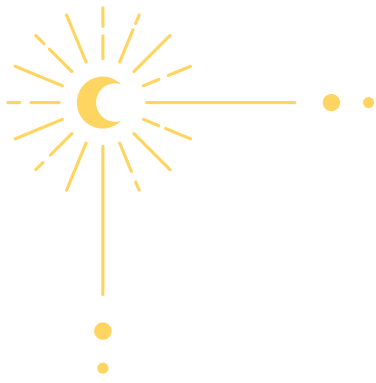




THE LUNAR ORACLE

Unlocking Womb Wisdom



By Natalie Cooper-Draper



THE CONNECTION BETWEEN THE MOON AND THE MENSTRUAL CYCLE



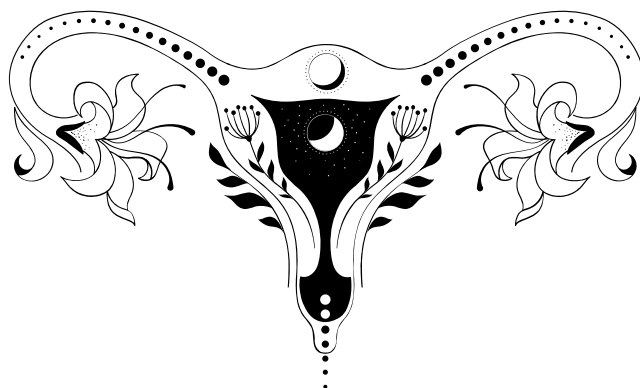
The moon, with its silvery glow and profound presence, moves through its phases over approximately 29.5 days. Meanwhile, the menstrual cycle, a rhythmic and intricate journey, usually spans between 28 to 30 days.

This celestial journey and earthly rhythm align in a sacred synchronicity that sees 13 moons in a year, reflecting the 13 cycles most women experience annually.

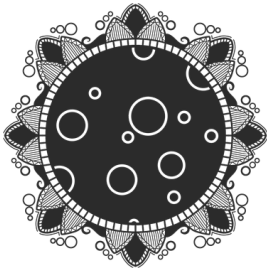
The number 13, often valued in spiritual traditions, is celebrated as the symbol of the divine feminine — a number imbued with the sacred power of creation.

The moon's phases — new, waxing, full, and waning — parallel the stages of the menstrual cycle: menstruation, the follicular phase, ovulation, and the luteal phase. This alignment invites us to embrace these energies in our lives as we navigate through our own cycles. This dance of light and shadow encourages introspection and transformation, offering a reminder of the beauty, resilience, and nurturing qualities inherent in the feminine cycles of change.

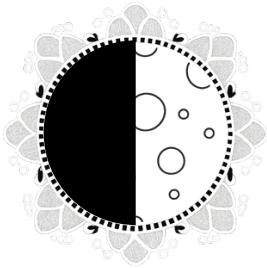
This profound connection between the moon and the menstrual cycle is a testament to the enduring power of nature's rhythms, encouraging us to find harmony and balance within ourselves and the world around us, while celebrating the divine feminine energy that flows through all aspects of life.



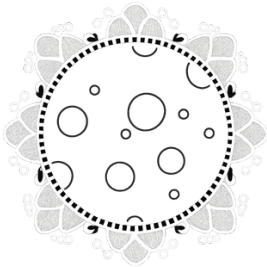
THE MOON PHASES



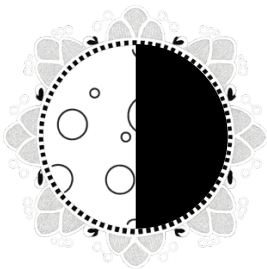
New Moon: The New Moon marks the beginning of the lunar cycle, a time when the moon is dark and not visible in the night sky. Energetically, this phase symbolises renewal, introspection, and rest. It's an ideal period for setting intentions, reflecting on past experiences, and allowing yourself to retreat inward for deep rest and healing. Many find this is a powerful moment to connect with intuition and plant the seeds for new beginnings.



Waxing Moon: As the moon grows from new to full, the Waxing Moon phase is associated with increasing energy, growth, and expansion. This is a time to take action towards the intentions set during the New Moon, build momentum, and embrace opportunities for learning and creativity. The growing light encourages motivation, optimism, and outward engagement with the world.



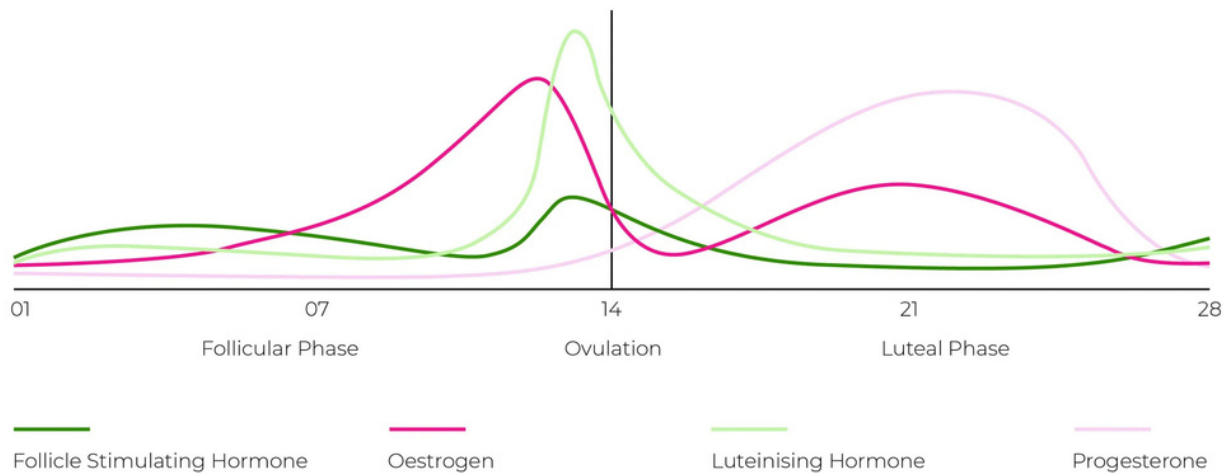
Full Moon: The Full Moon represents the peak of the lunar cycle, radiating maximum brightness and energy. It is a time of fulfilment, celebration, and heightened emotions. Many people experience greater clarity and confidence during this phase, making it an optimal period for social connections, creative expression, and reaping the rewards of efforts made earlier in the cycle. The Full Moon encourages you to shine your light outward and share your gifts with others.



Waning Moon: After the Full Moon, the Waning Moon phase brings a gradual decrease in light and energy. This time is best used for review, release, and letting go of anything that no longer serves you. It's a period for organisation, purging, and preparing for a new cycle by clearing space both mentally and physically. The waning energy supports reflection, closure, and gentle winding down before beginning anew with the next New Moon.



MENSTRUAL CYCLE PHASES



The 4 phases of your cycle (this will change from individual to individual)

1. Menstrual phase (Days 1–5)

This phase begins when the uterine lining sheds, resulting in menstruation (your period). Oestrogen and progesterone are at their lowest levels, which can lead to fatigue, low mood, and cravings for comfort foods.

2. Follicular phase (Days 6–14)

Oestrogen levels start rising as the body prepares for ovulation. Energy levels increase, and you may feel more motivated, social, and physically strong.

3. Ovulatory phase (Days 15–17)

This is the peak of fertility when the mature egg is released. Oestrogen levels have peaked, leading to increased libido, confidence, and optimal physical performance.

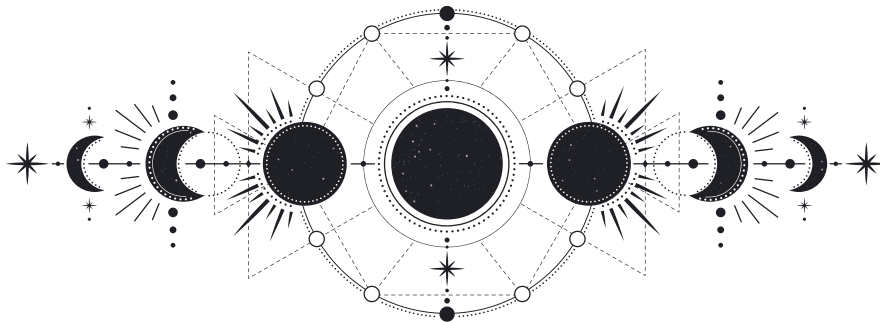
4. Luteal phase (Days 18–28)

Progesterone rises to prepare the body for a potential pregnancy. If fertilisation doesn't occur, progesterone and oestrogen levels drop, which can lead to PMS symptoms like bloating, mood swings, fatigue, and cravings.

REFLECTIVE RHYTHMS

The four main phases of the Moon and the four phases of the Menstrual Cycle are often seen as mirroring systems because their average durations are nearly identical (around 29 days), and their energetic qualities perfectly align to create a complete cycle of growth, peak, release, and rest.

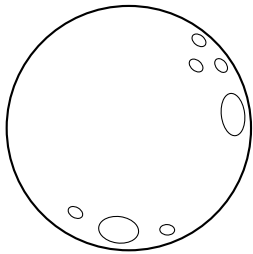
This natural alignment helps you utilize the cosmos as a map for your own inner rhythm, moving from outward action to inward reflection.



Moon Phase	Menstrual Cycle Phase	Energetic Theme	Inner State & Action
New Moon (Darkness)	Menstrual Phase (Bleeding)	Initiation & Rest	Energy is lowest; focus is internal. This is the time for deep reflection, setting intentions, and surrender. You are the seed underground.
Waxing Moon (Growing Light)	Follicular Phase (Pre-Ovulation)	Building & Action	Energy and hormones (estrogen) are rising. This is the time for planning, socializing, and starting new projects. You are the sprouting plant.
Full Moon (Peak Light)	Ovulation Phase (Peak Fertility)	Clarity & Expression	Energy and confidence peak. This is the time for communication, presentation, and attracting the harvest of your efforts. You are the blooming flower.
Waning Moon (Diminishing Light)	Luteal Phase (Pre-Menstruation)	Review & Release	Energy slowly drops; intuition heightens. This is the time for organization, purging, and identifying what to release before the cycle starts again. You are the shedding leaves.

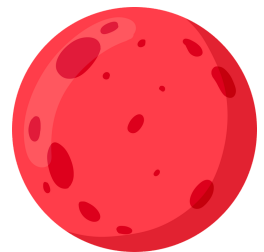
SACRED SYNCHRONICITY

Menstruating according to the phases of the moon is often associated with different energies and symbolic meanings. This connection between lunar phases and menstrual cycles fosters a deeper understanding of one's own rhythms and encourages a harmonious balance with nature's cycles. Embracing this sacred synchronicity can enhance self-awareness, promote emotional well-being, and cultivate a sense of empowerment through the natural ebb and flow of life.



White Moon Cycle: You bleed on the New Moon and ovulate around the Full Moon. You are very nurturing, fertile, and in direct correlation to the natural rhythms of the Earth and the Moon. You are ready to birth children or new creative ideas, and tend to be known as the mother of the group. You enjoy your home and family life, and are inclined to create space for a new chapter to begin. You are highly intuitive and more available to creative expression and manifestation.

Red Moon Cycle: You bleed on the Full Moon and ovulate during the New Moon. You are considered highly intuitive and the epitome of dark feminine energy. You have a deep desire for self-actualization, self-growth, creativity, business, mentorship, and development. Everything you learn and experience empowers you from within, enabling you to empower the women around you. This cycle also has a deep connection to your sexuality and power.



Pink Moon Cycle: You bleed on a Waxing Moon and ovulate on a Waning Moon. You are considered ready for expansions on a spiritual, emotional, or mental level. You are growing and expanding in a new direction. You are ready to take on the world with your curious and open nature. Perhaps you are in the midst of exploring who you are and what you are truly interested in.

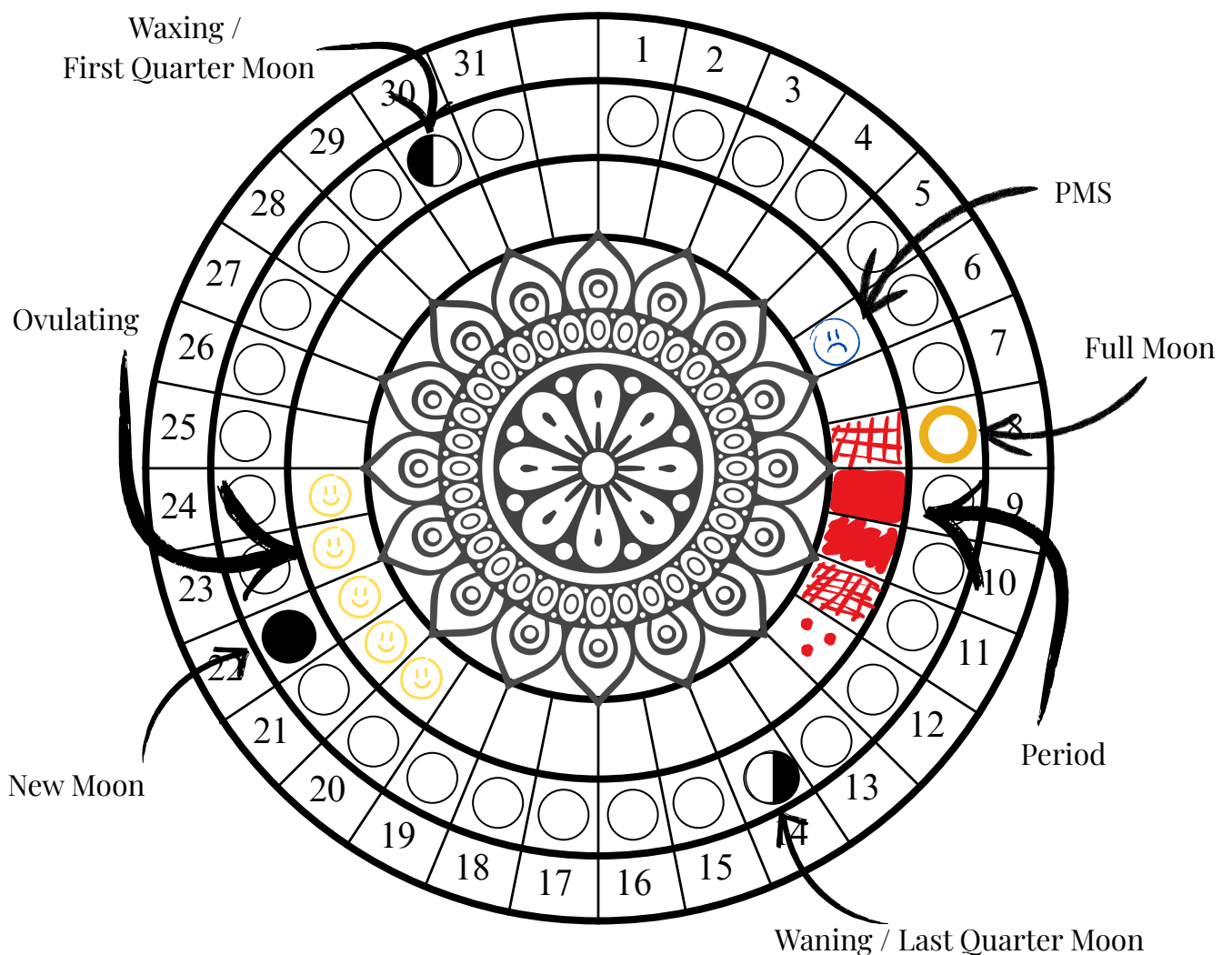
Purple Moon Cycle: You bleed on a Waning Moon and ovulate on a Waxing Moon. You have a need for self-reflection and secluded time for yourself. You might be in a place where you are ready to come out and show yourself, but are still gathering some inner insights on which direction you want to go. Shedding past thoughts or limitations is your focus during this phase of your life.



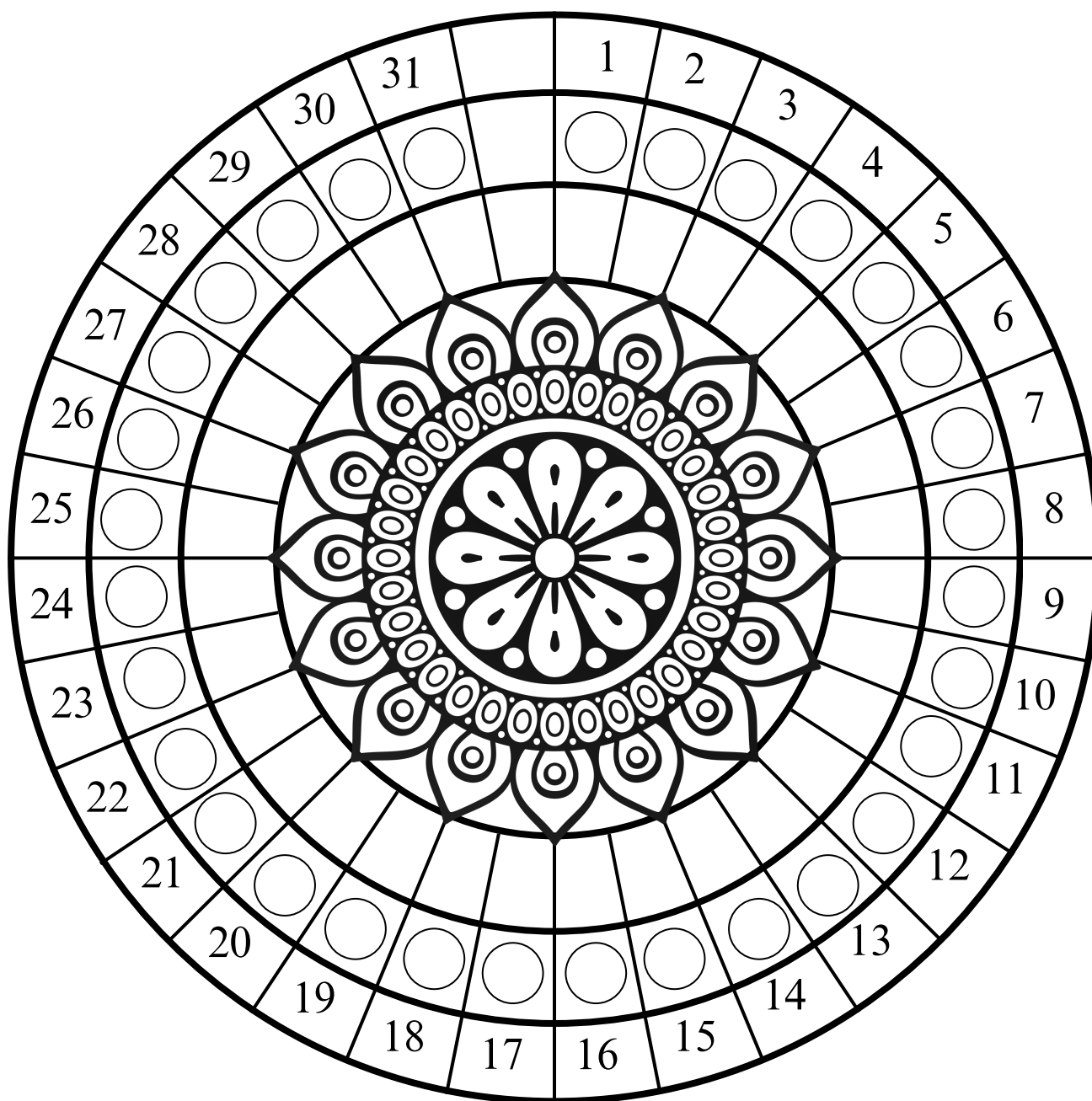
MOON MAPPING

Moon mapping is the practice of tracking your menstrual cycle in relation to the phases of the moon. This insightful tool allows individuals to observe patterns and correlations between their cycle and the lunar cycle. By charting your menstrual cycle alongside the moon phases, you can gain a deeper understanding of your body's natural rhythms and how they may align with or differ from the lunar calendar.

This practice can be especially beneficial for identifying changes in mood, energy levels, and physical symptoms throughout your cycle. Additionally, moon mapping can enhance personal awareness and help in planning activities or self-care routines that align with your menstrual phases. It provides a holistic view of how your body interacts with natural cycles, leading to a more connected and intuitive approach to managing your menstrual health.



MONTH:



Key:

☐		☐		☐	
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FITNESS FOR PHASES

Adapting your exercise routine to each phase of your menstrual cycle is important because it allows you to work with your body's natural fluctuations in energy, mood, and physical capacity. During some phases, you may feel more energetic and sociable, making it the perfect time for group activities or more intense workouts, while other phases call for gentle movement and restorative practices. By honouring these changes, you can avoid burnout, reduce the risk of injury, and support your overall physical and emotional wellbeing. This approach fosters a deeper sense of self-compassion and helps you maintain a balanced, sustainable fitness journey.

Menstrual Phase

Yin Yoga
Walking
Gentle Stretching
Tai Chi
Mat Pilates
Breathwork
Resting



Follicular Phase

Cycling
Hiking
Dancing
Jogging
Swimming
Strength Training
Aerobics



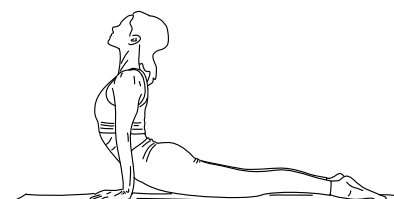
Ovulation Phase

HIIT Workouts
Running
Spin Class
Heavy Weight Training
Reformer Pilates
Bikram Yoga
Kickboxing



Luteal Phase

Abdominal Workouts
Incline Walking
Supportive Movement
Flexibility Exercises
Hip Circles
Dancing
Ocean Swims



HAPPY HORMONES

Understanding Your Menstrual Phases

Menstrual Phase (Days 1-5)(Note: This may vary among individuals)

What's happening: This phase begins with the shedding of the uterine lining, marking the onset of menstruation. During this time, estrogen and progesterone levels are at their lowest, which can lead to fatigue, a low mood, and cravings for comfort foods.

How to support your body:

- Focus on iron-rich foods (e.g., red meat, spinach, lentils) to replenish iron lost during menstruation.
- Increase magnesium intake (e.g., dark chocolate, pumpkin seeds) to alleviate cramps and relax muscles.
- Opt for hydrating and anti-inflammatory foods (e.g., herbal teas, berries, turmeric) to minimize bloating and ease discomfort.

Follicular Phase (Days 6-14)

What's happening: Estrogen levels begin to rise as the body gears up for ovulation. You may experience increased energy levels, feeling more motivated, social, and physically strong.

How to support your body:

- Consume protein-rich foods (e.g., eggs, chicken, quinoa) to aid muscle recovery and maintain energy.
- Increase fiber intake (e.g., oats, legumes, leafy greens) to support estrogen metabolism.
- Incorporate healthy fats (e.g., avocado, nuts, olive oil) to help balance hormones and promote brain function.

Ovulatory Phase (Days 15-17)

What's happening: This phase represents the peak of fertility, during which a mature egg is released. Estrogen levels reach their highest point, enhancing libido, confidence, and physical performance.

How to support your body:

- Include zinc-rich foods (e.g., pumpkin seeds, shellfish, chickpeas, oysters) to promote egg health and hormone balance.
- Eat antioxidant-rich foods (e.g., berries, green tea, citrus fruits) to combat oxidative stress and protect reproductive cells.
- Stay well-hydrated with electrolytes (e.g., coconut water, cucumber, sea salt) to support hydration and circulation.

Luteal Phase (Days 18-28)

What's happening: Progesterone levels rise in preparation for a potential pregnancy. If fertilization does not occur, both progesterone and estrogen levels decrease, which may lead to PMS symptoms such as bloating, mood swings, fatigue, and cravings.

How to support your body:

- Prioritize complex carbohydrates (e.g., sweet potatoes, quinoa, brown rice) to stabilize blood sugar and curb cravings.
- Increase foods rich in B6 (e.g., bananas, sunflower seeds, turkey) to enhance mood and alleviate PMS symptoms.
- Choose iodine-rich foods and those that support estrogen detoxification (e.g., seaweed, almonds, leafy greens, broccoli, cauliflower) to help with breast tenderness and mood regulation.
- Include magnesium-rich foods (e.g., dark chocolate, almonds, spinach) to soothe the nervous system and reduce menstrual cramps.



MINDFUL MOMENTS

Activities during each phase of your menstrual offer unique opportunities to align with natural rhythms and nurture personal growth. As the cycle repeats, it encourages a deeper connection with oneself, fostering a harmonious balance of body, mind, and spirit. By tuning into these phases, you can embrace each moment with intention, allowing for a more mindful and enriched life experience. These practices provide a gentle guide for living in sync with your menstrual cycle, empowering you to find peace and purpose in every phase.



Menstrual Phase: During menstruation, gentle self-care and introspection are essential. Practices such as meditation, mindful breathing, and restful activities support both emotional release and physical renewal. Journaling or quiet contemplation helps process emotions, while honouring your need for solitude and rest fosters deeper self-compassion and replenishment.

Follicular Phase: As energy begins to rise after menstruation, this is an ideal time for intention setting, goal planning, and creative pursuits. Engaging in vision boarding, affirmations, and connecting with supportive friends or groups can elevate your spirit and nurture optimism. Moving your body through energising yet playful activities also helps channel this renewed vitality.

Ovulation Phase: The ovulatory phase is marked by peak sociability and openness. Spiritual practices here might include celebrating achievements, expressing gratitude, and participating in heart-opening meditations. Community gatherings, group rituals, or acts of service help you connect deeply with others, amplifying feelings of joy and fulfilment.

Luteal Phase: As your body prepares for menstruation, focus on grounding and gentle release. Wellbeing rituals such as forgiveness practices, letting go ceremonies, and self-compassion meditations can be deeply healing. Journaling for emotional clarity, spending quiet time in nature, and prioritising rest all offer support during this reflective, inward-turning phase.