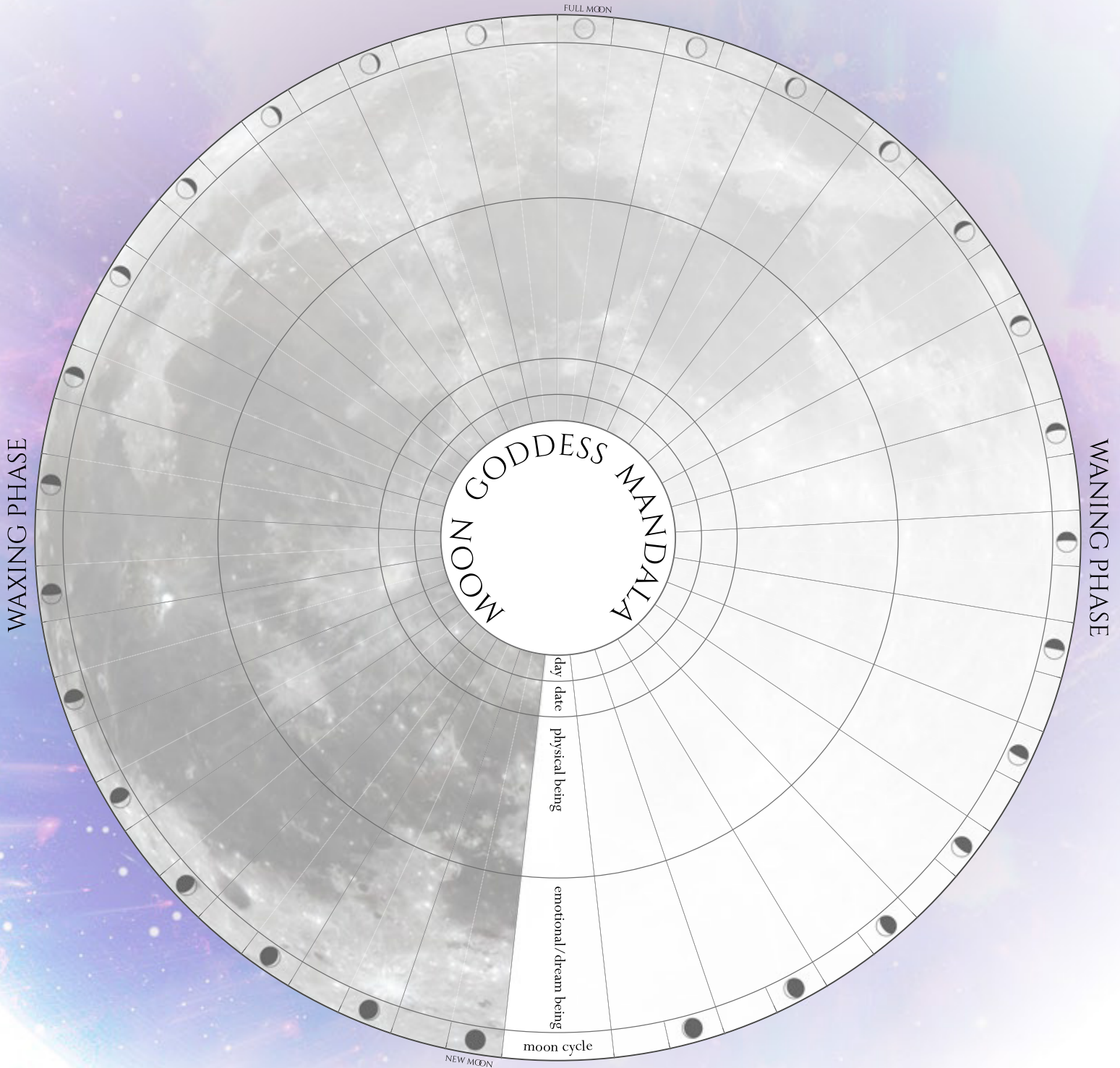


# GODDESS RISING SISTERHOOD MOON CYCLE MAP

START DATE \_\_\_\_\_

END DATE \_\_\_\_\_



# GODDESS RISING SISTERHOOD MAPPING INSTRUCTIONS

WHAT AN INCREDIBLE OPPORTUNITY IT IS TO CHART OUR MOON CYCLES

When we begin moon mapping, we begin a deep journey into ourselves. It is a remembering and re-awakening of the ancient lunar rhythms expressed outside of us and within us... our connection with a universal pattern of ancient origin.

After 3 months of moon mapping, you will begin to see patterns that perhaps you were never aware of, informing you of how you flow in your personal monthly cycle. You can use this information to design your life that supports your ever-changing phases for dynamic balance

## HOW TO USE THE MOONDALA MAP

1. There are 28 moons on each chart. They have been colored in black to illustrate the phases of one lunar cycle. The black moon represents the new moon. The white moon represents the full moon. The shaded area is the waxing phase (new moon to full moon) and the white area is the waning phase (full moon to new moon).
2. To begin your mapping, you will need to know which phase of the moon is Day 1 of your cycle. Day 1 of your cycle is the day that you begin bleeding. To find out which phase of the moon is in on day 1, you need to look up the date you began bleeding in a lunar calendar (if you began bleeding on May 22, then look to the lunar calendar and find out what phase the moon was in on that day). Once you have this reference point, you can write the days (1,2,3, etc) and the corresponding dates of your moon cycle into the chart according to the images of the moon shown in the moondala map. You can also simply begin charting day 1 when you first begin to bleed and correlate that to the current moon phase.
3. The days of your cycle are recorded in the area entitled "day."
4. The corresponding dates of your moon cycle are written in the "date" area.
5. The area entitled "physical being" is where you document the changes happening in your body, such as feeling physically light, heavy, spacious, sore, etc. As well as symptoms such as cramps, headaches, aroused, tingling in the heart, etc.. And finally, this also means checking your vaginal fluids daily. Are they clear, white, milky, sticky? Blood is red/maroon, clotted, scanty, heavy?
6. The area entitled "emotional/dream being" is where you document the changes happening in your emotional being. This includes your feelings and insight into your dreams, such as feeling joy-filled, angry, depressed, sexy, empowered, inward, expressive, sad, uplifted.
7. The space beside each moon is an optional space to include the astrological sign the moon is in.

# GODDESS RISING SISTERHOOD MAPPING INSTRUCTIONS

## TIPS

Consistency is key. To create a healthy habit of daily recording, it is recommended that you keep your moon goddess map in a place that you will frequent, such as your bedside table. Make it count: create the context in your mind that giving yourself time to reflect and record is an act of self-love. this is a practical ritual that is serving your sweet soul.

Consolidate: If it is more realistic for you, you can record a general overview of 2-4 days if your experience over a few days is relatively similar. This will make it easier for you when looking for patterns over months of recording.

You can use a red or pink pen when you are menstruating to write in the Moon Mandala and also in your journal so you can read and see the powerful insight and dreams that arises in this most sacred phase of your cycle

## KEY

☺ happy/joy-filled	↓ depressed	🙏 grateful	_____	_____
☹ sad	↑ uplifted	🌫 foggy	_____	_____
😊 happy/joy-filled	☯ inward/yin	♥ loving	_____	_____
⚡ angry/frustrated	↔ expressive/outward	🔥 fiery	_____	_____
☀ bright/sunny	🌀 flowing	🔥 aroused/sexy	_____	_____

create your own

## NOTES

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