

OVULATION (INNER SUMMER) - DAY 12 TO DAY 19

“At this time you move from an exquisite intimacy and inner silence within yourself at menstruation to feeling fully ‘out there’ and on top of the world. You can feel invincible, as though you could live forever. It’s a powerful declaration of yourself in the world.”

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

Inner summer’s natural powers

- Outward focus
- Loving others
- Visibility
- Optimism
- Taking charge (playing big, as opposed to caving in)
- Mastery
- High energy
- Charm
- Magnetism and attraction
- Generosity
- Diplomacy and the ability to negotiate
- Being in the flow
- Allowing
- Gratitude
- Pleasure and sensuality
- Fun
- Flirting with life!

Now that you’re past your “teenager” phase (aka the follicular phase), it’s time to do the work. It’s time to act on the things you’ve dreamed of and planned during the luteal and menstrual phases. Now it’s time to actually take action on them.

Now there are no limits, you have the energy to be all the things for other people. “Super-woman” is in the house! You get to play this role for about 10 days, that’s it. Anything more than this will run you down.

While you are in this role, you can be a powerhouse for productivity, multi-tasking, and fun.

“Inner summer offers a great opportunity to sink your teeth into work and creative projects and get results. Working now, especially if it’s work you love, can feel fantastic!”

Wild Power, p. 75

During this phase, it is easier to get into ‘the zone’ and find your flow.

Again, this will happen only if you've allowed yourself to truly rest during menstruation.

During this time many women say that mothering feels effortless to them which makes total sense as at this time your focus is more on others than on yourself, therefore it is easier to override your own feelings and needs. Now you feel like a superwoman which may be true for now, but unsustainable and unhealthy in the long run. Which is why following your cycle is brilliant, as rest and pausing it is built into your body.

What might happen if you stay at ovulation all the time? Yup, you'd burn out, you'd become numb and deadened, lose your connection to yourself and run out of a personal sense of agency.

Addictions would kick in - you'd be reaching for coffee, a sweet treat or whatever else to keep you up and going.

This is an unsustainable way to live your life.

Thankfully you have your menstruation coming soon which is saying: "great, you've been out there doing a gazillion things, achieving stuff, caring for others. Now you have to come back to yourself again. You have to come back and check if all this business is truly what you want to be doing."

Thankfully, your cycle has got your back, she wants to make sure you live up to your highest potential and don't waste your precious time 'doing' instead of 'being'.

During your inner summer, you care less about what other people think. In fact, you will see how the universe is conspiring to support and protect you.

If you pay close attention, you'll notice insane synchronicities and fortuitous events pop up drawing what you desire close to you.

I know, it's insane!!

Because of the changes in hormones, you will feel pure bliss, joy and like 'you've got this'. Anything seems possible right now. You are invincible.

Your Initiatory Journey

This season serves to affirm you and what you're here to bring. This is an opportunity to give of yourself, share your gifts and talents and be appreciated by others.

This is a beautiful time that allows you to celebrate the woman you've become through your beauty and talents.

You may feel a greater pleasure from touch and close physical contact with others, as well as a heightened sexual energy. After all, you are primed for conception, so tap into the energy of this beautiful time, feel sexy, turned on and aroused.

Mothering

This is the season for mothering! You have the energy to hold, listen, wipe asses, change diapers, cook with one child in your hand and the other at your feet. You just have the energy to put up with this. It doesn't feel hard or exhausting, in fact, you're enjoying this and feeling really happy in your life.

Fill up your family's tank - plan a special time with the kids; enjoy games and outings, organize dates with your partner.

The beauty of living in alignment with your feminine current is feeling the joy of these precious moments but without completely losing yourself, which could happen if you sacrifice yourself completely for the sake of the children.

Your Brain

Your mind is more logical, neat and tidy now, things feel simple and straightforward. The things you usually complain about don't seem as hard or challenging now ("what was I complaining about?"). You are really kind hearted and can find yourself saying 'yes' to most things, simply because you can.

Your Sexual Power

This is a great time to flirt, engage erotically, activate your inner diva, feel confident and express yourself fully in all aspects, including your sexual life.

For many of us, exploring our sexuality can feel like we're doing something 'taboo' or 'too dirty'. The fact that the sex industry defaces the sacred and holy nature of sex, doesn't help.

I encourage you to play and explore on your own as well as with your partner. This is safe and you'll learn so much about yourself through the journey of exploring your sexual, sensual self.

Here's a beautiful exercise to help you indulge all your senses and fill you up with pleasure:

- **Taste** - try eating a delicious treat in complete darkness and really tune into the flavor of it. Bite and chew it slowly. Allow your taste buds to celebrate the deliciousness. It's as though you're tasting this food for the first time in your life. This exercise is great at showing us how much of the food we eat is on the go and unconscious. It is impossible to overeat when we are paying attention to what and how we eat. The body is brilliant and knows exactly what it needs.
- **Sight** - Lighting an aromatherapy candle and stare at the lit flame for 7 seconds without blinking. Then, slowly, close the eyes also for 7 seconds and repeat the cycle for about 2 minutes. Setting the timer on your smartphone will enable you to concentrate on the exercise instead of worrying about the remaining time. Keep in mind the scent from an aromatherapy candle will allow you to breathe deeper.
- **Smell** - Aromatherapy can assist you in both rejuvenating the parasympathetic nervous system (which operates when we're stimulated, anxious and nervous) and relaxing via the sympathetic nervous system (which operates when we're relaxed). Try inhaling the

the scent of anything citrus, bergamot or mint. Try the combination of lavender, rosemary or sandalwood. My favorite way is by preparing a homemade calming mist, use 5 drops of essential oil per ½ cup of water and store in a little spray bottle. To use, spray 2 pumps on your neck and breathe deeply for 30 seconds. Repeat 3 more times for 2 minutes total.

- **Hearing** - Play 3-10 minutes of inspirational music that you do not use as part of your normal workout playlist. If possible, perform this exercise in a dark room while in a comfortable seated position so that you can focus your attention on your breathing. Sometimes new age or ambient music with no beat proves better for such an exercise, allowing you to concentrate on deeper breaths that do not match the speed of the music.
- **Touch** - get a tennis ball and massage the bottoms of your bare feet by rolling each foot over the ball one at a time, pressing down lightly for 1 minute per foot. Focusing this much-needed time on the feet will help them to take better care of you in the long haul. Remember that employing these tips for self-care is not taking a moment out of your schedule for a hedonistic luxury; it's a necessity to give your body and senses the love and attention they deserve.

Your dreams, wishes, and desires

Inner summer is the time when you can say 'yes' to yourself too! What is it that you wish to create, grow, share, build, expand, or offer?

Challenges of the ovulatory phase

As human beings (especially as women), we're wired for connection and as a result, we all want to feel loved, fit in and belong.

However, if you focus too much of your energy and attention on that you will eventually feel like you are giving your power away, having the disease to please and worry too much about what other people think of you. It is easy to slip into the constructs of society and play being socialized, presenting as 'approved', glossy, and forget most of who you are.

Your inner summer's task is to allow you to shine your star bright without conforming or pleasing for the sake of it, rather for satisfying your purpose in the world.

Because you have so much energy to get stuff done it's great when you know what you want to be doing. But, how would this serve you if you still don't know what you want to be doing with your life? You can find yourself easily swamped with other people's agendas and to-dos, so it is not surprising why so many women find themselves at the end of their inner-summer feeling exhausted and empty.

Also, because of the surge of energy, you have during this time of the month, you may become insensitive about other people's feelings, so please be mindful of that. Because of that, you may lose your ability to be vulnerable, empathetic and relatable. This is the biggest blocks to intimacy, and, as Brene Brown says, 'a potential breeding ground for shame'.

The biggest challenge of this time is to remember that you're not superwoman and invincible. If you push too hard and do too much you'll end up feeling tired and resentful. So use these 10 days wisely.