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Participating

- Allow the information and experiences to meet you where you are in your Divine Feminine journey.
- Give Yourself Time to Be with the Concepts Presented
- Dismiss Anything Not of Your Truth
- Stay Open



2

Connect to...
the Divine
Feminine

Open to Receive



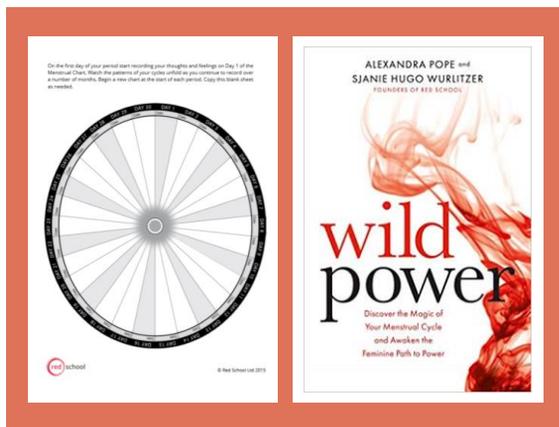
Personal Goddess Creation Vessel Intention Activation

- Connect to the Divine Feminine Essence and Bring Her Through as You Move
- Earth - Physical Realm
- Water - Emotional Realm
- Air - Mental Realm
- Fire - Action Realm
- Spirit - Spiritual/Soul Realm



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Check-in



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OVERVIEW

- We have activated your Crystalline Womb. You were also given practices to help you talk to your womb and communicate with your womb. (It will be important to keep revisiting this information as this isn't something that we always remember to do.)
 - We have anchored that connection with a first blood ceremony to "turn on" your womb connection to the elemental forces in a powerful way.
 - You have begun tracking your cycle. Just checking in with it everyday.
 - We have activated your Womb on the Physical level.
 - We have activated your Womb on the Energetic level.
- We now want to dive more deeply into your cycle and how to work with it.



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Pre-ovulatory phase—your inner spring (approx. days 5 to 12)

In this phase your energy is slowly building and expanding, your attention moving away from a deep connection to your inner life to refocusing on your outer work and others. You'll experience greater clarity, focus and motivation.

Ovulatory phase—your inner Summer (approx. day 12 to 19)

This phase can bring a feeling of "arrival", of being comfortably in the flow of your life or feeling charged. Generally, you are at a peak of energy. It is a time of confidence and a greater capacity to achieve or manifest things. You may have more time and patience for others and being superwoman feels just about possible.

Premenstrual phase—your inner Autumn (approx day 19-26)

In the second half of the cycle from ovulation to menstruation there is a gradual pulling in of energy, drawing you back into yourself, amplifying your inner life and needs. You have more insight into what's working and what isn't in your life, and a potential drive to sort it out. You may feel more sensitive and vulnerable as you get closer to your period. While this may feel uncomfortable, it isn't a weakness but rather a process of awakening to the deeper You. You may also experience heightened intuition and psychic ability.

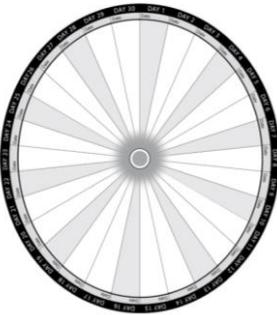
Menstrual phase—your inner Winter (approx day 26 to day 5)

Your energy reaches its lowest point just before menstruation. And just as in Winter you might feel you want to retreat from the world and rest so you may at menstruation. This is entirely normal and healthy. For you to experience the abundance of "Summer" you need the rest and relaxation of "Winter". This phase of least energy and most vulnerability provides an opening to a very deep sensibility. It can begin a day or two

Menstrual Cycle Awareness | Red School © 2018

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On the first day of your period start recording your thoughts and feelings on Day 1 of the Menstrual Chart. Watch the patterns of your cycles unfold as you continue to record over a number of months. Begin a new chart at the start of each period. Copy this blank sheet as needed.



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The menstrual cycle holds a key piece for fueling this revolution. As women claim their Wild Power – the intelligence within their menstrual cycle—and men meet it, relational consciousness is generated: a consciousness that recognizes all of life as connected and sacred.

The moment you start practicing menstrual cycle awareness and encounter this living presence within you and let yourself be initiated by the death and rebirth process within it, you reunite with the source that nourishes you, and restore your connection with the natural world, the cycles of life and the divine force of Love.

Our Wild Power is the Feminine wanting to be known through our individual experience. It's our personal service to the revolution. Not a revolution imposed on us, but an organic evolution that works through our bodies.

*"How did I ever live without my cycle?
It's my light, my lamp, my direct line."
~Sjanie, Day 26*



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Dance and Integrate



11

Grounding - Closing Sacred Space

Next Class February 17, 2020 at

6 pm Central



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