

# MCA (MENSTRUAL CYCLE AWARENESS)

Great! So now you know how to identify your changing seasonal energy.

You also know that menstrual cycle awareness is a woman's spiritual practice but what should you actually do with this knowledge?

How do you actually integrate it into your busy mom-life in a way that nourishes and helps you to restore and grow each month?

In this lesson, we're going to talk about the actual practice of MCA, how to perform it and how to make it sustainable, practical and useful to your busy life. I will also share some ideas to bring this knowledge to your marriage or partnerships, parenting, workplace and communities. You are not alone in this, and it's important for you to learn how to share this knowledge in a way that feels good and easy as opposed to hard and 'one more thing to do'.

Let's dive in.

## MCA practice

Like yoga and meditation, MCA is also a practice that can help you build a stronger, more profound spiritual life.

"MCA is unique among spiritual practices in that it's built into our bodies. We don't control it; instead, it has its own timing within us". Wild Power, p. 182

Which day of your menstrual cycle are you on? I record it at the top of my FEMALE tracking sheet as well as check-marking where I am in my cycle and any crossover days I feel.

Use the Female Daily Tracking Sheet to capture your feelings, transitional days. You can also do this in your journal. Write the date, as well as where you're in your cycle and using your own words describe how you feel in your body each day.

What season do you feel you're in on any given day?  
Can you begin to catch the transition moments from one season to another?

Another thing, observe the pattern of your dreams through your cycle, which will help you to develop even greater acuity towards yourself, your needs and the cycle.

### 1. Chart your cycle

Which day of your menstrual cycle are you on? I record it at the top of my FEMALE tracking sheet as well as check-marking where I am in my cycle and any crossover days I feel.

## **2. Sync your cycle**

As you get to know your own unique rhythm of power, I recommend you organize your life around it. You will become better at this with time, so please don't try to make this perfect right off the bat.

For example, arrange social events at ovulation, when you feel most outgoing and interested in being with others. Or schedule business meetings during your luteal phase, which is when your critical insights are at their sharpest.

If you can, try to take day 2 & 3 off work and "do nothing". You'll still have your mommy duties, but if you stay close to home you should be fine.

I had a client who has been allowing herself proper rest during menstruation and as a result, feels much more accomplished at work. She actually got a promotion while we were working together, which was very cool for me to witness!

## **3. Cooperate with the energies**

It's true that some of the cycle's energies can be plain inconvenient in our highly focused and driven 24/7 culture. And so your next step in this practice is to give credence to and deeply respect the feelings and energy of any particular day of your cycle.

Regardless of what you have to do, work with that energy as best as you can. 1% of cooperation is all you need, especially in the beginning. But, also keep in mind the Big Red Rule: rather than living the cycle you think you should have, pay attention to the one you've got.

You'll find simply cooperating with yourself, rather than bullying yourself to be something you're not, can make you so much more creative, effective and efficient.

This is real self-love and a deep practice of self-care.

## **4. Bring the power of your cycle to your situation**

This is the next stage of your MCA practice, but please allow this to happen naturally instead of pushing it or controlling it.

Whatever the situation in your life, have the courage to bring in the intelligence of the cycle. Operate unashamedly from the fullness of your experience, rather than simply coping with it.

For example, let's say you're menstruating and have a very important presentation to give at work. Prepare yourself well - you don't want to be rushed - and then lean into and trust the perfection of where you are in the cycle. Use the depth and charge of menstruation in the meeting; in so doing, you will bring a deep authority and stillness that can be captivating.

This is the essence of living a creative life. You live the evolutionary edge - the evolutionary power of the cycle - to channel something bigger than you, the Feminine.

## Learning to Pace Yourself

Society's timing is not personal - it is not connected to who you are and your story. Being a part of a group has its place, but not instead of cultivating a deep connection with yourself. Ideally, we should be able to do both.

If you march to outer rhythms all the time, you lose connection to your inner authority and the true engine that drives your superpowers.

When you are familiar with your own pace it is much easier to trust your own timing and not get caught up in the urgency around us.

Timing is always on your side, but you can't rush your trust and embodiment of it. It's something you learn with age and an ongoing commitment to cycle awareness.

The more you understand timing, and the rhythm of your creative process, the less likely you are to label your hesitations and the 'putting off of things' as procrastination.

At its heart, procrastination is usually a disconnection from your own true creative Calling and an inability to appreciate and trust its organic timing.

This is how trusting and believing that there's something bigger than you holding and guiding you begins.

Like I said earlier, it's a practice. So take your time and learn from it.

Next, I'd like to talk to you about some helpful perspectives and ways of organizing your life around your cycle and how to work with the tension when life isn't fitting into the pattern of your cycle.

## A cycle-centered family life

Let your partner in on your MCA discoveries. Share with them your emotional and physical needs and tendencies in each season and how your sexual energy varies.

Men love to be in on the mysteries of the cycle and want to know more about our needs and tendencies.

Your partner can be a great ally in your cyclical life, if only you let him. You can also ask your partner to chart what they observe happening in your cycle.

So many of my clients have told me that their partners usually know where they are in their cycle better than them. Which I think is so cool!

My husband will often ask me: "Where are you in your cycle now?" Before asking me something or sharing anything with me, just to make sure I won't explode or exaggerate. I do have a tendency to do so and he's well aware of that.

As you practice this sacred ritual, use it as an opportunity to educate your girls! Teach them about the beauty of living a cycle-centered life.

You can have a family calendar in the kitchen that includes your menstrual cycle dates so when other family members are making appointments, they are mindful of your menstrual time and arrange things accordingly.

To really let go and bleed, you do need your family onside, carrying some of the daily load for you. Don't underestimate the power of having your space consciously protected and held by your loved ones while you menstruate.

Living a cycle-centered life has offered my family the most sustainable and healthy rhythm to abide by and be held in.

The menstrual cycle is a shared experience among all menstruating women, so you can be allies for each other. Don't struggle alone, and please don't isolate yourself.

Instead, lean into the support of your community members. Ask for help when you need some time out from mothering and cooking.

## **A cycle-centered workplace**

You can help to pioneer a 'Period Policy' at your workplace. Would your workplace consider something like this? I have been approached by employers who wanted me to educate their female employees about their feminine currents and it has been an amazing success!

Ask me about this if interested, I'm happy to do this for you as well!

If this is not an option at all, then maybe you can get just one or two allies at work?

When you menstruate, go more slowly, work more quietly, take all the pressure off yourself and just let yourself cruise in your little menstruation bubble. No one needs to know that you are deep in your menstrual cave.

## **The 1 percent Shift**

The whole notion of practicing cycle awareness, and organizing your life around it, may just feel impossible or overwhelming. You may find yourself constantly sitting under the thumb of what you think you 'should' be doing, falling into 'idealized' thinking and abandoning the real possibilities before you.

Well, try the 1 percent shift:

Imagine how would the perfect cycle-centered life look like for you. What would be ideal for you? Make this creative, get a large sheet of paper and colored pens and show your dream. Don't let practicality or sustainability get in your own way here. Just imagine the ultimate scenario.

Now, ask yourself what 1 percent of that change would be? Let it be something really small,

seemingly insignificant and easily doable. For me, for example, it is to allow myself to nap during the day. I can totally do that without feeling shame or guilt.

On your next bleed, do that 1 percent and see how that feels.

The 1 percent can also be applied in any given moment. For example, say you wake up in the morning and you're exhausted wishing you could just stay in bed all day. Look for some ways you can give yourself a small dose of hiding away? Maybe you can reschedule a meeting, change your plans last minute, or call work and tell them you're running late. Tune into your resourcefulness and creativity here and please stop thinking this is being lazy or irresponsible. This is self-care your working on, and sometimes you have to squeeze it in.

As a mom, it is hard to stop or take breaks and many times it may feel like another job on your to-do list. Resting at menstruation and tuning into the cosmic forces, you're joking, right? Well, not really.

In fact, your version of 'stop' or pausing is going to look different than mine.

Again, the 1 percent shift will help you to start being intentional about resting and slowing down during menstruation and when you start seeing how much better you feel during the rest of your cycle following that, you'll find yourself expanding that to 2% and so on. It's that good!

## Doing nothing

This is another skill that requires practice. I know it's funny, but it's true. Especially in today's world, doing nothing kinda feels silly and a waste of time. Doing nothing is a refined art that we seem to have lost.

So I'm going to speak to the part of you that always wants to be busy, distracted and on the move, here's what you can do. Resist the temptation to turn on the TV or computer. Resist the urge to clean or tidy up or do just one more thing, or multitask doing nothing with doing something.

Doing nothing means having no agenda, zero power of agency, and allowing yourself to drift and potter.

Forgive yourself for feeling lazy or useless. Give up the idea that your worth depends on what you do and how much you produce.

Risk being bored and simply hang out with yourself in the emptiness.

This can be scary, so start small. Remember the 1 percent shift.

Carve out a small chunk of time to do nothing and, if you find it a struggle, work with 'holding the tension'. This is sort of like parenting and mothering yourself as well. You are practicing self-containment, self-regulation, and self-discipline.

## The Bleed On It Method

Ok so when I first learned about this, I thought this is totally silly and ridiculous until I tried it. So the reason I'm sharing this with you is that it actually works.

The Bleed On It method is the menstrual cycle's answer to how to solve your current problems, challenges, 'wondering what the hell my life is about', dilemmas, etc.

After working with coaches myself, I now understand that all we need is within us, all we need is to ask the right questions and listen. Listen to our intuitive force that has all the answers and guidance. It is so important to pause and listen but even more so is to ask the right questions.

This technique will be very valuable for you after we are done our work together because you will be on your own without me. Remember that my goal for you is to learn how to tap into your wisdom and become confident in yourself without developing co-dependence or feeling like you can't do this on your own. YES YOU CAN!

So, here's how this works:

This comes directly from the book Wild Power, p. 224

Whenever you have an issue you want to resolve, rather than 'sleeping on it' try 'bleeding on it'. Your menstrual cycle is a container of time to incubate an issue, and menstruation itself opens you to guidance from your deep being. Sometimes it will take a few cycles to get to the bottom of an issue, but stay with it and trust your body.

**Step 1:** Open your journal, and write your intention: state clearly out loud, like a declaration to the universe, the problem or issue for which you seek guidance. Do this at the beginning of the cycle (day 1 or 2) so you have the whole month to let the issue incubate - super important especially if you're dealing with something grand.

**Step 2:** Observe, gather and incubate: once you've made your declaration, let go of trying to solve the issue. As you go about your daily life, simply pay attention, at a subtle level, to signs, signals, and clues. Both from within yourself (including your feelings and dreams and any ideas that pop into your head) as well as feedback from the World. Imagine the World is speaking to you on this issue.

**Step 3:** You don't need to be overly focused. On the contrary, a little forgetting is good. The attention you do give is more of a gentle sideways look - a sensing as much as an actual seeing. Simply hold your observations inside you.

If you find yourself getting anxious about still not having an answer (you might be someone who finds it difficult to be patient or to let go of control), remind yourself there's still time. If you harry yourself you'll be interrupting the very process that's playing out through your cycle, trying to give you the clarity you seek.

**Step 4:** Use the power of menstruation to receive. Slow down as you approach menstruation, follow the inner promptings to let go and empty out, and give yourself some space to

do nothing and simply rest. Throughout the five chambers of menstruation, stay open to what wants to be known.

Step 5: You may feel an in-rushing of energy, an inspiration, or a deep, quiet certainty or 'knowing'. Chambers 4 & 5 can be particularly illuminating, almost like a clear command to oneself. But to catch the moment of clarity you need to keep a degree of closeness to yourself and the menstruation process.

Here's an example from my life where I've used this method. My youngest daughter, Naomi, went through a major hip surgery in April of 2018. I was so naive to think that after the surgery we will be back to our normal life but was surprised to discover that she's struggling with major post-surgery trauma. I've used the 'bleed on it' method to help myself come up with a healing plan for her to allow her to process this while she's young. This incubation led me to learn more about trauma resolution, the work of Dr. Peter Levin, somatic experiencing, bodywork, and healing emotional wounding that is locked inside of our scar tissue. Crazy stuff, I know, but I have used all of these methods to help my daughter heal and process this very gently, lovingly and in a way that fosters more connection and bonding between the two of us. This took me about three to four bleeds, and I'm still learning more about this.

Do you struggle with kids, husband, a mother-in-law, your own mother, a narcissistic friend or family member? How to protect your child? How to approach a teacher who's very rigid and strict with your child? Do you struggle with enrolling your family into your health mission?

Or even with bigger things like manifesting a job offer or promotion for yourself or your husband. Or figuring out what your life's mission is and what are the steps you need to take in order to pivot and live in alignment with your Calling.

As you've learned throughout these lessons, this important biological process is a woman's spiritual practice. Menstruation is the Feminine in action. It's the channel through which the Feminine can be experienced and integrated back into our lives and on to the planet.

## **The stages of your life**

Your initiation into your feminine current begins with your first bleed. In your 20 and 30s - the first part of this lifelong journey - the door opens to a rich inner process of getting to know yourself and learning to care for your own nature.

During these years you're learning, in particular, the power of agency. The cycle supports you to develop a healthy ego, good boundaries, and an attitude of inner kindness. Driven by ambition and full of youthful vitality, it's a time of experimentation, ideas, achieving goals and manifestation.

You learn to assert your desires, make things happen and 'build a life' for yourself. It's the time to declare, 'this is me'.

As you shift into your 40s and 50s you start to engage in more complexity, depth, and subtlety. In this second half of your fertile life, you come to know more intimately the power of encounter and develop the capacity to be in the unknown and work with what's emerging.

You notice how the challenges you're getting are more complex and require more creativity and resourcefulness to solve.

It's no longer about your will and ego; instead you're guided by something larger - by the meaning of your life on this planet, and your responsibility to this earth.

Menopause is the final phase, the peak of your initiation process. If a woman has lived this journey consciously she feels the readiness of her spirit to step fully into claiming her life's purpose and serving the world.

One of the things I deeply believe in is that as women, and in particular, mothers, we are healers and change makers. We can make this world a better place. This healing begins with you, embracing your feminine power, organizing your life in alignment with this rhythm, being congruent with her cycle. In this way, we influence our children, partners, friends and community.

At the core, this is radical self-care and sustainable living.

Reverence for the cycle process gives a woman permission to be unique, different than a man. Men and women are different and by practicing this day in and day out we're allowing our men to be Men and tap more into their divine masculine as well.

Living in alignment with your feminine current teaches you to think for herself and to be herself. As women and mothers, we are leaders, grounded in our own authority and 'knowing'. We can't be easily manipulated or controlled. We are conscious creators rather than consumers.

The cycle makes women wake up and consciously tap into their mature form of awareness that the world is so painfully missing.

It's time we stop 'being nice' and 'good girls' doing what we're told to do and pleasing everyone. It's time we own more of our own fierceness and shake the world where it needs to be shaken.

The better at this you become you'll see that your Calling and life purpose is actually encoded in your body and MCA will help you tap more into that.

Again, this is not about rushing and getting things done, which has its place during your ovulatory phase. It's more about deeply listening, tuning in, radically taking care of yourself, and ignite your spirit's deep yearning to live a meaningful, creative and fulfilled life that wholeheartedly imparts your wild legacy when you're done.

The initiatory journey from menarche to menopause is dutifully in service of this.

What do women who practice MCA bring to the world?

- We're modelling radical self-care and sustainable living
- Our personalities, grounded in our authority and 'knowing'. We can't be easily

manipulated or controlled - we're natural leaders and we're not afraid to take a stand.

- We are conscious creators rather than consumers.
- We are wives and partners who are changing the power dynamic between men and women, liberating both divine feminine and divine masculine to help us be better versions of who we are.
- We're women, wives, and mothers who are developing maturity and adulting beyond ego and we see ourselves and the world as one.
- We are holy troublemakers, who shake the world and challenge the status quo.
- We are practicing soul activism in service of the Creator and the world.