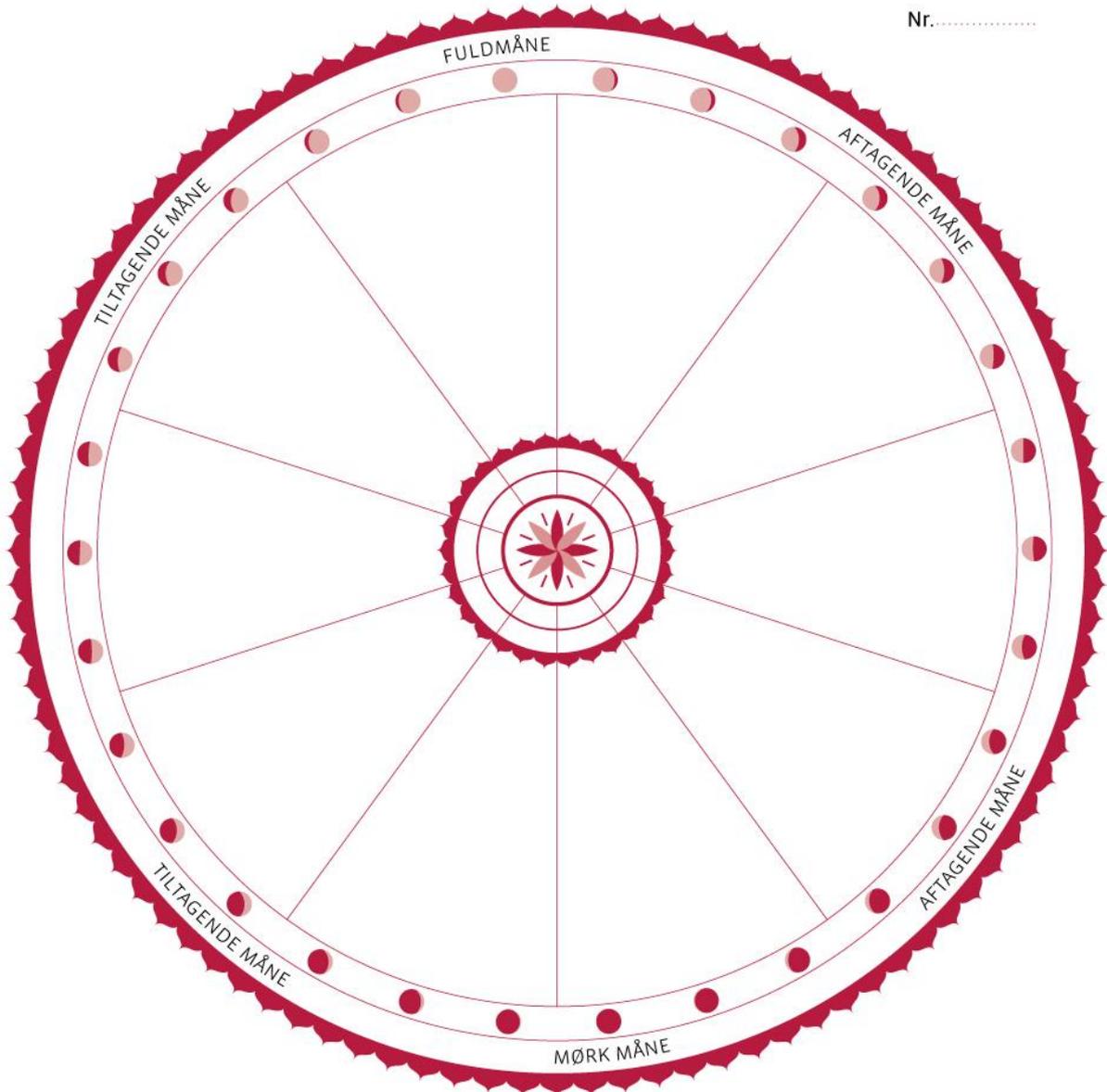


MåneMandala

Navn

Start dato

Nr.



Egne notater

.....

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MOON MANDALA CHART

TRANSLATION NOTES FOR THE MOON MANDALA:

Navn = Name

Start dato = Starting date

Nr = Number

Egne notater = Personal notes

MØRK MÅNE = DARK MOON

TILTAGENDE MÅNE = WAXING MOON

FULDMÅNE = FULL MOON

AFTAGENDE MÅNE = WANING MOON

As women we are strongly influenced by the different phases of the moon cycle which takes approximately 29.5 days - the same length of time as the average woman's cycle. The moon is reflective, responsive and receptive and since ancient times it has been associated with the feminine.

Have you ever observed your physical and emotional state throughout your cycle to see how you change as you (and the moon) go through your cycle? You have the opportunity to do this now with this moon mandala chart. *A free gift from me to you.* A moon mandala is a great and easy tool which can tell you a lot about yourself. Things that you may never have been aware of before.

If you would like to e.g.:

- Connect with the deep, powerful wisdom of your body
- Understand your personality and feminine nature from a whole new angle
- Gain great insight into your fertility and sexuality
- Increase your creativity and reach your goals

Then this moon mandala is for you.

I recommend that you read the first chapter of my Danish book Women of the Earth (Jordens Kvinder) before you begin. This chapter will give you a good understanding of your cycle and the different phases you move through each month. With this insight you will get much more out of using your moon mandala.

WHY KEEP A MOON MANDALA?

Your menstrual cycle is the foundation of your whole being. It helps define who you are as well as your relationship with yourself, others and all aspects of life. Whether you are a menstruating or menopausal woman, you move through four phases each month and as you

learn to live in accordance with those phases, you become better at listening to and trusting yourself.

As you map your cycle, you embark on a journey within yourself that brings you a new and clearer understanding of your personality and behavior. After just three months you will begin to see patterns that you probably never thought of before. You will see a connection between your cycle and your emotions and bodily symptoms. You will also be better able to understand your various levels of creativity, productivity, fatigue and lethargy.

Keeping a moon mandala helps you balance your life. It enables you to schedule social activities and demanding tasks during the time where you have the necessary energy and strength available. Likewise it helps you provide space in your calendar on the days when you need to "recharge" and nourish yourself. Living this way makes your life a lot easier and flow filled.

Cycle charting makes you more familiar with your body's signals and feminine nature and getting to know your natural rhythms can be a wonderful process. Maybe for the first time in your life, you will feel what it means to accept your body and appreciate its wisdom.

The use of your moon mandala allows you to live in greater synchronicity with nature and gives you the awareness that you are connected to a timeless, universal pattern hidden deep within you and all of your earthly sisters.

Here's how you do it:

1. Begin charting on your first cycle day - the day your menstruation begins. Find out what phase the moon is in on this particular day by using the following link: <https://www.almanac.com/astronomy/moon/calendar>. Now write the date and 1 (for the 1st cycle day) in the area of the mandala where the moon is in the corresponding phase. Use the inner, small areas on the mandala for this. Then add the rest of the month's dates and numbers so you have it done in advance.
2. This mandala is designed so that you can observe yourself over a few days (where what you experience and feel is often more or less the same) before you write it down. However, if it suits you better to write daily, you can easily put some extra lines between each moon - for example two extra lines in each field.
3. Record what you experience next to the corresponding lunar phase of the mandala. It can be your energy level, physical and mental symptoms, mood, emotions, thoughts, dreams, sexuality and other things that you find relevant.

4. It is important that you are persistent. Only by charting for at least 3 months can you begin to see one or more patterns that recur as you go through your cycle.
5. Make charting a little ritual (like tooth brushing or showering) that you don't think about much, but just do. Put e.g. your mandala on your bedside table with a pencil or hang it up where you see it on a daily basis to make it easy for you.
6. You can print the mandala in A4 size or larger.
7. In the past, humans lived according to the original 13-month lunar calendar, each month consisting of 29 days. Today however, it is the newer 12-month solar calendar that dictates our time and every month fluctuates between 29 and 31 days. This moon mandala consists of 30 days which is why you will sometimes miss a day and other times have one in excess. This does not matter really, as the intention of keeping a moon mandala is to gain an *overall* insight into how your cycle affects you.
8. Remind yourself that this is something you do for yourself because you are worth it and because it helps you to love and understand yourself better. It is an act that nourishes your feminine heart and which will give you a self-insight that you can greatly benefit from.