

Seasonal Rhythm Calendar for Crones

A Journal of Cycles, Inner Seasons, and Quiet Knowing

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How to Use This Calendar:

This rhythm calendar is for women who have moved beyond the menstrual cycle — those often called crones, elders, or wise women. The seasons are now internal.

1. Each page corresponds to one of four seasonal energies: Winter, Spring, Summer, Autumn.
2. Use it not to track the body alone — but intuition, creativity, insight, and renewal.
3. Reflect weekly. Honour what is growing, shedding, speaking, or settling.
4. There is no fixed start point. Begin wherever you are.

The cycle still lives within you — just in a different rhythm.

The Inner Seasons at a Glance

Winter (Stillness)

A time of inner quiet, intuition, solitude, and deep listening.

Spring (Renewal)

Emergence, new ideas, curiosity, gentle movement toward what's next.

Summer (Expression)

Clarity, communication, creative sharing, connection.

Autumn (Integration)

Reflection, harvesting insights, letting go of what no longer fits.

Winter (Stillness) — Weekly Reflections

Day	Energy Level	Mood / Insight	Dreams / Symbols	Creative Flow	What I'm Letting Go
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

Spring (Renewal) — Weekly Reflections

Day	Energy Level	Mood / Insight	Dreams / Symbols	Creative Flow	What I'm Letting Go
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

Summer (Expression) — Weekly Reflections

Day	Energy Level	Mood / Insight	Dreams / Symbols	Creative Flow	What I’m Letting Go
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

Autumn (Integration) — Weekly Reflections

Day	Energy Level	Mood / Insight	Dreams / Symbols	Creative Flow	What I’m Letting Go
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					