



SOVEREIGN TEMPLES



GET TO KNOW THE MENSTRUAL CYCLE

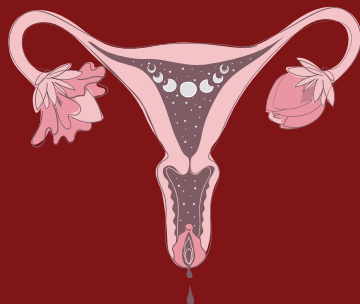
Most women & girls do not have a complete and accurate understanding of the menstrual cycle. Men, even less. It is time for humanity to reconnect to the sacred bleeding cycle of the womb. It is the womb that allows for new life to be formed.



WHAT YOU WILL LEARN IN EACH OF THE 8 PHASES OF THE FEMALE CYCLE

- **Symptoms:** The most common symptoms experienced during each phase.
- **What's Happening:** What is physically happening within the body and uterus during each phase.
- **Energy Levels:** Most common energy patterns during each phase.
- **Sexual Desire:** Most common sexual desires or lack of desire based on the hormonal changes during each cycle.
- **Vaginal Fluids:** Fluids being generated to assist each phase of the menstrual cycle.

- **Glands:** Which glands and parts of your body are releasing which hormones.
- **Hormones:** Which hormone is regulating what part of your cycle to change the physical and common emotional changes.



Discover which Moon phase symbolizes each menstrual cycle phase.



The Moon is a representation of the female energy patterns.

LEARN INTERESTING FACTS

- Every female child is born with every single egg she will ever release.
- The uterus and vaginal canal look like a chalice.





BASICS ON THE MENSTRUAL CYCLE

The length of the menstrual cycle varies from woman to woman, but the average is to have periods every 28 days.

Regular cycles that are longer or shorter than this, from 23 to 35 days, are normal. The menstrual cycle is the time from the first day of a woman's period to the day before her next period.



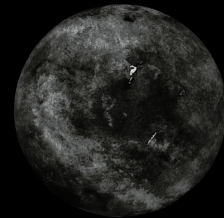
MENSTRUATION (DAYS 1-5)

- **Hormonal Changes:** Low levels of estrogen and progesterone.
- **Symptoms:** Bleeding, cramps, lower back pain, bloating, mood swings, irritability.
- **What's Happening:** The uterus sheds its lining, leading to menstrual bleeding.
- **Energy Levels:** Often low due to menstrual discomfort and blood loss.
- **Sexual Desire:** Can be lower but varies; some feel more aroused.
- **Vaginal Fluids:** Menstrual blood; other discharge is minimal.

- **Hypothalamus:** Releases GnRH (gonadotropin-releasing hormone) in a pulsatile manner, signaling the pituitary to secrete follicle-stimulating hormone (FSH) and luteinizing hormone (LH), although at lower levels at the start of the cycle.
- **Pituitary Gland:** Responds to GnRH by releasing FSH and LH, which are at their lower levels due to the negative feedback from the previously high levels of estrogen and progesterone.



Moon Phase Symbolizing Menstruation Phase



New Moon



INTERESTING FACTS

- On average, a woman menstruates for about 7 years during her lifetime.
- It is not uncommon for one of your ovaries to be more active than the other.





EARLY FOLLICULAR PHASE (DAYS 1-7)

- **Hormonal Changes:** Gradual increase in FSH.
- **Symptoms:** End of menstrual symptoms, increase in energy.
- **What's Happening:** FSH stimulates the development of follicles in the ovaries.
- **Energy Levels:** Begin to increase as menstruation ends.
- **Sexual Desire:** Gradually increasing.
- **Vaginal Fluids:** Limited but beginning to increase as estrogen level rises.
- **Hypothalamus:** Continues the pulsatile release of GnRH, which encourages the pituitary gland to increase FSH production.
- **Pituitary Gland:** Increases secretion of FSH to stimulate the growth of ovarian follicles. The LH levels begin to rise gradually.
- **Ovaries:** Estrogen is produced by the follicles themselves. As the follicles develop, they secrete increasing amounts of estrogen, which helps to prepare the endometrial lining for potential pregnancy.

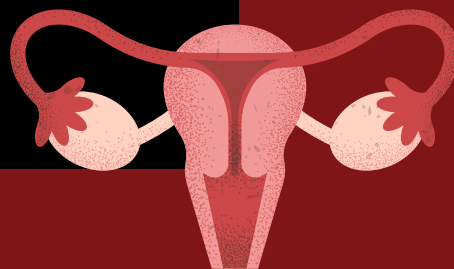


Moon Phase Symbolizing Early Follicular Phase



Waxing Crescent

The cycle of a Rose is a beautiful mirror of the womb cycle.



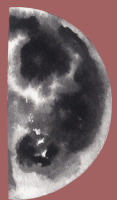


- LATE FOLLICULAR PHASE (DAYS 8-13)

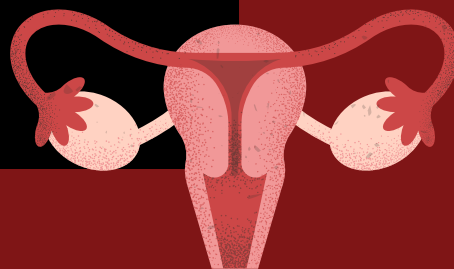
- **Hormonal Changes:** Rise in estrogen, FSH level starts to drop.
- **Symptoms:** Increased libido, more energy, clearer skin.
- **What's Happening:** Dominant follicle growth; uterine lining thickens.
- **Energy Levels:** Higher, boosted by estrogen.
- **Sexual Desire:** Increases significantly.
- **Vaginal Fluids:** Clear, abundant, slippery, and stretchy (fertile cervical mucus).
- **Ovaries:** As the follicles continue to develop, they continue to secrete increasing amounts of estrogen, which is helping to prepare the endometrial lining for potential pregnancy.
- **Hypothalamus:** Maintains GnRH release, adjusting to the rising estrogen levels.
- **Pituitary Gland:** Slightly reduced FSH secretion due to negative feedback from increasing estrogen. However, the increasing estrogen also starts a positive feedback loop, gradually increasing LH levels in preparation for ovulation.



Moon Phase Symbolizing Late Follicular Phase



First Quarter





PRE-OVULATION (DAY 13 IN A 28-DAY CYCLE)

- **Hormonal Changes:** Sharp increase in luteinizing hormone (LH).
- **Symptoms:** Heightened senses, possible ovulation pain (mittelschmerz).
- **What's Happening:** LH prepares to surge to trigger egg release.
- **Energy Levels:** Peak energy.
- **Sexual Desire:** Often at its highest. Pregnancy chances are very high. Remember, you can always enjoy oral stimulation with your partner.
- **Vaginal Fluids:** Peak in fertile cervical mucus, egg-white consistency.
- **Hypothalamus:** The high levels of estrogen stimulate the hypothalamus to increase the frequency and amplitude of GnRH pulses.
- **Pituitary Gland:** Responds to the GnRH surge with a significant increase in LH secretion (LH surge), and a smaller increase in FSH, triggering ovulation.



Moon Phase Symbolizing Pre-Ovulation Phase



Waxing Gibbous



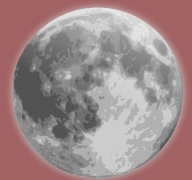


OVULATION (DAY 14 OF A 28 DAY CYCLE)

- **Hormonal Changes:** High estrogen levels, LH surge.
- **Symptoms:** Increased cervical mucus, higher body temperature.
- **What's Happening:** Egg release and travel down the fallopian tube.
- **Energy Levels:** Generally high, may drop briefly during ovulation.
- **Sexual Desire:** High, natural fertile window. Plan accordingly based on procreation intentions.
- **Vaginal Fluids:** Abundant, egg-white cervical mucus.
- **Hypothalamus:** The rapid increase in GnRH pulses continues, supporting the LH surge.
- **Pituitary Gland:** The LH surge peaks, leading to ovulation. The FSH level also contributes to the final maturation of the dominant follicle.
- **Ovaries:** The surge in LH induces the release of the egg from the dominant follicle.



Moon Phase Symbolizing Ovulation Phase



Full



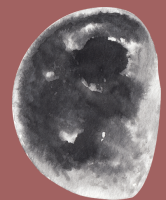


EARLY LUTEAL PHASE (DAYS 15-22)

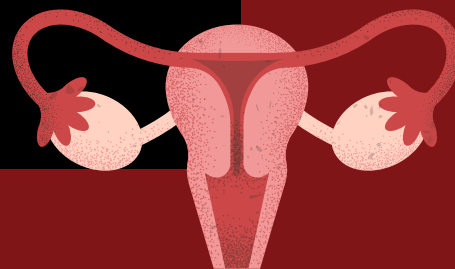
- **Hormonal Changes:** Increase in progesterone and estrogen.
- **Symptoms:** Bloating, breast tenderness, possible mood swings.
- **What's Happening:** Corpus luteum forms, secreting hormones.
- **Energy Levels:** May start high but can decline.
- **Sexual Desire:** Begins to decrease. And remember, you can conceive any time close to ovulation.
- **Vaginal Fluids:** Thicker and less abundant.
- **Ovaries:** After ovulation, the ruptured follicle forms the corpus luteum, which secretes high levels of progesterone and moderate levels of estrogen to prepare the uterine lining for potential pregnancy.
- **Hypothalamus:** The GnRH release adjusts to the rising progesterone and estrogen levels from the corpus luteum, which exert negative feedback on GnRH secretion.
- **Pituitary Gland:** Reduced secretion of FSH and LH due to negative feedback from increasing levels of progesterone and estrogen.



Moon Phase Symbolizing Early Luteal Phase



Wanning Gibbous



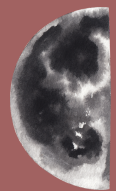


LATE LUTEAL PHASE (DAYS 23-28)

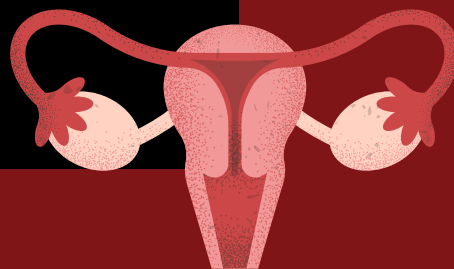
- **Hormonal Changes:** If no pregnancy, estrogen and progesterone levels fall.
- **Symptoms:** Premenstrual syndrome (PMS) (mood swings, headaches, fatigue).
- **What's Happening:** Corpus luteum degenerates if no pregnancy occurs.
- **Energy Levels:** Often lower.
- **Sexual Desire:** Generally lower.
- **Vaginal Fluids:** Thick, may feel dry.
- **Ovaries:** If fertilization does not occur, the corpus luteum degenerates, leading to a decrease in progesterone and estrogen levels. This decrease signals the body to begin the menstruation process.
- **Hypothalamus:** Continues regulated release of GnRH in response to falling estrogen and progesterone levels as the corpus luteum degenerates.
- **Pituitary Gland:** Begins to increase FSH and LH secretion again as estrogen and progesterone levels drop, preparing for the next cycle.



Moon Phase Symbolizing Late Luteal Phase



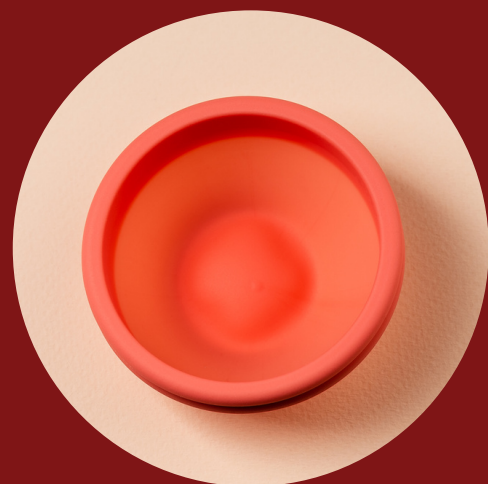
Third Quarter





PRE-MENSTRUATION (FINAL FEW DAYS BEFORE DAY 1 OF PERIOD, WHICH STARTS A NEW CYCLE)

- **Hormonal Changes:** Decreased levels of estrogen and progesterone.
- **Symptoms:** PMS intensifies, cramping, emotional sensitivity.
- **What's Happening:** Uterine lining prepares to shed.
- **Energy Levels:** Tend to be lower.
- **Sexual Desire:** Often reduced but can increase just before menstruation.
- **Vaginal Fluids:** May increase slightly, generally thicker.
- **Hypothalamus:** Sensing the low levels of estrogen and progesterone, adjusts GnRH release to initiate the next cycle's follicular phase.
- **Pituitary Gland:** The decreasing levels of estrogen and progesterone remove the negative feedback on the pituitary, leading to an increase in FSH (and to a lesser extent, LH) production, starting the cycle anew.



Moon Phase Symbolizing Pre-Menstruation Phase



Waning Crescent





A MESSAGE FROM CASEY CHRISTINE

These are general patterns and can vary widely among individuals due to factors like stress, lifestyle, and individual hormonal balance.

Some may not experience significant changes, while for others, these changes can notably impact daily life.

This is why I encourage you to track your personal cycle. There is **POWER** in knowing your personal cycles and energy patterns. The patterns are truly consistent and are a great guide for what you may or may not want to be scheduling in your planner. I schedule my work, self-care rituals, and social life by the Moon and my bleeding cycle. This has transformed **EVERYTHING** for me!

This is not a tool to track ovulation. If tracking your period is a means of fertility planning, be sure to use hormone tracking or consult with a fertility specialist to establish your personal baseline. Once you are certain of your personal cycle and ovulation time, you can determine your most fertile windows to plan for contraception or conception.

For married couples done with having children, I highly recommend a vasectomy. It can **MASSIVELY INCREASE SPONTANEOUS FUN** during her most frisky times! Men have zero changes, except they absorb their own sperm versus ejaculating it. Their semen still ejaculates, it is simply without sperm.

If you have never used a DISC (image on previous page) during your period, check it out! **MY FAVORITE!** They are so flexible and mold to the body. Once you learn how to insert it well, there is very little leakage and the blood collects amazingly well.

P.S... **HOUSE PLANTS LOVE** ❤️ the fertilizer of the womb! The womb is literally the gateway of Heaven to Earth. It is the womb that births the Divine Soul into Earthly Form. What is more powerful, sacred, and holy than that? Love your womb and her blood! It is sacred, pure, and holy! Be sure to stay connected for all things womb wisdom that I am sharing to help humanity reconnect to the sacred womb. Rituals, tracking, moon cycles, and much more to follow...So stay connected and on the lookout!



*All My Love and Light,
Casey Christine*

