NEW MOON

Day 1

“Menses”

FULL MOON

Day 15

“Ovulation”

WAXING MOON

Day 8

“Doing”

WANING MOON

Day 22

“Being”

Cleansing; Nurturing; Revitalizing; Receptive to energy around you; More intuitive.

Increased energy; More outgoing;

Initiates new projects/ideas;

Inspiration and creativity higher;

More receptive to others.

Peak in energy, creativity, immune system and libido

Less social, more inward focused; More reflective self evaluation; “What works and what doesn’t work; preference for routine tasks.

Decrease in energy; Need more sleep; Dream more vividly; Less concrete thinking & more artistic/abstract thinking; More in tune with what is meaningful; Increased emotions & sensitivity

“PMS”

Lowest energy, creativity, immune system, and libido.

**MONTHLY ENERGETIC AND EMOTIONAL RHYTHMS**

**29 Day Cycle**

**Monthly Seed and Oil Schedule:**

If you have a 26-30 day cycle:

Day 1-15 -> Ground flax +/or pumpkin seeds - 2 Tbsps/day with food (optional)

EPA/DHA (Fish Oils) – 2 capsules/day with food

Day 15-29 -> Sunflower +/or sesame seeds - 2 Tbsps/day with food (optional)

GLA 130 (Evening of Primrose Oil) – 3 capsules/day with food

If you have less than a 26 day or more than a 30 day cycle you take the seeds and oils according to the moon cycle rather than your own in order to align your schedule with the moon cycle and to have a 29 day cycle.

Day 1 = New Moon (no moon)

Day 15 = Full Moon

Day 29 = New Moon