



Cycle Charting

a simple approach

Lisa Jara

Are you ready to remember the Wisdom already stored in your bones?

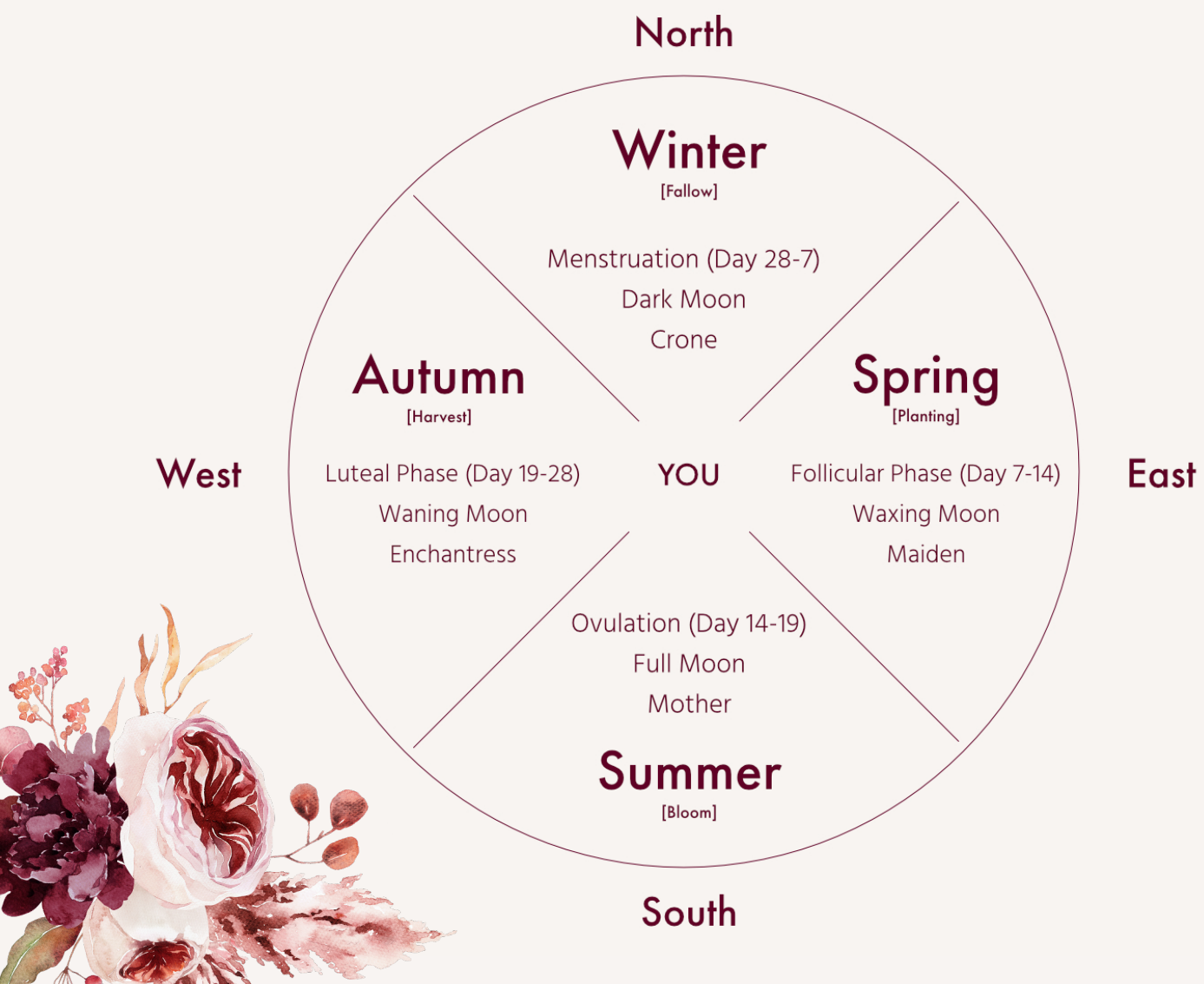
When you sign up for **Moonday Musings**, you will receive a personal e-letter every Mo(o)nday morning, where I share little musings, resources and support in your cyclical experience, for you to feel safe, happy, healthy and (w)holy in your own body, bleeding or not.

These letters are all about menstrual health (including the (peri)menopause journey), menstrual activism, taboo topics and embodied cyclical living, and include personal stories, womb wisdom, blog articles, interviews and opportunities for self-reflection, to help you journey the death-and-rebirth process you go through as a woman and/or menstruator every month with more ease and confidence!

Sign up for Moonday Musings over on my website:

<https://lisa-jara.com/en/moonday-musings>

Overview of your four Inner Seasons



How do you start charting your cycle?

Every body's cycle is different, so it's important to get to know your own experience and rhythm.

The simplest way to chart your cycle and start getting attuned to what's going on inside of you, is by keeping track of the Day of your cycle, the date, the inner season or phase you're in and three words that express how you are on that day:



1. Day of your cycle:

Every cycle begins with Day 1, which is either the first day of your bleed (if you take no hormonal birth control or other hormones and aren't pregnant or breastfeeding), or the day of Dark Moon (in all other cases, e.g. if you're post-menopause, take hormones or don't have a uterus for any reason).

From there on, you just number the days consecutively until your next bleed / Dark Moon, which will be Day 1 of your next cycle.

2. Date:

Record the calendar date of that day.

3. Inner Season/Phase:

There are four phases in a cycle which are very similar to the season we see in nature.

Inner Winter is the time of our bleed or menstruation, which lasts approximately from Day 28 to Day 6. At this time, we usually feel more inward and have a bigger need for rest.

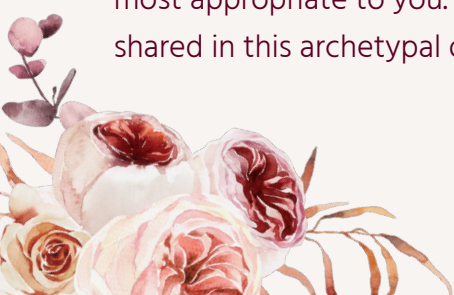
Inner Spring is the lead up to ovulation, also called the follicular phase, and lasts approximately from Day 6 to Day 14. At this time, we can often feel our energy coming back, we are full of ideas and like to play.

Inner Summer is the phase of ovulation, which lasts from approximately Day 14 to Day 19. This is a time where we can feel charged and where we are often drawn to meeting friends and socialising more than in other phases.

Inner Autumn is the luteal phase, or pre-menstruum, and lasts approximately from Day 19 to Day 28. At this time, we might already feel the need to retreat back from the world and have a drive to sort through what's working for us in our life and what isn't.

Note: This is just an archetypal cycle. The days overlap and there can be transition days for you where you aren't sure which phase you're in. That's no problem, you can simply record what feels most appropriate to you. And it's also possible that your cycle experience is different from what I've shared in this archetypal one, so the no. 1 rule is:

Your body is always right!



4. Three Words:

Finally, record three words that express how you are on that day. It can be anything from physical experiences to mood to energy levels or mental capacity. For example, you could be happy, scattered, energetic, communicative, painful, relaxed, focused, inspired, tight, vulnerable etc.

Note: Sometimes we can feel like we're all over the place and going through all possible emotions and moods within one single day. And that's absolutely valid, because very often our emotions are influenced by what is going on in and around us. In that case, sit down at the end of the day and try to find three words for the underlying experience you had throughout the day.

Here is an example:

Today I'm on my Day 20, in my inner autumn / luteal phase and my three words are eager, driven and vulnerable.

That's it, that's all you need to do to start charting your cycle.

What do you do with all the information?

From here, you follow this process for a few cycles/months (I recommend at least three), and then you can start looking for patterns. Place the cycle charts next to each other and see if there are phases where you used similar words, words that expressed a similar quality or mood.

By doing that consistently, you will find that there are phases with more energy, or less energy, phases where you tend to feel confident and others where you feel more vulnerable. You can use this information to prepare and take good care of yourself.

For example, if you find that you have lots of energy in a certain phase, you can try scheduling appointments in that phase. Or if there's a phase where you feel more vulnerable, you can make sure you get some time to yourself, or speak in a soothing voice with yourself.

Important: As our cycles are ever-changing, this is an ongoing practice of building a loving and supportive relationship with your body!

I would love to hear from you about your experiences and you can of course reach out any time if you've got questions!



Cycle Chart

Cycle Day	Date	Cycle Phase	3 Words for my Energy	Symptoms
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Do you want to stop the fight and feel at home in your body again?

Do you want to have enough energy for the things that really matter to you and to enjoy life?

Do you want to understand yourself and your menstrual or moon cycle better, so you can draw on its powers to guide you through life?

Hi, I'm Lisa,

Womb Whisperer and Soul Midwife to sacred rebels who want to radically trust and follow their own body's cyclical wisdom, release trauma and internalised shame, and erode patriarchy from the inside out.

As a Menstrual Health Agent (of Change) I'm on a mission to help women and menstruating folks address the deeper causes of menstrual health challenges, like irregular cycles, PMS (or the worse form, PMDD), painful bleeds, endometriosis, PCOS or (peri)menopausal challenges, in a natural and holistic way (i.e., without artificial hormones or surgery), so they feel safe, happy, healthy and (w)holy in their body, bleeding or not.

If you're ready for a loving partnership with your body and yourself, you can find out more about me and my services at

<https://lisa-jara.com>

