

MOON DIAL- MENSTRUAL CYCLE



The information that I share with you here I have received through other women who were already on this journey to regain their connection with their **body and sacred blood**, in circles, workshops and trainings that I have taken over the past 15 years.

These **are must-see** reference books in which you will find these diagrams and much more information and wisdom:

RED MOON. Menstrual cycle gifts. Miranda Gray

WOMAN'S BODY, WOMAN'S WISDOM from DR. Cristhiane Northrup

1. How to elaborate a **DIAGRAM** **MOON diary** :

Start the diary on the first day of your bleeding.

Record this day as day 1 of your cycle and date it. Next, express in some way, writing or drawing it, the phase of the cycle of the moon in which we are, for example: day of the fourth waning moon.

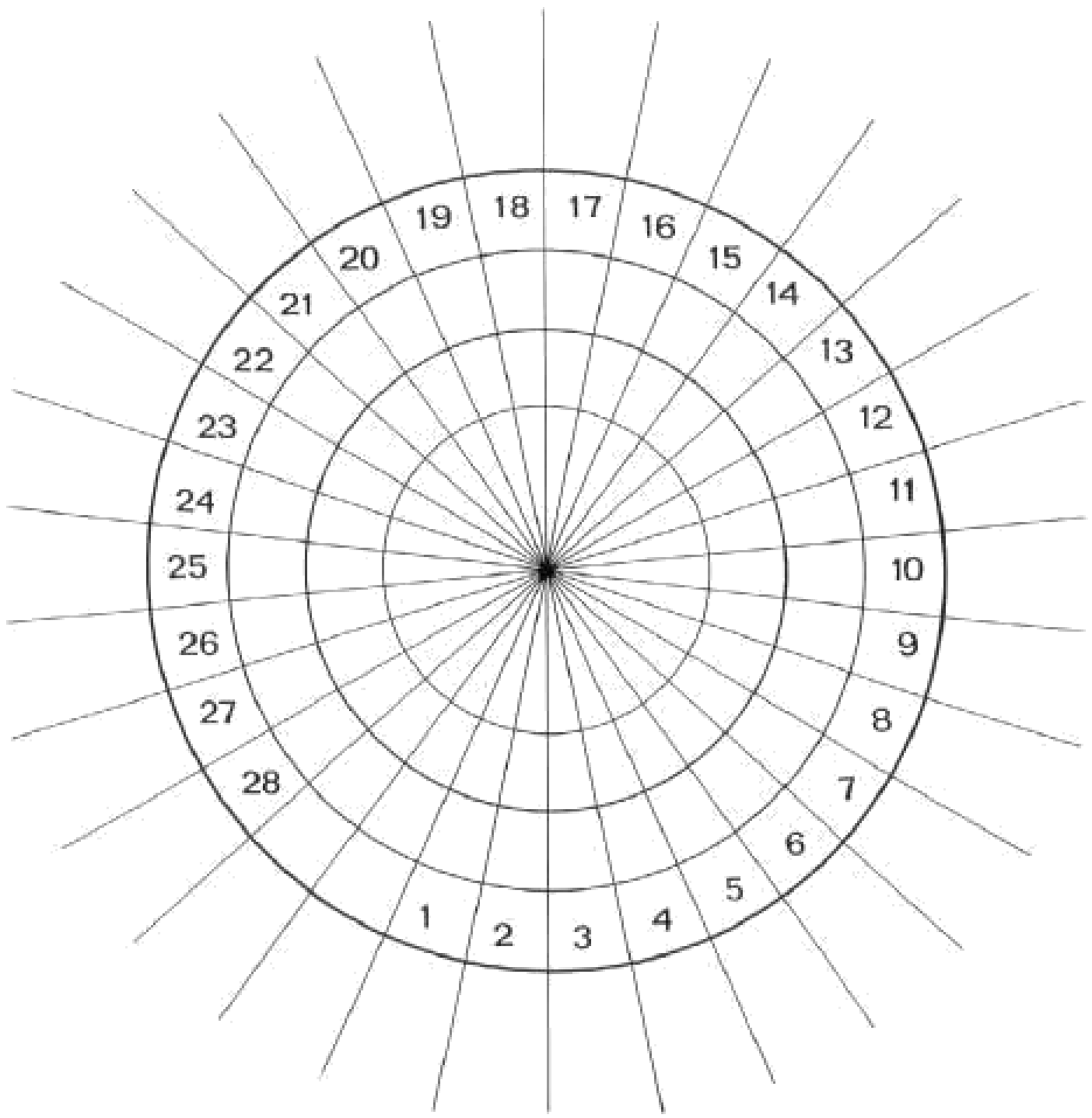
Next, write down how you feel on that day at different levels:

- ✓ Spiritual state
- ✓ Physical state
- ✓ Emotional state
- ✓ Sexual state
- ✓ How your night dreams have been



**Here is the original Miranda Gray circular diagram (ready to print):
and in this link the instructions in English of the page of Miranda Gray:**

<http://www.mirandagrays.co.uk/pdfs/miranda-gray-moon-dial.pdf>





**Blessings on your journey to
recover the moon within you and
listen to the sacred feminine
guiding us and choosing our path as
CREATIVE WOMEN!!**

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