

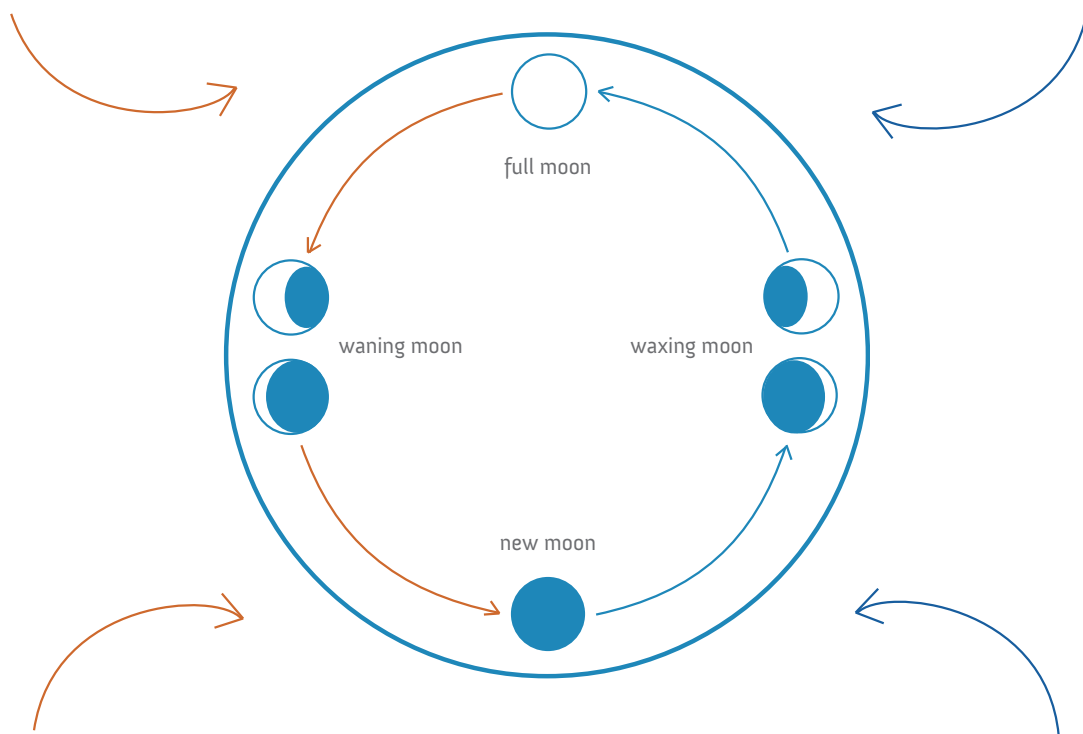
# Red Moon Cycle / White Moon Cycle

## Red Moon Cycle: *Menstruation*

If you bleed with the full moon, your energy is focused on self-actualization and empowering other women. The full moon is aligned with the **Wise Woman archetype**: the healers, magic-makers & wisdom keepers in our midst.

## White Moon Cycle: *Ovulation*

If you ovulate with the full moon, you are fertile with the natural cycles of the earth. When the moon is full and bright, so are you, filled with energy to be out in the world being social and shining your light. Ovulating with the full moon aligns you with the **Nurturer or Mother archetype**: birthing and nurturing babies (or idea-babies) into being.



## Red Moon Cycle: *Ovulation*

Your body is fertile when the moon is dark. At the new moon, you birth the mysteries of your inner darkness into the outer world and bring forth the light of consciousness to everyone including yourself.

## White Moon Cycle: *Menstruation*

When the moon goes dark, you get your period, and your body and spirit withdraw into rest and inward focus. As you bleed with the new moon, you make space to let go of the old and allow what you truly desire to spring into being. Whether it be career, relationship or family, you are birthing new life into the world.

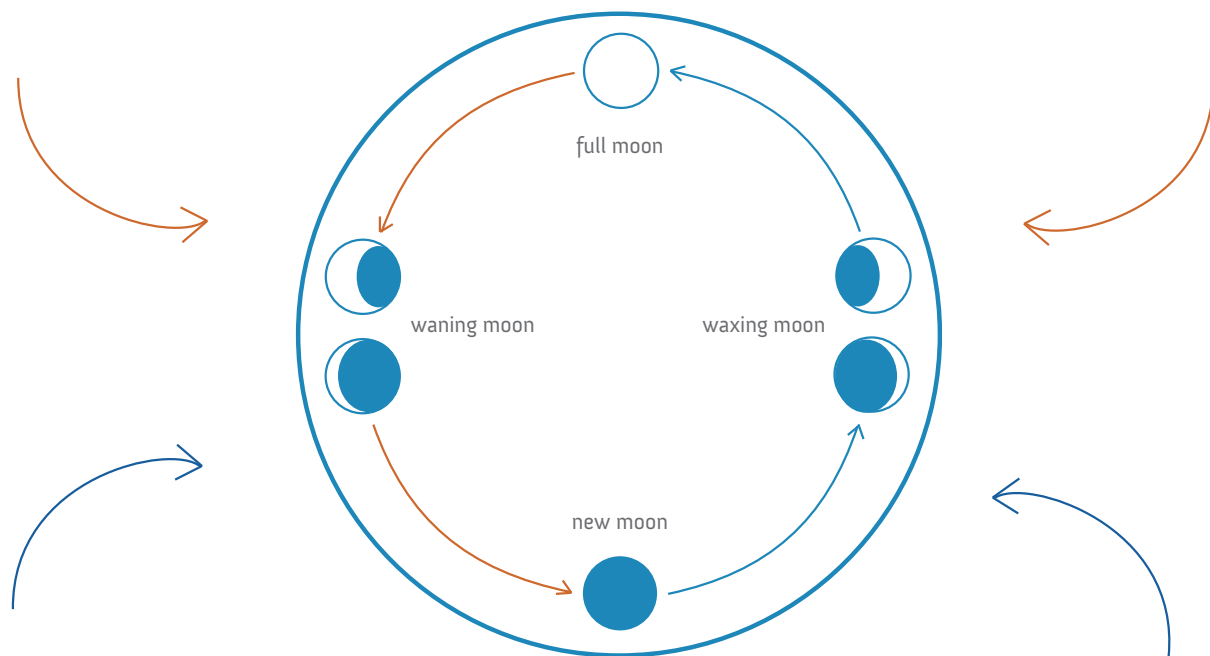
# Pink Moon Cycle / Purple Moon Cycle

## Purple Moon Cycle: *Menstruation*

If you bleed with the waning moon, you may be in a quiet stage of self-reflection and self-discovery, a deeper descent into your inner wisdom, or metamorphosis toward a life stage where you wield your feminine powers in new and more potent ways. The waning moon is aligned with the **Enchantress archetype**: a wild, fierce, powerful energy that can be deeply spiritual and internal.

## Purple Moon Cycle: *Ovulation*

If you ovulate with the waxing moon, your fertility and your psyche are reaching towards fullness, an expression of self that may have been hidden or suppressed until you consciously acknowledge that you're transforming.



## Pink Moon Cycle: *Ovulation*

You're fertile with the waning moon, when the moon is almost veiled in darkness - but not quite. Take a peek into your unconscious and you'll glimpse the big new identity that you're birthing into being.

## Pink Moon Cycle: *Menstruation*

Getting your period between the new and full moons can be indicative of a transitional phase in your life. If you're bleeding with the waxing moon, this can mean you're growing toward something bigger, fuller, bolder, brighter. The waxing crescent moon is aligned with the **Maiden archetype**: the Go-Getter, full of new enthusiasm, mental clarity, and physical vigour, ready to go forth and take on the world.

# Tips for Everyday Goddesses

## White Moon Tip:

If you ovulate with the full moon your fertile powers extend way beyond baby-making. Think about your idea-babies. What are you dreaming into being? Who are your co-creative partners? This is a potent time for you to focus your conception energy on what you want to manifest in your life right now. Think collaboration and co-creation and expect magic.

## Red Moon Tip:

When you follow your intuition, it's a gut instinct so strong it leaves no room for your mind to argue or dismiss. Everything clicks into place when you follow this inner knowing. But before it kicks in you're usually in the dark—in the mysterious unknown where you simply don't have all (or any) of the answers. What has your intuition been whispering—or screaming—at you lately?

## Pink Moon Tip:

Freedom is essential to the Pink Moon Cycle—freedom to follow your bliss. You're on the leading edge and going toward a bigger sense of purpose and meaning in your expression of self. If you feel the impulse to act without giving it a lot of thought, make sure you pause during your menstrual period to meditate with your Wise Woman energy so you can ground your go-getting instincts into some mindful wisdom, and then take inspired action.

## Purple Moon Tip:

Like the caterpillar who first disintegrates in her cocoon, before you transform into the fluttering butterfly you may need to descend into a deep period of reflection on your Purple Moon cycle. This is not an outward transformation at first. It is deeply internal and demands you pull away from the mundane tasks of life to dismantle your old identity and give way to a new self that's more reflective of who (and where) you are now. Partners and family members beware!

**Are you looking for a community of women walking the same sacred path?**

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