Menstrual Moon Cycle Charting

There is a mysterious and magical connection between the changes of the female body and the phases of the moon. Many of these monthly changes go unrecognized for women, sometimes because we suppress them but very often because we are just unaware that they occur. By keeping a record of how we feel in our body, mind and spirit throughout the month we become aware of our unique feminine energy blueprint and we become better equipped to ride the ebb and flow of our life.

When you begin to chart your menstrual cycle in relationship to the moon, you begin a journey into yourself. You discover that your body, like the earth, is connected to a timeless universal pattern that has been marveled at since the very beginning.

How to use the Moon Cycle Chart

1. There are 30 moons on each chart; they have been colored in black ink to show the different phases of the moon over the course of one lunar cycle, or one menstrual cycle. The black moon indicates the new moon and the white moon indicates the full moon. The moons that appear in between the new and the full moons show the moon either waxing to full, or waning back to new.

2. To begin using this chart you will need to find out which phase the moon is in on Day 1 of your cycle. Day 1 of your cycle is the first day that you begin bleeding. To find out which phase the moon is in on Day 1, you simply look up the date you begin bleeding in a lunar calendar. For example: If you get your period on January 12th you look to your lunar calendar to find out the phase that the moon on January 12th. Once you know this, you can write the days and corresponding dates of your cycle into your chart according to the images of the moon provided in the Moon Chart.

3. The days of your cycle are recorded in the section of the chart entitled day.

4. The corresponding dates of your cycle are recorded in the section of the chart entitled date.

5. The section entitled “physical being” is where you record the changes occurring in your body.

6. The section entitled “emotional being” is where your record the changes occurring your emotional being.
7. You have also been provided with space for a legend, should you decide to create symbols to represent the physical and emotional changes you experience throughout your cycle. Some women find that drawing the symbols on the chart takes up less space than actual words. However, if words speak to you more than symbols, then go that route.

Adapted from [http://www.moonmysteries.com/moon-cycle-chart](http://www.moonmysteries.com/moon-cycle-chart) and inspired by the writings of Miranda Gray, [www.mirandagray.co.uk](http://www.mirandagray.co.uk)