

# Sync With Your Moon Cycle

ACTIVATE

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ALIGN (( with ))

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As women, we are ruled by the moon and her tides. Whether we are still bleeding or not, we are connected to her cycles through the alchemy of our womanly bodies.

This connection is one of our **SUPERPOWERS!**

This month's teaching is in the form of journaling and reflection. Get out your journal and answer these questions:

- 1) What is your relationship with YOUR moon cycle (if you're bleeding), or THE moon cycle (if you're done bleeding)?
- 2) Do you notice changes in your energy over your cycle? If so, what do you notice?
- 3) In what ways do you feel like your cycle is a struggle?
- 4) In what ways do you feel like your cycle is a blessing?
- 5) If your cycle had Superpowers, what would they be?
- 6) What kind of support do you desire around your cycle?

The teachings in the month of Alchemista have their foundations in being able to discern right timing and right action. When you can ACTIVATE your connection, ALIGN with your body's wisdom, and ALLY with your cycle, you will experience increased ease and power in your life.

Consider these questions.

### RIGHT TIMING + RIGHT ACTION

Take note of when, throughout your cycle, your energy is high, and when it's low. No judgements, no need to change. Just welcome in and love exactly what is.....

If you consistently have lower energy around your moontime or the new moon:

- \*Is it possible to not force during these times, and take the time to slow down, look within and replenish your reserves?
- \*How can this slowing down be supportive of your overall dreams and goals?

If you consistently have higher energy around ovulation or the full moon:

- \*How can you focus and harness that power towards your conscious choices?
- \*Is it possible to ride the crest of this wave to alchemize what you desire?

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## ACTIVATE

Activate your connection with your cycles and the moon's cycles by tracking them.

Resources:

\*Moon phase calendar

<http://snakeandsnake.com/lunar.htm>

\*There's an app for that - easily find apps that track your cycle and those of the moon.

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## ALIGN

Align with the cycles. Do some research on yourself. Discover where your energy is at at different times, and allow that to be perfect just as it is.

Resource:

\*Book - "4 Seasons in 4 Weeks" by Suzanne Mathis McQueen

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## ALLY

Ally with your body and let her inform you and your actions. She has a deep wisdom that is simple and clear. Let your cycle and the cycle of the moon flow through you and support you.

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