

## FOLLICULAR PHASE (INNER SPRING) - DAY 6 TO DAY 11

“As you emerge from menstruation, the balance of ‘light’ begins to shift: your inner lights slowly dim and your outer lights come up. It’s like emerging from winter into spring when the days gradually get longer and the nights shorter”.

Wild Power, Discover the magic of your menstrual cycle and awaken the feminine path to power,  
Alexandra Pope & Sjanie Hugo Wurlitzer

After resting at menstruation, you arrive in your inner spring cleansed, sanctified and free to start from scratch. You are emerging back into the world innocent and pure, a clean slate.

### The natural powers of your inner spring:

- Tenderness
- Innocence
- Containment
- Curiosity
- Playfulness
- Imagination and possibility
- Surging energy/life
- Desire - sexual and emotional
- Focus
- Motivation and enthusiastic
- Foolhardiness
- Positivity
- Assertiveness

During this time of the month your ‘give a shit’ (aka your capacity to care) returns, after abandoning you in late autumn (aka the luteal phase), and your care for people’s needs starts to grow.

This phase might be challenging for some women. I’ve had some clients who had a tendency to get themselves into silly arguments and even fights with their spouses and partners. Others made some silly decisions at work or with their career. So, this is not the time to make the final decision, rather this is the time to explore and try new things.

Just like the spring is the time when trees and flowers are not in full bloom yet, but you see little buds emerging slowly out into the world. Your consciousness is kinda the same during this time of the month.

You may be feeling like a teenager who attracts high-school drama and if you don’t understand what is going on you may be wasting your precious energy doing stupid things and wasting your time on making up and saying “sorry”.

Understand that this time of the month will give you a surge of energy, and if you are not clear on your intentions and life's purpose you might end up putting this energy into the wrong things.

This is why I say that your life's purpose is encoded in your body. Understand how your body works, live in alignment with your feminine current, feed yourself the right kind of nutrients and see how you feel. I can almost guarantee that you will thrive as opposed to survive!

**"During the preovulatory time, you've got the scope to try, test out, feel into and play with who you are and what you're doing. It can be a liberating time: full of agility, flexibility, and light-heartedness. You get to try on different hats, experiment with various styles and approaches, act 'as if', and discover much through the world of your imagination."**

This is a great time to take risks and experiment with something new you've never dared to take on.

**A pottery class?**

**Is it an ecstatic dance class?**

**Is it a new pose in the bedroom?**

**Is it a new restaurant?**

**Maybe you've been brewing for some time a new strategy to try at work? Or present it to your boss?**

**NOW IS THE TIME FOR THAT!**

Again, you don't have to decide anything concrete yet, just dare to try. Stay open and curious. Abandon the weight of responsibility, experiment and try stuff out just for the heck of it.

This is why this phase is called 'emergence' because you are emerging from your old self and reemerging into the new you, after resting with your bleed.

**Challenges of the inner-spring**

The inner spring is dynamic, moving you from the safety and stability of menstruation into the place of full exposure in ovulation. Rather than letting go, as you do in summer or winter, your challenge is to 'hold the tension' and not waste all this energy at once.

You are extra vulnerable during this time, and as such the move from menstruation into your inner spring is 'dangerous'. Think about a little chick who just hatched out of an egg, it's tiny, new and vulnerable. What will happen if she doesn't get the right temperature, the right care or food? She'll die.

For you, it's almost like you are coming out of the deep waters naked and exposed.

Before you go out into the world or the island, you have to find your clothes, get dressed and comb your hair, so you feel presentable and 'in your body', if that makes sense.

The challenge is to learn how to stay patient and allowing and pace that vulnerability in a culture that's so driven. This is the same advice we should have gotten as teenagers. Remember how many mistakes and stupid choices you've done at that age? This is the energy I want you to think about during your inner spring.

The challenge is to stay curious and explorative, but contain yourself and be patient, not to rush with impulsive decisions without really giving much thought to the outcome.

If you rest properly during menstruation, no doubt you will have a pile of stuff waiting for your return from your menstrual retreat - a full inbox, an overflowing laundry basket, an empty fridge or needy children, etc.

Even if it's super tempting to get back into full swing right away, I challenge you to slow down a bit. If you shift too quickly from a deep inner focus into everything around you, you may feel a shock to your now sensitive system.

As my inner wise mother tells me: "patience my child. It will come."

If there is an idea you still feel unsure about, don't rush to share it with the world. It is not yet the time. Your challenge is to keep the cards close to your chest until you feel like you're ready to expose them.

This time of the month may trigger fear or anger in you, which totally makes sense because you are so vulnerable. True healing of this goes back to healing the mother wound inside of you, which we will get to later on in the program.

You may experience a super chattery mind during this phase, so use your journal as a tool for self-control and self-parenting.

Also, it is a great idea to talk it out with someone you trust. There's so much healing in sharing and expressing your feelings. As women, we have a deep need to be heard and seen, and so many of us don't have that relationship to restore and replenish ourselves.

The time of your inner-spring (during the follicular phase) is of 'build-up' and growing anticipation. You may feel your sexual energy wake up, and suddenly notice just how attractive your partner looks. You may start to feel more attractive yourself, especially towards the end of this season.

"It's as if you wake up to yourself as a woman, and with that, your instinct to connect with others is turned on." Wild Power, p. 69

## **Congrats, your capacity to care is back!**

After abandoning you in late autumn (aka luteal phase) your care for other people's needs starts to grow.

Suddenly you have the energy to run around after the kids, to drive them to and from without getting resentful, going up and down the stairs without feeling like you need to take a

breath. Your more patient, you stop to listen and pay attention and don't yell as much.

This, of course, is only available for you if you've allowed yourself to properly rest during menstruation. Again, think of menstruation as your restart button. If any phase feels like a chaos, look back at what went wrong during menstruation and ask yourself how can you set yourself up for success during your next bleed.

## **OMG OMG OMG!!**

You now have more energy and the focus to contain your new and exciting ideas.

When I think about this phase, I keep thinking about myself as a teenager. I used to get excited with the smallest things to the point of losing control sometimes. People around me didn't really like me during this time of my life. I feel like I was too intense, or too loud and excited than most people I was surrounded by.

Yet, other people loved my contagious energy and enthusiasm, so I guess it's up to us to find the balance and be mindful and conscious of what we're projecting to the world. Sometimes my husband would tell me: "Dorit, can you stop for a second and allow me to say something?"

Yup, that's the energy I'm talking about.

Again, if I'm not mindful and aware of this, it could easily escalate into a fight or a silly argument. Completely unnecessary and a waste of mine and your energy and human potential.

During this phase, I often feel playful and allow myself to get silly with the kids. The beauty of childhood is the immediacy that allows them to be unhurried and deeply absorbed in the unfolding opportunities for play, experimentation and wandering.

This is a great time to experiment, act "as if", become flexible with new ideas or strategies or some self-imposed "rules" you have in your life.

Take risks, play more, laugh more, move your body, dance, try a new hobby, jump from an airplane, try something scary.

Now is a fabulous time for that!

### **Your initiatory tasks**

- Contain
- Cherish
- Experiment and play
- Take a risk

First, remember that during this time of the month you are like a newly hatched chick - undefended and uncompromised that needs time to find its footing back in the bright lights of the world.

Second, allow yourself to really feel the rising new life - without impulsively acting on it all at once, otherwise, you'll burn out faster than intended. Your challenge is to find a way to contain this rising energy enough that you feel stable in it. You need enough safety and containment while still letting yourself to grow.

The inner spring asks you to keep open and curious. You may feel a call to try new things without too much care for the outcome or consequence. Almost, abandon the weight of responsibility so you can fully experiment and try stuff out just for the heck of it.

Dare to risk. Play. Try new things.

## The challenges of the inner spring (the follicular phase)

**"The follicular phase is between the stability of menstruation and the fulfillment of ovulation - in other words, it's in between a place of great privacy to a place of effortless exposure, on a rising wave of energy." Wild Power p. 71**

The hardest thing to do during this time of the month is to 'hold the tension' and not spend this energy all at once.

You'll feel restless in your body like you can't stay still.

Your vulnerable and teenager self is exposed and still raw and "young". It needs a few more days to mature and feel more grounded.

The challenge is to learn to hold and pace that rawness in a culture that is so driven and go-go-go.

As someone who practices MCA, you have the power and knowledge to pace yourself during this time and pour love all over yourself without feeling like you are going crazy or having a bipolar disorder.

Who is this person, you may be asking yourself. Well, that's you and you're learning how to channel this excess energy in a way that is productive and positive.

A client once asked me what she should do during this time of the month when she feels that restlessness and unease, so we agreed she should try some healing arts as a productive outlet for herself.

Pottery class, art, painting, sculpting, ecstatic dance, belly dance, salsa classes, guitar or piano lessons, or any other musical instrument or maybe you are into creative writing?

These are called healing arts because practicing them actually feels like therapy.

Do whatever you need to do to help support yourself during this beautiful but also challenging time of the month.

If you don't do this, you might feel like you are highjacking your nervous system and quickly

feel burnt out and disoriented. When this happens it's a sign you've lost connection with yourself.

This is not good since if you enter your ovulatory phase with this low energy, you won't have the energy to take action on your life's purpose.

You will find yourself doing everything for other people but neglecting what you want.

## **Holding the tension**

This is a skill that will serve you throughout your cycle, as it helps you to stay immersed in your cycle experience and be with yourself and whatever's arising.

This is especially useful during the follicular and luteal phases where much of your undigested history surfaces.

Often when we're triggered by something or someone and emotionally stirred up, our first instinct is to react to what's happened and to whoever is in the firing line. We may argue, make a cutting remark, shout back, throw a plate, storm off, etc.

'Holding the tension' includes feeling your response to what someone says, or what has happened, without jumping into your usual reaction or behaviour. The practice requires, in the moment, that you slow yourself down enough to watch the charge of emotion going through you and just hang out with it.

It can feel a bit like biting your tongue, but by preserving your reactions with awareness, you begin to create more inner spaciousness around the issue, revealing to yourself a more honest response that leads you to the truth of what you're feeling or needing.

This is emotional mastery at its core! This is teaching you that you have the choice not to react, and the choice to do something different.

Doing this will help you to see and possibly understand different perspectives. It's an effective way to truly heal yourself, your past, trauma, and any relationship wounding that is still present in your soul.