

At-A-Glance Moon/Menstrual Reference Chart

Moon Cycle		Menstrual Cycle					
Meditation	Crescent	W A N I N G	W A X I N G	Menstruation	Follicular	Ovulation	Luteal
Release, break bad habits	3rd Quarter			Self-analysis, evaluative, gaining clarity, tapping into intuition	Action-oriented, expansive, starting new things, driven and focused	Social and expressive, high libido	Tuned into details, nesting, energy of completion, refining, possible PMS symptoms
Service-oriented, reflective	Gibbous			Journal, rest, spend time in nature	Have a "toolbox" with quick doses of inspiration, use grounding practices	Don't overcommit, dance, connect w/community	Healthy comfort, laughter, minimize
Expression of goals, gratitude and forgiveness	Full Moon						
Lots of energy towards goals	Gibbous						
Power to push through opposition	1st Quarter						
Planning mode/ seek out mentoring	Crescent						
What do I want? Set intentions into motion.	New Moon						
		Menstrual Cycle					