

The Moon Dial - Recording Your Cycle

Many of the changes we experience during the month go unrecognized, sometimes because we suppress them but very often because we are just unaware that they occur. By keeping a record of how we feel and act and of what we need or are able to do, we become aware of these changes and their place in our lives.

In the busy modern world it can be difficult to find an extra 5 minutes to write a diary, but it is essential if we are to understand and become aware of the cyclic changes within ourselves. Ideally try to keep a note book for a minimum of 3 months, jotting down any ideas, dreams, feelings etc. which you experience during the month. The record does not need to be lengthy, and you may wish to use the following format:

- **DATE**
- **DAY OF CYCLE** - Start the first day of bleeding as day 1. If you do not know which day you are on, leave the day blank until your next bleeding.
- **MOON PHASE** - Most newspapers will tell you the phase of the moon. Keep a record of when the full, dark and quarter moons occur.
- **EXPERIENCES** - See below for details to be recorded.

At the end of the month you will have a book full of information, which can be a bit confusing and difficult to sort through. We therefore need another method of presenting this information.

The Moon Dial

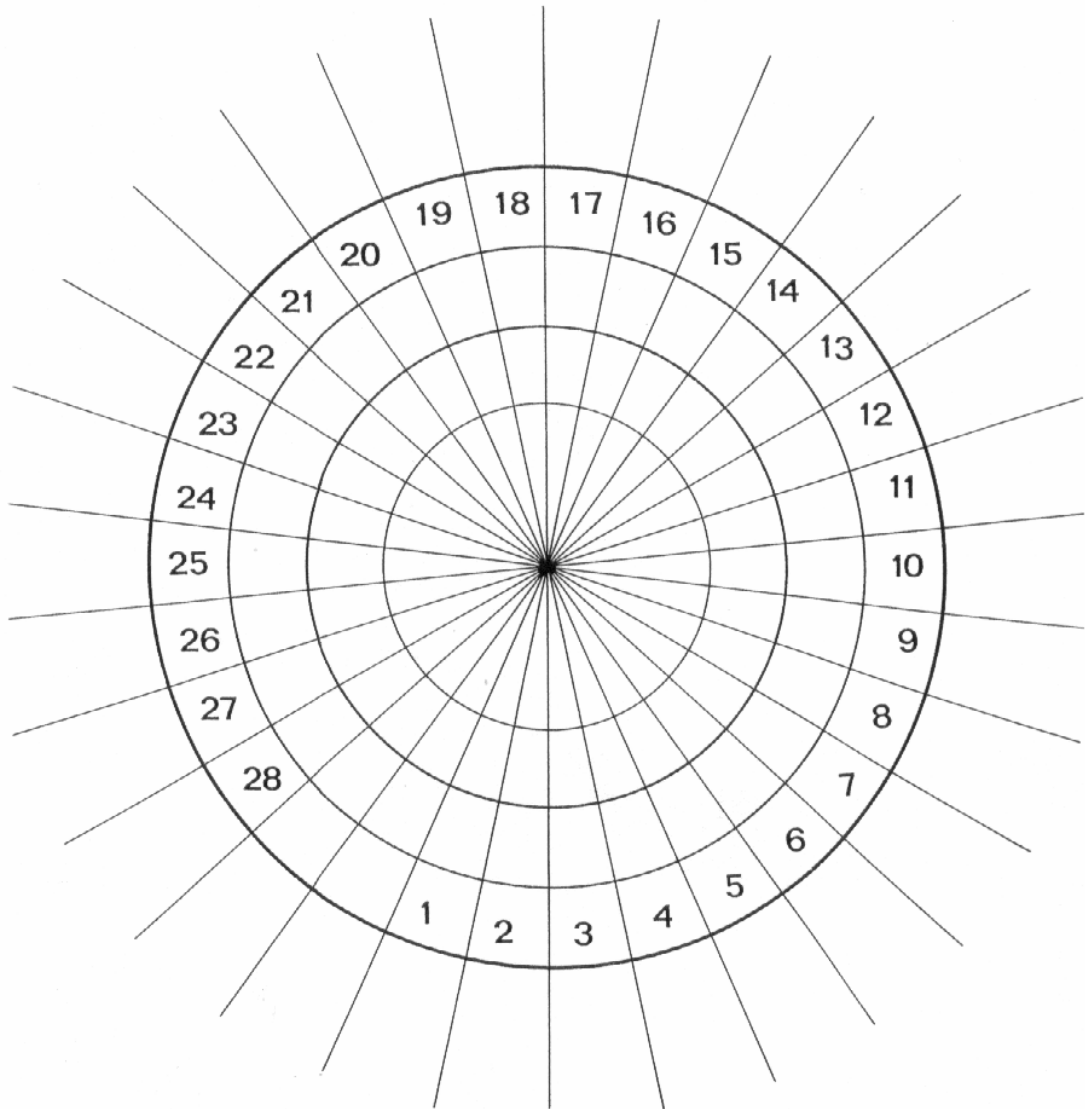


The Moon Dial is a simple method of recording your experiences of the menstrual cycle throughout the month, and one which enables you to easily compare months and to look for repeating patterns. Please see sheet below.

On the Moon Dial, the outermost number is the day number of your cycle. The next ring in is for you to record the date, and the inner ring is for the moon's phase. The outermost divisions are for you to summarize the experiences you have recorded in your note book. If your cycle is not regular, just fill in as much of the dial as the number of days in your cycle. If your cycle is longer than the 30 spaces allocated on the attached Moon Dial you will need to draw your

own dial with as many divisions as days in your cycle.

Month:



Suggested experiences to record:

Mental:

Concentration levels.	Ambitions.	Frustration.
Inspiration.	Attention to detail.	Self-confidence.
Enthusiasm.	Chaotic / illogical thought processes.	Reaction to stress.
Need to learn.	Ability to visualize.	Reactions to people-social / anti-social.
Ability to meditate.	Ability to communicate.	Ability to plan.
Ability to make right decisions / choices.	Ability to think	Ability to cope with numerous ideas/pressures.
Ease of learning new things.	Ability to deal with information.	Need to understand / be in control.

Physical:

Energy levels.	Changes in diet.	Need for projects.
Need for sleep.	Changes in the senses.	Need for action / physical activities.
Illness.	Vitality.	Infections eg. Cystitis/thrush
Aches & pains.	How people react to you.	Food cravings-chocolate / ice-cream / salt / sugar / carbohydrates.
Physical changes.	Co-ordination.	Ease of being active e.g. stamina, subtleness, strength.
Sexuality – loving / caring / erotic / aggressive / sensual / none.	Spotting - small amounts of blood at times other than the menstrual bleeding.	Feeling creative - need to make things, to cook, garden, create order etc.

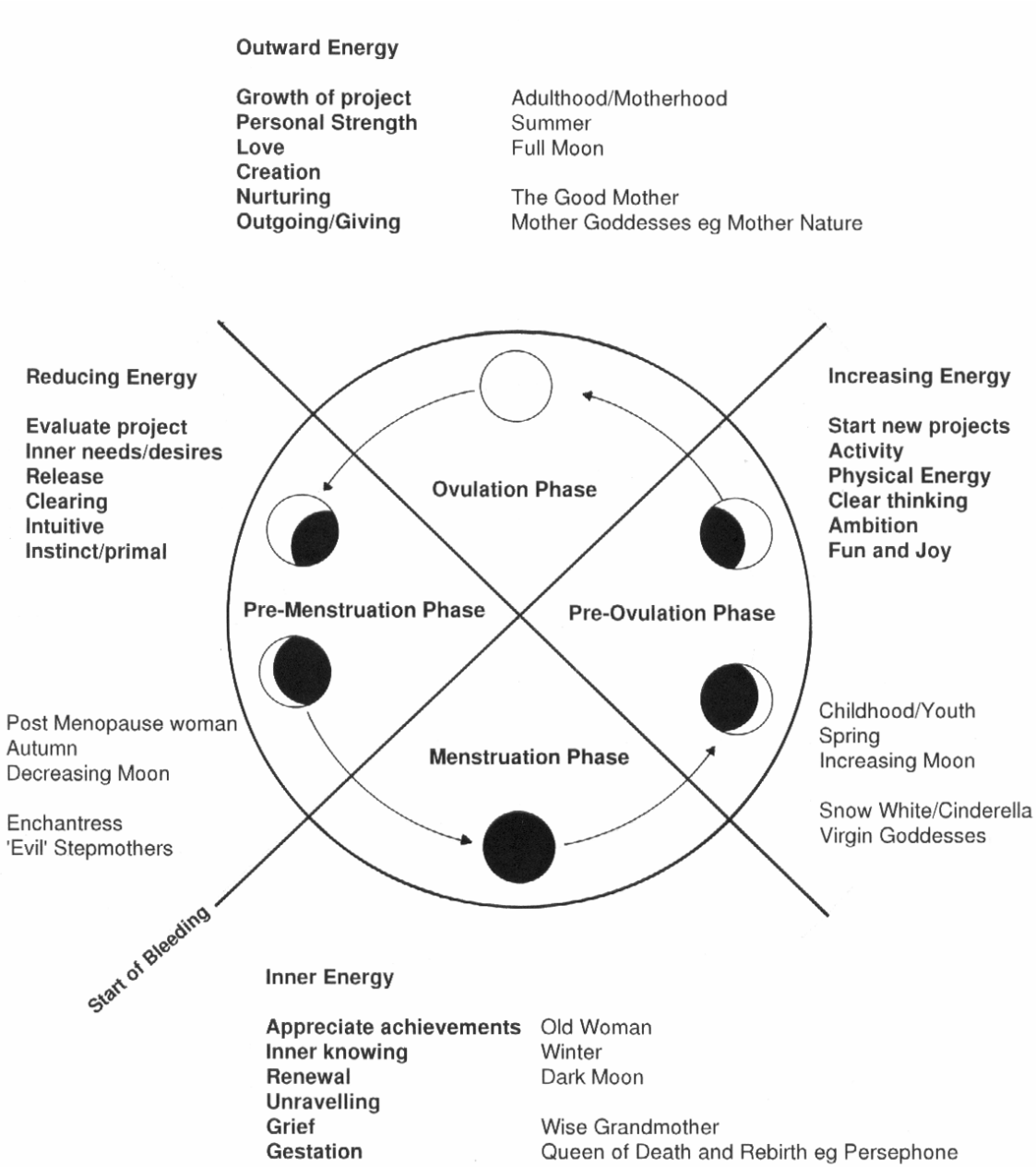
Emotions:

Anxiety.	Loving.	Anger.
Paranoia.	Passion.	Peace & harmony.
Clinging.	Grief.	Selflessness.
Fears.	Compassion.	Motherliness.
Happiness.	Sudden mood swings.	Aggression.
Connection with others and the world around you.	Empathic - extremely sensitive emotionally.	Need for change - e.g. in life, tidying / re-decorating home, self image etc.
Tearful.	Wearing your heart on your sleeve.	Need for other people's support and reassurance.

Spiritual / Intuition:

Intuition.	Inner knowledge & confidence.	Awareness of the inner world / energies.
Spirituality.	Healing.	Peace.
Spontaneity.	Divination / Psychic Abilities.	Need to experience a deeper awareness than that of mundane life.
Dreams - content, themes, colours, vividness, recurring dreams, predictive dreams.	Awareness of spirits / soul / higher self / the divine.	Need to express spirituality – ritual / symbolic acts / prayer / meditation / go on retreat / fast.

Summary of energies and mythology images:



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<http://www.MirandaGray.co.uk>