

LET'S LEARN



Menstrual Cycle Awareness

BY KATRINA CLARK

 *Katrina Clark*

*Somatic Trauma Coach,
Educator & Guide*

visit me at: www.katrinaclark.org



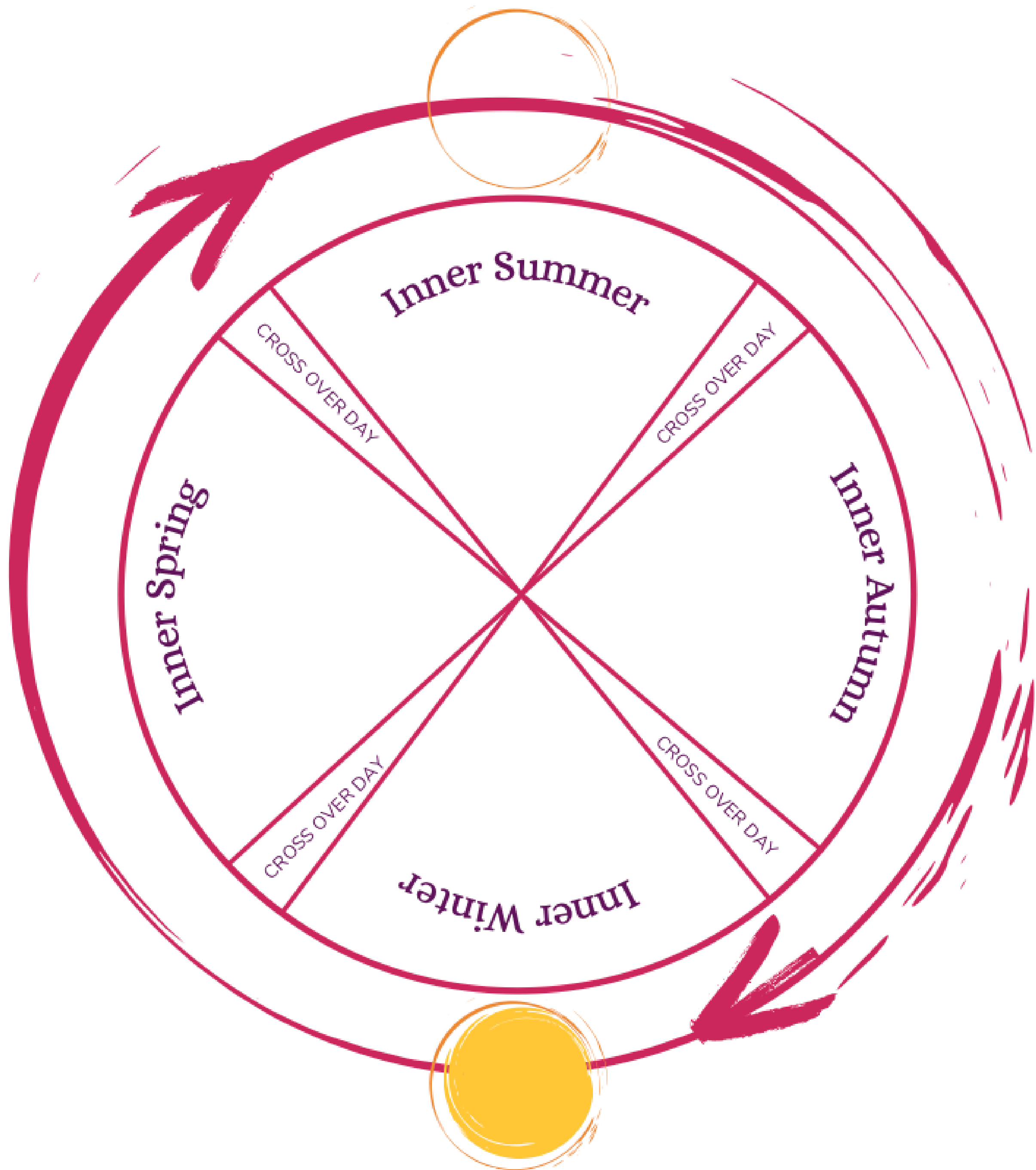
Menstrual Cycle Awareness

The Inner Seasons are a way for you to mark the different psychological, emotional, physical and spiritual changes that take place each month within your cycle. With this awareness you can begin to adjust and live in alignment with your most authentic life flow.

As you learn about yourself through the Inner Seasons, you develop the skills to handle your emotions and make better choices around your behaviour. It's a means of personal therapy and healing that teaches you how to harness the power of your unique nature.

The Inner Seasons

Ovulation



Menstruation



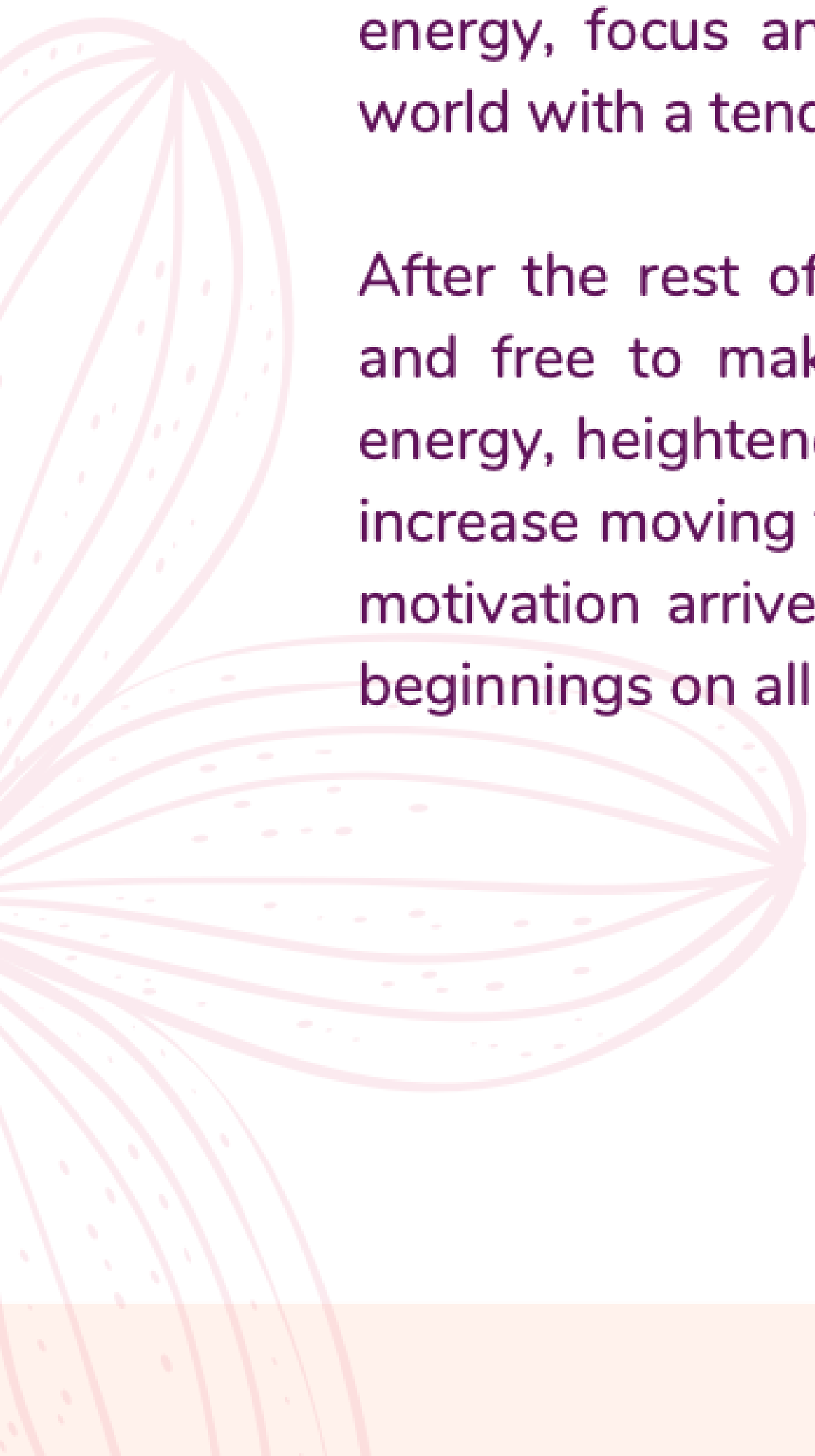
The Inner Seasons

SPRING

(Pre-Ovulation) Day 5-12

Your calling is to engage with your new creative energy, focus and curiosity. To move back into the world with a tenderness and positivity.

After the rest of Winter you now emerge cleansed and free to make a fresh start. There is a playful energy, heightened sexual desire as fertility begins to increase moving towards Ovulation. A new focus and motivation arrives and it's a wonderful time for new beginnings on all levels.





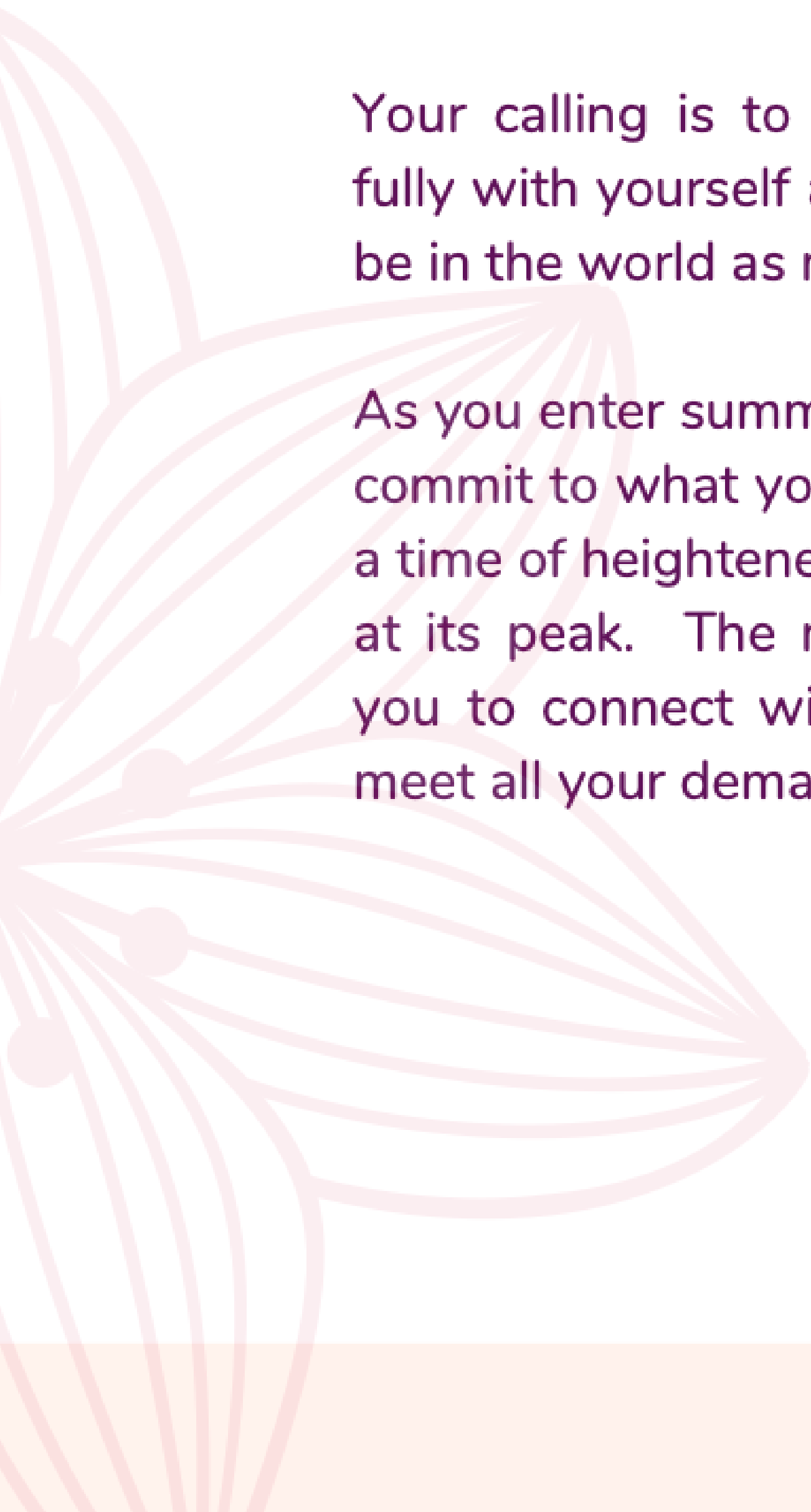
The Inner Seasons

S U M M E R

(Ovulation) Day 12-19

Your calling is to take pleasure and enjoy, connect fully with yourself and others, commit to projects and be in the world as much as you can.

As you enter summer you can say Yes to yourself and commit to what you want to put your energy into. It's a time of heightened Sexuality and desire with fertility at its peak. The movement of erotic energy allows you to connect with others, have fun, socialise and meet all your demands with confidence.





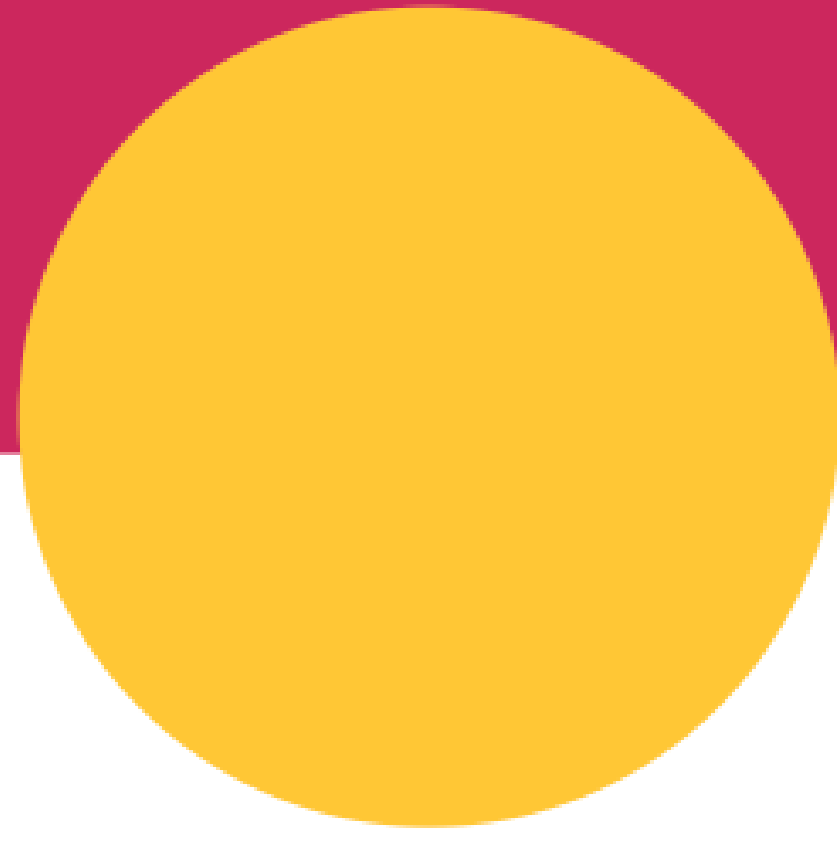
The Inner Seasons

AUTUMN

(Premenstrual Phase) Day 19-26

Your calling is to do the inner work, moving away from the external life of spring and summer, here you move inwards for your inner healing and self-care.

Bring in all your practices that support you, find new ones. Begin to diary time to slow down and take care. Say no more, notice the tension of the Inner Critic as she arrives to show you any shadows or underlying issues that need attention. Old wounds can surface and you may feel more vulnerable. Your cycle calls you to self care and healing. Stay present, meet you Inner Critic with kindness and compassion, show up and do the work necessary for the cleansing power of Winter as it arrives.



The Inner Seasons

W I N T E R

(Menstrual Phase) Day 26-5

Your calling is to claim space for yourself, let go and rest, nurture yourself.

Your body's ability to de-stress depends on downtime, and downtime in menstruation is one of the most effective and efficient ways to soothe and repair your nervous system. During this time you let go of the previous month, and allow yourself to ground and prepare for the new cycle/month ahead. You let go of any conflicts, old stories and bring in a new beginning to any on-going challenges. You set a new intention for the month. Do this with a ritual, a simple statement of intention, honour this time.





Want to
learn more?

*Somatic Trauma Coach,
Educator & Guide*

visit me at: www.katrinaclark.org

 Katrina Clark