

Menstrual Cycle Chart: An overview of the physical, spiritual and archetypal meanings of your cycle.

Phase	Pre-ovulatory	Ovulatory	Pre-menstrual	Menstrual
Moon Phase	waxing	full	waning	dark (new)
Archetype	virgin/maiden	mother	enchantress/wild woman	crone/wise woman
Season	spring	summer	autumn	winter
Length	9 days (Days 6-14)	5 days (Days 15-19)	9 days (Days 20-28)	5 days (Days 1-5)
Hormones	hormones rising	peak hormones	hormones falling	lowest point
Physical	egg follicle ripening	egg released, uterine wall build-up	continues	lining breaks down and sheds
Vaginal Discharge	sticky/none	clear, stretchy (like egg-white) 'wet' feeling	none or thick and yellow	menses (blood)
Emotions	calm, open, dynamic, clear, energetic, enthusiastic, able to cope with irritations, inspired	loving, nurturing, nourishing, sustaining, energized, connected, powerful, forgiving	creative, emotional, sensitive, hostility, mood swings	introspective, dreamy, sensitive, intuitive, spiritually connected
Energy	rising dynamic, growing outward	full, sustaining, losing sense of self in work or mothering	waning dynamic, destructive, descending inward	reflective, slow, containing, internalized, spiritual
Libido	rising-carefree	full, horny, height of desire around ovulation	peaks and troughs, can be very intense	usually little desire for intimacy, more spiritual connection
Physical Feeling	energetic	perhaps ovulatory pain, cramping, sensitive breasts	lowered immune system, toward end-cramping, back ache, bloating, sugar and carbohydrate cravings	cramping, back ache, migraine, faintness, exhaustion, tearfulness

Relationships	easy going, trusting, outgoing	loving, giving, nurturing, reach out to friends, family and partner, communicate	needs to balance dynamic interactions with others, with focused energized creative time alone	desires to be alone or in quiet communication with other women, does not want to be around men and children
Keywords	new beginnings, dynamic, exuberance, self-confident	fertility, radiating, caring, magnetic, power	magical, witchy, destructive, intuitive	darkness, wisdom, gestation, stillness, vision
Affirmation	I step forward in action with a lightness of heart	I embrace my life with love and generate beauty around me.	I use the sword of my intolerance to cut deep and true. I keep hold of my vision and manifest it.	I sink into my depths. And listen to my dreams.
Outward Action Ideas	start new projects, fresh start, organize and prioritize, clean out, cook in advance, plan, make decisions	work hard, love well, connect, nurture, start a family (or not), birth creative projects, stay up late, receptive to input, communicate, interview, speak, write, present, network	check off the to-do list, wrap up projects, begin to f and assess, practice saying no, bite your tongue but hold onto your thoughts (journal), focus on inner directed creative projects	retreat, dream, only essentials, no new projects, delay important decisions or stressful appointments, rest, take a day off, practice good selfcare, plan and vision, course correct
Exercise	high intensity, weights, cardio	high intensity, group classes, social exercise	yoga, flow type exercise	stretching, meditation

*Try tracking your cycles for several months to become more in tune with the needs of your body. Try apps like Kindara, Clue or old-fashioned paper and pencil. See what Cycle tracking and syncing can do for your self-care!