

woman *kind* Moon Chart

You can use this chart to track your lunar cycle.

1. Track which phase of the moon is present that day by referring to <http://www.moongiant.com/phase/today/>
2. Day 1 is the day of the dark moon.
3. In the 'flow' section note your mucus and menstrual flow if you have any.
4. In the feelings section, note your emotions, general mood, thoughts (is your inner critic talking to you?) and energy levels.

Over the months you will see your unique pattern emerge, along with the lunar cycle, as you record your flow and feelings. With this awareness you can recognise the days when it is most beneficial to you to allow yourself some extra kindness by slowing down (maybe around the dark moon), days when you are feeling more energetic and full of ideas (maybe around the full moon) or days when you know its best to stay away from certain people and situations as you may feel less tolerant. Watch and learn, you hold your own inner power!

