

YOUR INNER SEASONS

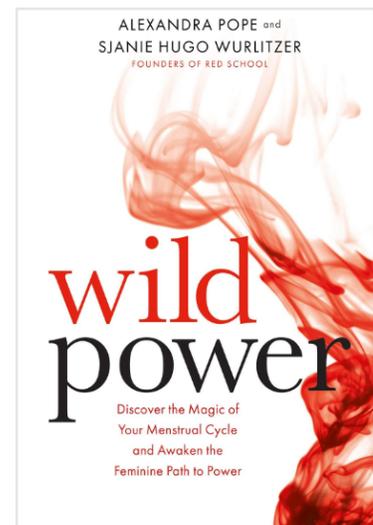
We're going to dive deeper into the powers of your menstrual cycle and you're going to learn how to support yourself through each phase.

Before we dive deeper, I wanted to say that the majority of what I'm going to teach you is derived from one of my favorite books on this topic, called Wild Power - Discover The Magic of Your Menstrual Cycle and Awaken the Feminine Path to Power by Alexandra Pope and Sjanie Hugo Wurlitzer, founders of Red School.

I highly recommend you to read this book as they go much deeper into what we're going to cover!

You are already familiar with the four phases of creation, and now we're going to expand a little on these.

- The Fertile void can also be referred to as your inner winter.
- The Emergence phase can also be referred to as your inner spring
- Visibility can also be referred to as you inner-summer And
- Culmination can be referred to as your inner autumn.



What are the inner seasons?

“The inner seasons are a guide in helping you to know yourself; they are the template for the creative process (a means for manifesting your calling) and the necessary preparation for accessing the spiritual powers of menstruation.”

“Your ally in self-care, stress management, and inner work, your inner seasons help you to pace your energy, calm your nervous system and get insight and feedback on your overall wellbeing - the building blocks for embodying all aspects of power.”

As you learn about yourself through the inner seasons, you develop the skills to cope with your big and scary emotions and make better decisions with regards to your behavior.

The inner seasons will help you to provide yourself with therapy and healing that teaches you how to own your unique gifts and nature.

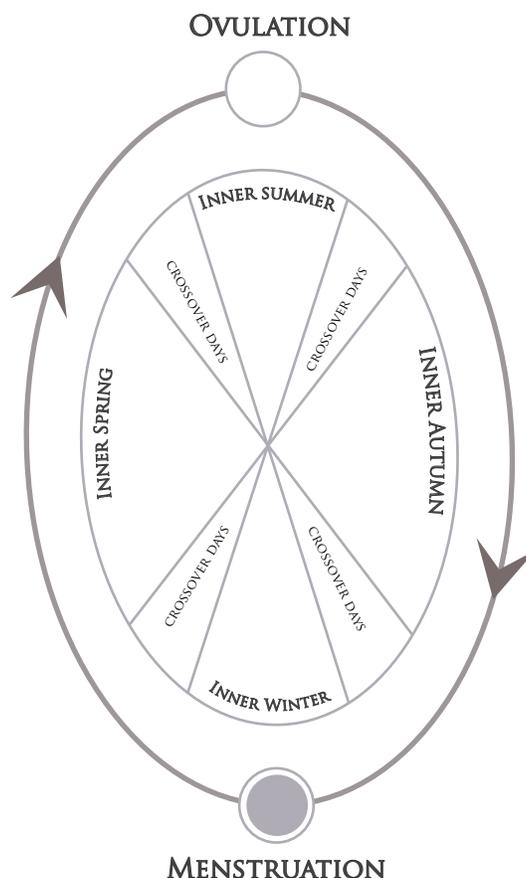
Very similar to the four phases of creation, your inner seasons reveal the stages every creative project goes through. This is built into your body as a woman - it's your personal creativity coach for accessing inspiration and manifesting your ideas.

This is a sacred window of time that allows you to claim your full self and tap into who you are meant to be.

As time goes by and you practice MCA, you will feel more connected to yourself. With time, any conflict you have with your cycle will fall away, and you will begin to feel held and supported by it, which creates a deepening inner kindness and a tender intimacy towards yourself.

Crossover days

As you start practicing the MCA, you will be able to identify crossover days between each season. Please capture them on your tracking sheet and describe what you feel in each transition.



The Big Red Rule

Before we start unpacking each phase, I want you to remember something very important. It is called The Big Red Rule, which basically says that your own experience, symptoms, and realizations trump anything I say!