

## LUTEAL PHASE (INNER AUTUMN) - DAY 20 TO DAY 26)

During this phase, you have greater self-awareness and connection to your needs and actual energy. As a result, you will be more discerning, targeted, efficient way of working, having more clarity and inner insight. While your tolerance and optimism levels might dip, you'll notice a rise in your ability for 'crap detection'.

You may also feel like your shadow side is being exposed and you are face-to-face with your soul and your truth. It is not always pretty, but if you can accept and take responsibility for these parts of you, it can both mature and liberate you.

Some women thrive in this second half of the cycle, feeling at their most productive and creative. For other women, this is a tougher time of the month. Your ease with a certain phase of the month will reflect something of your own nature and also the life phase you're in.

### **Your Health Challenges Are Revealed During This Phase**

The cycle is stress-sensitive, and as such, it acts as our 'early warning system'. Just as you can feel emotionally overwhelmed close to bleeding, so your immune system is more sensitive and everything feels more intense. So you may want to skip waxing your legs during this time :)

Women with underlying health vulnerabilities or chronic illness may notice a flare-up of these at this time.

PMS is a clear sign that you're overwhelmed and run down!

In order to calm your nervous and immune system down, I advise you to improve your self-care routine. Stick to eating in alignment with your feminine current, get plenty of rest, ask for help, plan your meals ahead of time, enroll your loved ones by being specific about what it is that you need, stick to exercise that your body craves instead of pushing yourself too hard, and reduce stressors. All of these will help you keep PMS symptoms at bay.

### **The Sacred Role of your Inner Critic**

During this phase is the awakening of your inner critic, which may sound nasty and mean, but it is important you understand her fully and her real message for you.

On the surface, your inner critic appears to be the curse of your life - undermining your confidence, prinking the bubble of your hopes and dreams and generally sucking the life and energy out of you.

If you've ever felt 'not good enough' or asked yourself the question 'what is wrong with me?' you know what I mean.

You can be a queen at work and business but when it comes to your kids and mothering you

feel completely out of control and lose grip?

You can rock relationships with difficult and challenging adults but when you come home your kids completely drive you crazy?

Or, let's say you are a health coach and you know so much about food and nutrition, but one misplaced comment from your mom and your inner critic is completely unleashed, raving and losing it, before you know it you are all over your fridge shoving in whatever comes to mouth.

Yes, it could be 'emotional eating' or it could be your inner critic (or your inner shadow) nagging and annoyingly pushing you to look at the darkest places of who you are.

Cus here's a revelation - you are divine, amazing, charming and talented, BUT, you also have anger issues, a strong need for controlling everything and everyone, and you're also kinda lazy.

I am not saying this because I want to criticize or mess with your psyche. All I want is for you to see that in order to grow and become who you want to be, we have to have the courage to look at the darkest areas that make us who we are.

How amazing that this too, is encoded in your cycle as an opportunity to look at at least once a month.

## **Learning to tame your 'inner critic'**

There are so many 'shoulds' and 'supposed to' that, especially as women if we don't learn how to sooth, manage or 'control', we can drown in this inner toxicity, feelings of shame and self-loathing. The inner critic doesn't care that you've achieved a lot, that you have a masters degree in human psychology or that you manage 50 people, so unless you can do that for yourself as a counterbalance to the negatives, you will end up feeling completely paralyzed.

At the core of it, you've inherited your inner critic from your caveman (or cavewoman), all it wants is to keep you safe.

The more daring and courageous you will act and the more you choose to face your fears the loudest your inner critic would be. In fact, it's often a sure sign that you're on to something significant and true to you when your critic suddenly goes into overactive.

Criticism is a double-edged sword: it can either 'kill' you off or 'awaken' you to a new level of self-recognition and power.

Let me be clear here - taming the inner critic is challenging and it is important not to go at her alone, especially in the beginning. Have some allies on hand, like a listening partner, a woman's circle, or a wise counselor who can guide and support you as you learn to stand up to the critic.

During the luteal phase, you almost become more 'permeable' and allow more hurt to affect you and touch your soul. The moment of transition from inner summer to inner autumn (or from visibility to culmination) can be like hitting a speed bump. Things suddenly stop looking quite so sunny, your optimism sours a little, your energy flags and a tiny doubt or wobble creeps in.

## **What the heck does she want?**

The inner critic's job is to make sure you've been using your precious life force wisely. She's like the accountant who comes at the end of the month to check if you've been managing your company's money wisely and efficiently.

Have you been drinking too much?  
Yelling too much at the kids?  
Gossiping?  
Wasting time on Netflix?  
Binge eating?  
Scrolling mindlessly on social media?

Or, have you been feeling invincible?  
Feeling like you are at the top of the world?

So, now it is time to get humble with yourself, zoom out on your life and see the bigger picture.

Who are you?  
What are you here to do?  
What do you want?  
Where are you going?  
What is your vision for yourself and your family?

Your inner critic's job is to make sure you are taking care of yourself, and are on track with your calling.

If you didn't use your inner spring & summer to create and get on with your ideas and plans and squandered your precious life force - you will feel more vulnerable to her meanness even more.

Because deep down inside you know she's right.

"The more you hear the critic and make a choice to address the issues that emerge each month, the more you begin to respect this figure. And the more wisdom, self-respect and inner strength you can harness from your encounters with it." Wild Power, p. 155

During the luteal phase, you are less innocent and less focused on other people and more on yourself.

The more you face your inner critic during the luteal phase, the quicker she will leave you alone and will allow you to really rest during menstruation.

## Setting Boundaries With Your Inner Critic

The critic knows no boundaries. She believes that it's ok to chatter in your head 24/7 if allowed to! The feeling of overwhelming and inability to face her only arise because you haven't yet created your internal boundaries also known as the practice of self-containment.

As you work with your cycle you begin to awaken the more adult and mature self and as a result, build your inner container.

It's as though you expand your capacity to hold or tolerate bullshit, suffering, struggle or challenges.

I remember clearly feeling this after working with my coach. All of a sudden I felt like the things that bothered or seemed hard before I started working with her, don't bother me as much. My BS capacity grew.

This doesn't mean that I am going to attract more BS into my life, the contrary is true. This means you now have the ability to see it clearly and have the tools to disintegrate or to stop the negative thoughts before they consume you.

"Each phase in the cycle is integral to your full well-being and creative expression, and therefore it's important not to override them."

Menstrual cycle awareness will give you structure and the framework to align your life's purpose with your body and biology, so things will feel good and flawless.

Every month your self-care through cycle awareness expands and as a result, magic happens.

## Your Inner Critic - The Great Awakener

Have you ever felt like your life is amazing and everything is going really well, and then, the week before your period you start doubting everything.

You ask yourself big existential questions like:

"What is my life about?"

"Am I on track?"

"What am I doing with my life?"

"Am I facing the things I should be facing?"

"Are my relationships working?"

"Am I a good mom?"

"Am I showing up as the best wife I can be?"

Or "why am I in this relationship?"

And then, you hear answers like:

"Your life is shit; or worse, "I am shit"

"You suck"

"You are a liar, all you do is talk talk talk, and have nothing to show for it"

The inner critic is not interested in prettying things. Her sacred job is to prick the bubble of your life, your naive self. It wants you to get smarter about your life and ditch the illusions.

The inner-critic is your opportunity to adult, mature and have a more discerning life true to you. This is your opportunity in developing self-contemplation and take courageous action towards the life you were destined to live.

## **But, you have to be careful!**

Hearing your inner-critics message is valuable but it's important not to do it in a way that is crippling your capacity to regenerate. That's the catch 22.

Remember that the inner critic is weak on boundaries (meaning she doesn't know when to stop). So it is your job to say 'enough!'. By doing this you not only create a boundary but also experience the critic's gift to you: a claiming of your own knowing and authority.

How cool is that?

Not everything she says is worthy of your attention as sometimes she can be quite crazy and mad, which is why it is important you learn to tame her.

The most important thing to remember is to be kind and forgive yourself often. This is a practice and it takes time, which is why I've designed this program to be 6 months long so you have enough time to practice while having someone external supporting you in facing her.

I advise you to think of a name for the inner-critic and start addressing her by name.

My inner critic's name is Gloria. That bitch is mean! But, over time we've learned to love and respect other.

Some ways to help you practice self-kindness would sound like this:

"You're right, I'm not brilliant at..."

"It's not my thing, and I'm ok with that. I now recognize that my strengths are ....., and I am going to keep doing that."

Journaling is a great place to speak to her directly, to negotiate with her and to create boundaries with her.

The critic is constantly testing to see if you're "home". If you are present for yourself if you are awake to your calling and are working on it daily.

The Inner Critic thrives off of sugar, so this is a great opportunity for you to not only be mindful about what you put in your mouth but also heal from emotional eating and anything you've felt is holding you back or controlling your food choices.

This is your opportunity to show her who is the master of you. It is you and not her!

## **What should you do when the inner critic appears during the other phases?**

She is definitely the most present and loud during the luteal phase, but sometimes she can appear during the other phases of the month.

Sometimes if you're tired, a bit run-down, unhappy, unconnected to yourself, in the transition from one phase to another, or a life transition in which you're changing from one identity and are stepping into a new one: for example becoming a new mother or a mother to another child - you can be more permeable to the critic's voices.

So what should you do if that happens? Simply, as silly as it sounds, you are going to ask her to leave. Explain that, even though you appreciate she might have some important things to share, this is not the moment. Tell her that you will meet her again in the luteal phase.

It is helpful to say this out loud and not in your head so that she hears you.

Again, super important to remember that you are the boss, not her!

## **Your appetite and why you crave chocolate**

During the luteal phase you might feel like you are hungrier and thirstier than usual, and that is totally normal!

A new study found that emotional eating in women tends to spike about a week before their periods.

Studies have shown that during the second half of your cycle (the luteal phase), you may experience an amped-up appetite because levels of progesterone—an ovarian hormone also connected to hunger—are higher.

Insulin and the happy hormone serotonin dip during the luteal phase, while the stress hormone cortisol increases. "Chocolate makes you feel good," says Dr. Klein. "The fat and sugars help replenish insulin and serotonin levels in the brain, elevating your mood."

## **Does this mean you can binge on food and chocolate?**

Well, yes and no. It is perfectly fine to eat a little more than you normally eat, but please be mindful about chocolate, sweets and anything sugary.

Remember that your inner critic thrives off of sugar and the more sweets you eat the meaner she will get.

You can indulge on some dark chocolate and some homemade desserts where you control the amount of sugar that is added. This will also set you up for easier menstruation without PMS pains.

### Some practices you can try to help manage the pain and discomfort of the luteal phase:

- **Sleep** - this is number one on anyone's list. When my girls are a bit sick or tired this is what I "prescribe" for them and nothing else. Sleep is restoring and healing on so many levels, so it is a good idea to start there.
- **Yoga Nidra** - this is a deep guided meditative practice. Look up yoga nidra online, there are so many beautiful yoga nidras out there. Some of my favorite yoga nidra can be found [here](#).
- **Earthing** - go outside barefoot and connect with nature and mother earth.
- **Food** - practice eating in alignment with your feminine current which you can access through your member's area.
- **EFT tapping** - this is an easy and beautiful emotional freedom technique you can use to bring your emotional and physical health into balance and master your big scary emotions which arise during this time of the month.
- **Movement Medicine (Dance)** - Dancing with awareness of your body, thoughts, and feelings. [Here's an example I LOVE!](#)
- **Yoga** - yoga is always a beautiful way to move the body, move stagnant energy that is trapped especially in our pelvis area (second chakra). You can try the three sequences I've designed together with my yoga teacher, Rachel, find your own practices online, or sign up to a local yoga studio.
- **Healing massage** - schedule a deep tissue massage for yourself and allow the touch of someone else to relax and heal you.
- **Practice Silence** - quiet everything down, especially technology. Give yourself a full day without any access to technology and see how incredible this feels! This is true freedom.
- **Epsom salt baths** - A Epsom salt bath is an excellent de-stressor. The magnesium in the salts is an essential mineral for minimizing menstrual woes. It also helps to oxygenate the body and release toxins. It's a good antidote for electromagnetic radiation.

Add 2-3 cups of Epsom salts to a hot bath. Ideally, have a chlorine filter fitted to your bath tap. Soak for 20 minutes. Don't shower afterward and, if you can lie flat for at least 10 minutes.