



a journal
to guide you through
your own and natures rhythms

may you love yourself
may you accept yourself
may you be at ease with who you are

- michelle 

Just as there are many ways of being human, there are many ways of cycle tracking. This journal represents my interpretation. it is offered as a tool for you to understand not only your own ebbs and flows but also those of the world around you. to facilitate self-care and as an insight for you to evolve your own practice.

There may be bits that resonate and others that don't, use it in a way that suits you.

SECTIONS

cyclical wheel

the cyclical wheel image shows how the transition from yin to yang and back again is not linear but undulating. this is the essence of the cycle of life.

yin a time of contraction, introspection, slowing down and rest. yang a time of expansion, inspiration, motivation and energy.

lunar energy: a microcosm of the seasons, there are eight phases. each with an associated energy. when we enter a dark (new) moon this is a time for rest and reflection, while the full moon brings energy and inspiration. at the first quarter and last quarter the sun's light reflection is balanced, which we can mirror.

seasonal energy: based on the eight seasonal phases of the traditional celtic agricultural year, they last around six weeks. they are the solstices and equinoxes plus four cross quarter celebrations.

transitional energy: the bridge between 'what was' and 'what will be.' a period of reflection, letting go and moving forward.

menstrual energy: correlates with the lunar cycle, which from one dark moon to the next is approximately 29.5 days, the average menstrual cycle 28 days. a close parallel suggesting a natural, cyclical synchronisation between the human body and nature's rhythms.

in ancient societies when artificial light was minimal, it is believed that the menstrual cycle would have aligned more closely with the phases of the moon.

in menstrual tracking the terminology spring, summer, autumn and winter phase is often used, reflecting how energies are interconnected.

elemental energy: marking the points of the traditional chinese agricultural year, which later informed taoist philosophy.

chakral energy: the term chakra (sanskrit: *cakra*) means 'wheel' or 'disk,' and refers to the seven primary energy centres located along the central axis of the body, from the base of the spine to the crown of the head. a secondary energy centre, the soft palate chakra has been included. which is the bridge between the physical chakras and those linked to intuition and self-awareness.

the energy that flows through these centres is often referred to as prana or chi. when the energy centres are balanced the prana or chi flows smoothly, we are balanced and in good physical, mental, and emotional health.

conversely, a chakra that is blocked, overactive, or underactive can manifest as physical ailments, emotional distress, or psychological imbalances.

various practices such as acupuncture, acupressure, aromatherapy, breathwork, meditation, reiki, sound healing and yoga are utilised to balance the chakral system.

personal wheel

outer circles: record the date of the month. use either the full moon point or the dark moon point as an indicator where the dates will land with that month's corresponding moon. you could shade in the moon phase if you wanted to.

outer segment: write a word or note a symbol that sums up your day. there is a list of word prompts in the next section to use as a springboard. you may find this particularly useful if you have difficulties expressing or understanding your feelings.

inner segments: use these to record other things that you may want to track. such as menstrual bleed days, insomnia, communication, environmental influences and sensory experience (mices).

you could adopt a traffic light system and colour in the segments red, orange, green or leave blank for neutral.

journal pages

lunar phase: record what phase the moon is in. two good lunar apps are 'my moon phase - lunar calendar' by j.rushton and 'the moon: calendar moon phases' by vitalii gryniuk.

sleep: the seasons and lunar phases can affect our sleep, which can have an effect on our energy levels. are you getting an adequate amount of sleep that your body needs?

note: have there been any internal or external influences that have influenced the length or quality of your sleep.

dreams: both the moon and menstruation can influence our dream states. dreams may also be an unconscious expression of unresolved situations.

in psychoanalytic theory, it is suggested that the dream state acts as a crucial psychological safety valve. by analysing dreams one can gain valuable insight into one's inner life.

you may want to keep a dream journal or make notes under musings.

menstrual: if you menstruate, keeping track of your cycle may help you understand fluctuations in your energy levels. and how you are affected emotionally due to hormonal changes.

the length of a menstrual cycle varies not only from person to person but also within the cycle of an individual. you may wish to keep track of which phase of the moon your bleed coincides with.

aligned energy: observe the yin and yang of your own personal energy. does it stay the same throughout the day or do you notice shifts between the first half of the day and the second?

also observe your body, mind and emotions.

initially recording your aligned energy may feel daunting or complex but it soon becomes second nature. don't get too caught up in the process. start simple by recording whether you feel mainly yin or yang. the nuances will come with practice, paying attention to what is happening in the natural world and self awareness.

do you feel attuned to current seasonal, lunar or menstrual energy? if nature's energies are polar e.g. seasonal summer but lunar winter (dark moon) and you do not menstruate. you may feel aligned with the mid energies of spring or autumn.

consider all three facets of body, mind and emotions. you may not have the physical energy to be out and about but might be brimming with creativity and feel joyful. therefore choose to opt for a transitional energy.

also consider other influences. all of nature's energies could be in yin phases but you could be working on an exciting project so feel uplifted and full of energy. vice versa, all the energies could be in yang phases but factors such as on-going stress could have your personal energy feeling low.

body feels: each morning take a moment to scan your body. how is your breathing? do you have any aches and pains? does your body feel sluggish? are you energised?

mind feels and emotionally feel: see word prompts.

(extra)ordinary moment: look for joy within your day. what have you got appreciation for? happiness can be found in the smallest of places and when we look close enough even ordinary moments become extraordinary ones. dappled sunlight flitting across the kitchen wall on a winters day. watching a bird glide across a clear blue sky. a kind gesture. accepting words of praise. savouring something that makes your tastebuds come to life. capturing these little moments will nourish you emotionally.

musings: a space to scribble your inspirations, jot down a rant or random thoughts.

if your thoughts are meandering use the opposing page, if utilising single page printing.

at the end of each week you might want to take time to light a candle, burn incense and reflect on your week or make further observations.

if possible, afterwards do something just for you until your candle has burnt out.

word prompts

the words suggested are a springboard, use ones that come naturally to you. some can also be used interchangeably to describe either thoughts or feelings.

be spontaneous when choosing a word so as not to overthink, they can also be used as your word for the day.

note: if you have had a day with fluctuations in thoughts and/or feelings you could mark it as 'mixed' or 'spiky'.

my mind feels: active, alert, blank, bored, bright, busy, buzzing, clear, creative, contemplative, curious, daydreamy, decisive, disorganised, distracted, focussed, foggy, free-thinking, hopeful, imaginative, inspired, intuitive, messy, motivated, musing, negative, neutral, numb, optimistic, organised, overthinking, overwhelmed, pondering, positive, preoccupied, present, pressured, pro-active, quiet, reflective, refreshed, resilient, resourceful, ruminating, still, tired, trusting, self-doubt, unfocussed, wandering, worried.

emotionally i feel: accepted, agitated, aggressive, aligned, angry, annoyed, anti-social, antsy, anxious, apathetic, aroused, ashamed, balanced, bitter, bliss, calm, chirpy, confident, confused, content, courageous, deflated, despair, delicate, despondent, disappointed, disengaged, disillusioned, dismayed, disrespected, distant, drained, ecstatic, elated, empty, empowered, encouraged, energised, enthusiastic, excited, exhausted, exhilarated, fearful, feisty, fragile, frayed, frustrated, full of life, furious, grief, guilty, happy, held, helpless, hesitant, hostile, humiliated, hurt, impatient, inadequate, in-control, indifferent, infuriated, irritable, isolated, insecure,

instinctual, invigorated, jealous, joyful, judged, let down, liberated, lonely, loving, low, mellow, mixed, moody, nervous, neutral, nourished, on edge, peaceful, perplexed, playful, powerless, proud, questioning, quiet, radiant, recharged, regulated, relaxed, remorseful, resentful, respected, sad, sassy, seen, sensitive, sentimental, serene, spicy, stressed, strong, teary, thankful, tired, upbeat, uneasy, uplifted, unsettled, withdrawn, validated, valued, victimised, victorious, vindicated, vulnerable.

there is no such thing as good and bad emotions, all feelings that arise are valid. sit with them and accept them, as they serve a purpose. providing information about our inner state and experiences.

accepting an emotion does not necessarily mean agreeing with it or being defined by it; rather, it means acknowledging its existence, giving it space to unfold and learning from it. be that discovering what brings us joy or what brings dis-ease.

wellbeing prompts

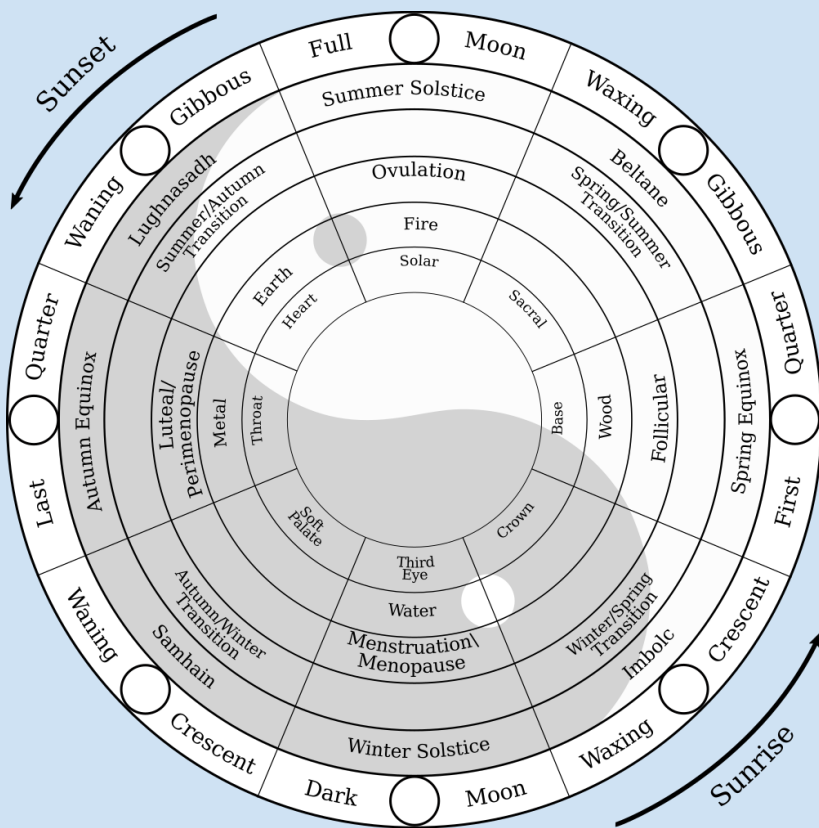
while it's easy to commit to wellbeing when life is smooth and you have ample free time, these practices are often the first to go when life becomes busy or difficult—precisely when they are most needed.

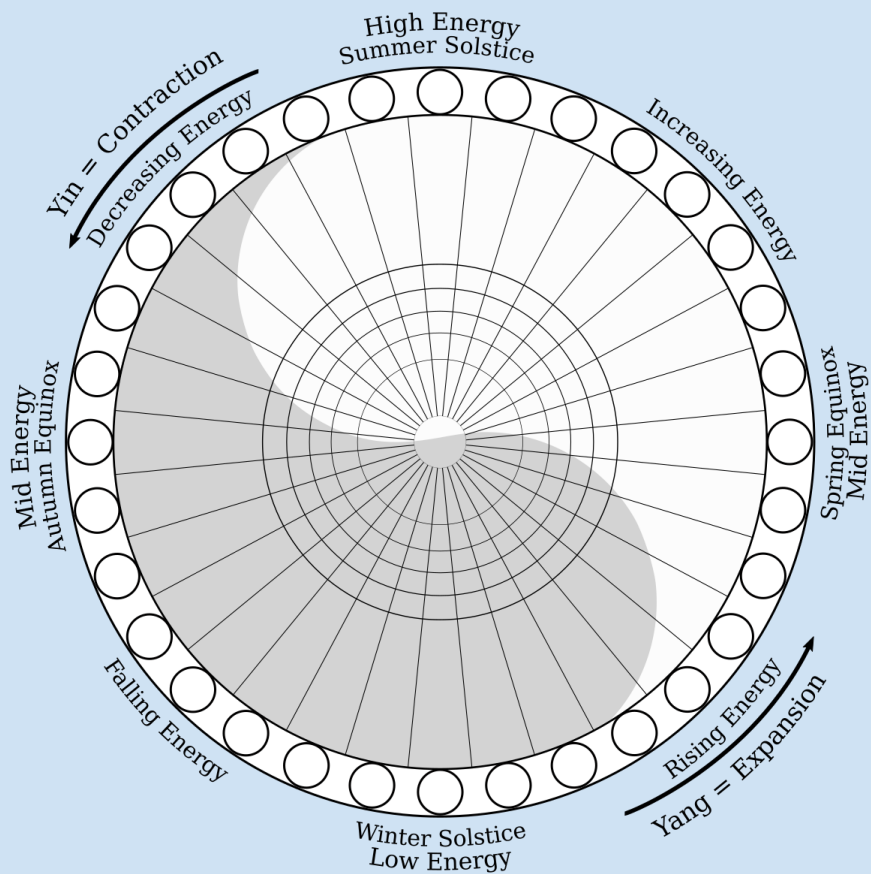
some of the suggestions may seem fairly obvious but when going through difficult periods even basic actions can require huge amounts of energy, for example showering when despondent. nevertheless this simple act can make a difference to your mindset and how you feel.

several of the suggestions are interchangeable, offering benefits for both physical and mental wellbeing.

for the body: adequate sleep, dental hygiene, health check up, hydrating with water or herbal teas, massage, a form of movement, nourishing foods, nurturing foods, pampering, physio, rest, salt bath, seasonal eating, self pleasure, sex, stretching, supplements.

for the mind: 5 minutes to oneself, breathing exercises, celebrate achievements, creative activity, cutting back on commitments, do a puzzle, digital detox, enforcing boundaries, essential oils, fresh bedding, gardening, journaling, lend a helping hand, light a candle, meditation, mindfulness, pampering, pet cuddles, play a game, reading, refreshing shower, spending time with a loved one, time in nature, tv that will comfort/ humour/ inspire/ teach.





monthly aide-mémoire

use this page if you want to sum up your musings, as a monthly reflection.

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| 15. | 31. |
| 16. | |

1 july

lunar phase:

sleep: poor so/so good

hours: notes:

dream recall: none hazy vivid

menstrual day: notes:

menstrual energy: spring summer autumn winter

aligned energy: am: yin/yang pm: yin/yang

body feels am: pm:

mind feels am: pm:

emotionally feel am: pm:

an (extra)ordinary moment that brought joy:

musings:

2 july

lunar phase:

sleep: poor so/so good

hours: notes:

dream recall: none hazy vivid

menstrual day: notes:

menstrual
energy: spring summer autumn winter

aligned energy: am: yin/yang pm:
yin/yang

body feels am: pm:

mind feels am: pm:

emotionally feel am: pm:

an (extra)ordinary moment that brought joy:

musings:

3 july

lunar phase:

sleep: poor so/so good

hours: notes:

dream recall: none hazy vivid

menstrual day: notes:

menstrual
energy: spring summer autumn winter

aligned energy: am: yin/yang pm:
yin/yang

body feels am: pm:

mind feels am: pm:

emotionally feel am: pm:

an (extra)ordinary moment that brought joy:

musings:

4 july

lunar phase:

sleep: poor so/so good

hours: notes:

dream recall: none hazy vivid

menstrual day: notes:

menstrual
energy: spring summer autumn winter

aligned energy: am: yin/yang pm:
yin/yang

body feels am: pm:

mind feels am: pm:

emotionally feel am: pm:

an (extra)ordinary moment that brought joy:

musings:

5 july

lunar phase:

sleep: poor so/so good

hours: notes:

dream recall: none hazy vivid

menstrual day: notes:

menstrual
energy: spring summer autumn winter

aligned energy: am: yin/yang pm:
yin/yang

body feels am: pm:

mind feels am: pm:

emotionally feel am: pm:

an (extra)ordinary moment that brought joy:

musings:

6 july

lunar phase:

sleep: poor so/so good

hours: notes:

dream recall: none hazy vivid

menstrual day: notes:

menstrual
energy: spring summer autumn winter

aligned energy: am: yin/yang pm:
yin/yang

body feels am: pm:

mind feels am: pm:

emotionally feel am: pm:

an (extra)ordinary moment that brought joy:

musings:

7 july

lunar phase:

sleep: poor so/so good

hours: notes:

dream recall: none hazy vivid

menstrual day: **notes:**

menstrual
energy: spring summer autumn winter

aligned energy: am: yin/yang pm:
yin/yang

body feels am: pm:

mind feels am: pm:

emotionally feel am: pm:

an (extra)ordinary moment that brought joy:

musings:

8 july

lunar phase:

sleep: poor so/so good

hours: notes:

dream recall: none hazy vivid

menstrual day: **notes:**

menstrual
energy: spring summer autumn winter

aligned energy: am: yin/yang pm:
yin/yang

body feels am: pm:

mind feels am: pm:

emotionally feel am: pm:

an (extra)ordinary moment that brought joy:

musings:

9 july

lunar phase:

sleep: poor so/so good

hours: notes:

dream recall: none hazy vivid

menstrual day: notes:

menstrual
energy: spring summer autumn winter

aligned energy: am: yin/yang pm:
yin/yang

body feels am: pm:

mind feels am: pm:

emotionally feel am: pm:

an (extra)ordinary moment that brought joy:

musings:

10 july

lunar phase:

sleep: poor so/so good

hours: notes:

dream recall: none hazy vivid

menstrual day: notes:

menstrual
energy: spring summer autumn winter

aligned energy: am: yin/yang pm:
yin/yang

body feels am: pm:

mind feels am: pm:

emotionally feel am: pm:

an (extra)ordinary moment that brought joy:

musings:

11 july

lunar phase:

sleep: poor so/so good

hours: notes:

dream recall: none hazy vivid

menstrual day: notes:

menstrual
energy: spring summer autumn winter

aligned energy: am: yin/yang pm:
yin/yang

body feels am: pm:

mind feels am: pm:

emotionally feel am: pm:

an (extra)ordinary moment that brought joy:

musings:

12 july

lunar phase:

sleep: poor so/so good

hours: notes:

dream recall: none hazy vivid

menstrual day: notes:

menstrual
energy: spring summer autumn winter

aligned energy: am: yin/yang pm:
yin/yang

body feels am: pm:

mind feels am: pm:

emotionally feel am: pm:

an (extra)ordinary moment that brought joy:

musings:

13 july

lunar phase:

sleep: poor so/so good

hours: notes:

dream recall: none hazy vivid

menstrual day: **notes:**

menstrual
energy: spring summer autumn winter

aligned energy: am: yin/yang pm:
 yin/yang

body feels am: pm:

mind feels am: pm:

emotionally feel am: pm:

an (extra)ordinary moment that brought joy:

musings:

14 july

lunar phase:

sleep: poor so/so good

hours: notes:

dream recall: none hazy vivid

menstrual day: notes:

menstrual
energy: spring summer autumn winter

aligned energy: am: yin/yang pm:
yin/yang

body feels am: pm:

mind feels am: pm:

emotionally feel am: pm:

an (extra)ordinary moment that brought joy:

musings:

15 july

lunar phase:

sleep: poor so/so good

hours: notes:

dream recall: none hazy vivid

menstrual day: **notes:**

menstrual
energy: spring summer autumn winter

aligned energy: am: yin/yang pm:
yin/yang

body feels am: pm:

mind feels am: pm:

emotionally feel am: pm:

an (extra)ordinary moment that brought joy:

musings:

16 july

lunar phase:

sleep: poor so/so good

hours: notes:

dream recall: none hazy vivid

menstrual day: notes:

menstrual
energy: spring summer autumn winter

aligned energy: am: yin/yang pm:
yin/yang

body feels am: pm:

mind feels am: pm:

emotionally feel am: pm:

an (extra)ordinary moment that brought joy:

musings:

17 july

lunar phase:

sleep: poor so/so good

hours: notes:

dream recall: none hazy vivid

menstrual day: notes:

menstrual
energy: spring summer autumn winter

aligned energy: am: yin/yang pm:
yin/yang

body feels am: pm:

mind feels am: pm:

emotionally feel am: pm:

an (extra)ordinary moment that brought joy:

musings:

18 july

lunar phase:

sleep: poor so/so good

hours: notes:

dream recall: none hazy vivid

menstrual day: notes:

menstrual
energy: spring summer autumn winter

aligned energy: am: yin/yang pm:
yin/yang

body feels am: pm:

mind feels am: pm:

emotionally feel am: pm:

an (extra)ordinary moment that brought joy:

musings:

19 july

lunar phase:

sleep: poor so/so good

hours: notes:

dream recall: none hazy vivid

menstrual day: notes:

menstrual
energy: spring summer autumn winter

aligned energy: am: yin/yang pm:
yin/yang

body feels am: pm:

mind feels am: pm:

emotionally feel am: pm:

an (extra)ordinary moment that brought joy:

musings:

20 july

lunar phase:

sleep: poor so/so good

hours: notes:

dream recall: none hazy vivid

menstrual day: notes:

menstrual
energy: spring summer autumn winter

aligned energy: am: yin/yang pm:
yin/yang

body feels am: pm:

mind feels am: pm:

emotionally feel am: pm:

an (extra)ordinary moment that brought joy:

musings:

21 july

lunar phase:

sleep: poor so/so good

hours: notes:

dream recall: none hazy vivid

menstrual day: notes:

menstrual
energy: spring summer autumn winter

aligned energy: am: yin/yang pm:
yin/yang

body feels am: pm:

mind feels am: pm:

emotionally feel am: pm:

an (extra)ordinary moment that brought joy:

musings:

22 july

lunar phase:

sleep: poor so/so good

hours: notes:

dream recall: none hazy vivid

menstrual day: notes:

menstrual
energy: spring summer autumn winter

aligned energy: am: yin/yang pm:
yin/yang

body feels am: pm:

mind feels am: pm:

emotionally feel am: pm:

an (extra)ordinary moment that brought joy:

musings:

23 july

lunar phase:

sleep: poor so/so good

hours: notes:

dream recall: none hazy vivid

menstrual day: notes:

menstrual
energy: spring summer autumn winter

aligned energy: am: yin/yang pm:
yin/yang

body feels am: pm:

mind feels am: pm:

emotionally feel am: pm:

an (extra)ordinary moment that brought joy:

musings:

24 july

lunar phase:

sleep: poor so/so good

hours: notes:

dream recall: none hazy vivid

menstrual day: notes:

menstrual
energy: spring summer autumn winter

aligned energy: am: yin/yang pm:
yin/yang

body feels am: pm:

mind feels am: pm:

emotionally feel am: pm:

an (extra)ordinary moment that brought joy:

musings:

25 july

lunar phase:

sleep: poor so/so good

hours: notes:

dream recall: none hazy vivid

menstrual day: notes:

menstrual
energy: spring summer autumn winter

aligned energy: am: yin/yang pm:
yin/yang

body feels am: pm:

mind feels am: pm:

emotionally feel am: pm:

an (extra)ordinary moment that brought joy:

musings:

26 july

lunar phase:

sleep: poor so/so good

hours: notes:

dream recall: none hazy vivid

menstrual day: notes:

menstrual
energy: spring summer autumn winter

aligned energy: am: yin/yang pm:
yin/yang

body feels am: pm:

mind feels am: pm:

emotionally feel am: pm:

an (extra)ordinary moment that brought joy:

musings:

27 july

lunar phase:

sleep: poor so/so good

hours: notes:

dream recall: none hazy vivid

menstrual day: notes:

menstrual
energy: spring summer autumn winter

aligned energy: am: yin/yang pm:
yin/yang

body feels am: pm:

mind feels am: pm:

emotionally feel am: pm:

an (extra)ordinary moment that brought joy:

musings:

28 july

lunar phase:

sleep: poor so/so good

hours: notes:

dream recall: none hazy vivid

menstrual day: notes:

menstrual
energy: spring summer autumn winter

aligned energy: am: yin/yang pm:
yin/yang

body feels am: pm:

mind feels am: pm:

emotionally feel am: pm:

an (extra)ordinary moment that brought joy:

musings:

29 july

lunar phase:

sleep: poor so/so good

hours: notes:

dream recall: none hazy vivid

menstrual day: notes:

menstrual
energy: spring summer autumn winter

aligned energy: am: yin/yang pm:
yin/yang

body feels am: pm:

mind feels am: pm:

emotionally feel am: pm:

an (extra)ordinary moment that brought joy:

musings:

30 july

lunar phase:

sleep: poor so/so good

hours: notes:

dream recall: none hazy vivid

menstrual day: notes:

menstrual
energy: spring summer autumn winter

aligned energy: am: yin/yang pm:
yin/yang

body feels am: pm:

mind feels am: pm:

emotionally feel am: pm:

an (extra)ordinary moment that brought joy:

musings:

31 july

lunar phase:

sleep: poor so/so good

hours: notes:

dream recall: none hazy vivid

menstrual day: notes:

menstrual energy: spring summer autumn winter

aligned energy: am: yin/yang pm: yin/yang

body feels am: pm:

mind feels am: pm:

emotionally feel am: pm:

an (extra)ordinary moment that brought joy:

musings:

monthly musings:



