

LifeCycle Guidebook

This creation has been on my spirit for a while and I don't see any reason why not to give it a go and a try. This will eventually be a workbook/course so the materials are in evolution. I am passionate about honoring our seasons in life and our times. I strongly believe we are rhythmic women. Our capacities are large as we are building a legacy for sure. But I find that it is super important for me that we support this way of moving as women. Work for us is not just work, it is soul work. Home is not just home, it is our sacred abode, and our self-care isn't just some external farce it is how we are ultimately sustainable. And so I believe if we are going to change the way we are supported it begins with honoring the pieces that are important to us. I'm setting it up by seasons...North, East, South and West. Right now we will just roll until the end of the North. For the East I am creating a guide to take us through those months, then we will move by seasons. Also adding the movement of the moon to really create cycles around our movement. This is my first iteration of this planning guide, it's been in the works for 4 years. Once it's tweaked to feel good I'll break it out to the LifeCycle's North/East/South/West etc. All to the end of creating a planner and pages for my 5 1/2 x 8. So please give me your feed back so I can adjust it, and thanks for being the first to give it a go! xo



I believe we move in 3 spheres and this is to me are the cycles of a medicine woman..a woman who is healer of self and community. The 3 spheres to me move from inward to outward.

So below we have-

Self- Includes Soul.Mind.Body- How do we care for ourselves for sustainability.

Home+Family- Home is the physical sacred space, it is where we recharge and are the fullest expression. Family are those we hold dearest...that know us in and out. It does something to you when you live with a person! Our spouse/partner nourishes a deep space and this relationship is different than the one with our children. The connection with those we hold dear birthed physically or spiritually also hold a place. Then the circle widens with those we consider family. The nourishment of this strengthens us and supports us inwardly and outwardly.

Devotion in the World- This moves from our literal work as in paying job, or business to community engagements and movement.

LifeCycle Guidebook

LifeCycles: Winter/North/Earth, Spring/East/Air, Summer/South/Fire, Fall/West/Water. Each season has an energy that we can groove with.

Winter/North/Earth-December. January. February

Nourishing roots, re-evaluating structures that support our movements, more alone & home time, Good time for grounding and regenerating. Good time for brainstorming new ideas and exploring & creativity.

What holidays are coming, birthdays, anniversaries, events, conferences, etc.

Spring/East/Air- March. April. May

Beginnings, gardens learning, starts, spring cleaning, this energy is good to catalyze the stuff you've been brewing with during the winter. Good for implementing.

What holidays are coming, birthdays, anniversaries, events, conferences, etc.

Summer/South/Fire-June. July. August

Think of the garden how we tend..weed etc. Same energy except there is more physical activity, more happenings. Fine tune, purification, tweaking. We are alive with energy, play, lightness. Enjoying the fruit.

What holidays are coming, birthdays, anniversaries, events, conferences, etc.

Fall/West/Water- September. October. November

Things once again, full cycle start shifting, slowing down, dying off. What needs to go so that your focus can shift. Also harvesting, fall clean n' clear summer out.

What holidays are coming, birthdays, anniversaries, events, conferences, etc.

Please add other energies that come up for you during these LifeCycle's.

LifeCycle Guidebook

Moon Cycles-We women move by the moon, our energy and flow mimics our grandmother moon in so many ways. We can also use the moon cycle's as a more immediate beacon for creation to accompany our flow. I also share Lisa Michaels words around the energy of the moon for movement. I love her juju. You can also check online for what cycle the moon is on. How to best use this flow is to start something on the new moon and proceed with the checking in with each phase and the energy around it. You can also mark new moons and full moons with reflective journaling.

First Quarter (From the new moon to the waxing half moon.) This is the season of the Maiden in based on the archetypes. So it makes sense to think new.

“Rebirth, plant the seeds we want to grow during this expanding phase. During the dark time of the moon directly preceding this phase, we want to do the deep inner reflection necessary to gain clarity around the seeds we want to bring forth. We ask what our seedling intentions need to grow fully —“ Lisa Michaels

Second Quarter (From the waxing half moon to the full moon.) This known as the season of the Mother, so appropriate I think. Taking care of our babies (creations).

“Since the growing phase of the cycle is half over, we can now take action to push toward fulfilling the intentions planted at the new moon phase. The time also comes to hold our focus to actively complete our intentions.” Lisa Michaels

Third Quarter (From the second night after the full moon to the waning half moon.) The time of the Queen, quite not crone but at her freakin prime. More active in her Work in the World!

“The intensity of this phase is shows us what we have achieved. We here how well we geld and worked with our intention. The time has come for gratitude and reflection. Also notes on what needs changing for the next cycle. During this part of the cycle, we want to begin looking emotionally at what occurred during the growing phase. Depending on how much we accomplished or what we created, we may be able to joyfully pick the fruit of the growing cycle. Additionally, we may need to reexamine our process.” Lisa Michaels

Fourth Quarter (From the waning half moon until the dark of the moon.) Ah, the crone...so much learned, so much wisdom a reflective type of energy. And it is good!

“As the cycle comes to a close, we need to take time for inner work.has not quite arrived to begin the next cycle, nor is this cycle completely over. This serves as the time for deep inner rest and renewal, as well as the period to reflect upon what is coming to the surface of our awareness to bring forth during the next cycle. cards or tools to discover guidance on your preparations for the upcoming cycle” Lisa Michael

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What are 3 Intentions (feelings/creations/relationships) you hold for this year. You may have one for all or you may have several for the different sections. Whatever aligns for you the importance is noting it and accountability to it.

Soul.Mind.Body-Self-Nourishment-

Word of the year-

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Home + Family-Nourishment-

Word of the year-

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Devotion in the World-Nourishment-

Word of the year-

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Week of-

Season:

Energy it holds for you-

Moon Cycle:

Holidays, Birthdays, Events-

Soul Nourishment- Meditation, Hair, Massage, Nap, Vitamin or Herbal tea anything that has to do with nourishing you. Unless we care for ourselves sustainability in all our realms is difficult.

What 3 intentions do you have for your self-care this week?

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What energetically dense (because you don't want really do it) things are you going to engage in regarding your self-care this week?

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Home Nourishment-Family, physical dwelling place, laundry, bathroom cleaning, story time, etc. Often enough while we are working to fulfill our work in the world the home space can suffer at times. Leaving us with a guilty feeling and discomfort around our home space. What if we release guilt and get to what matters in order for our sacred to nourish us.

What 3 intentions do you have for your home this week?

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What 3 energetically dense (because you don't want really do it) things are you going to engage in regarding your home this week?

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Devotion Nourishment-Writing, blogging, practice, business, passion, vision etc. What needs to happen around this in order to move our work forward and get to the part of sharing and impacting people. They need us...we need them. This is why we show up.

What 3 intentions do you have for your work this week?

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What 3 energetically dense (because you don't want really do it) things are you going to engage in regarding your devotions this week?

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Monday's Weekly Check-in-

What's been done?

What is missing?

What is next week's beacon?

Anything else?



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