11<br>12<br>13       |  |
|  <p><i>Full Moon</i></p>          | DAYS<br>14<br>15<br>16<br>17 |  |
|  <p><i>Disseminating Moon</i></p> | DAYS<br>18<br>19<br>20<br>21 |  |
|  <p><i>Last Quarter Moon</i></p>  | DAYS<br>22<br>23<br>24<br>25 |  |
|  <p><i>Balsamic Moon</i></p>      | DAYS<br>26<br>27<br>28<br>29 |  |
| <b>Menopause Naturally</b>   |                              | <a href="http://www.thelavenderroom.co.uk">www.thelavenderroom.co.uk</a> |

# Cooling Breath

Yoga offers a useful breathing techniques that can stop a hot flush in its tracks. There are two to choose from depending on your genetics. Here is a short video demonstration.

[https://www.youtube.com/watch?v=1HS\\_urTBEXc](https://www.youtube.com/watch?v=1HS_urTBEXc)