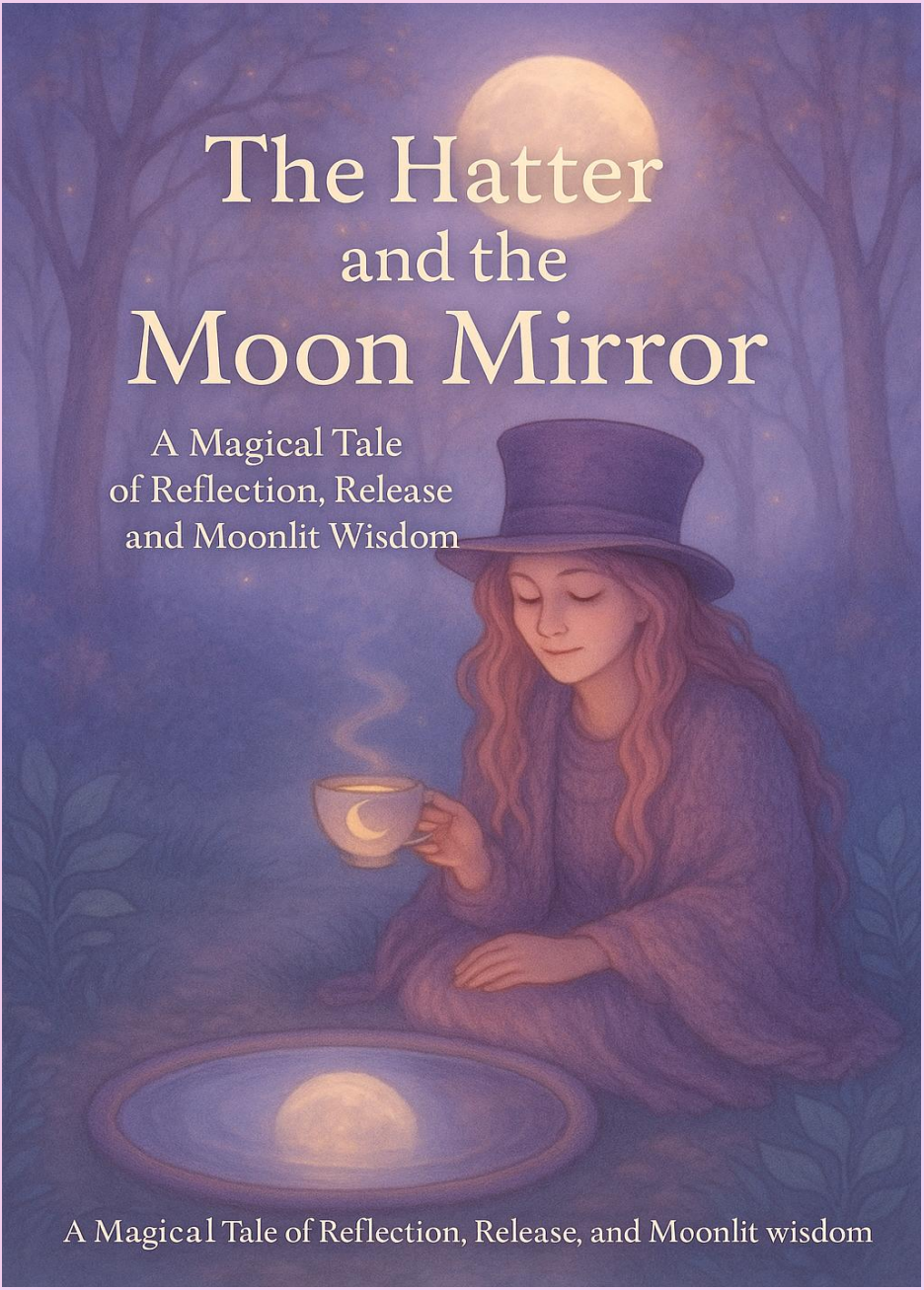

The Hatter
and the
Moon Mirror
A Magical Tale
of Reflection, Release
and Moonlit Wisdom
A Magical Tale of Reflection, Release, and Moonlit wisdom



🌕 *The Moon Mirrors*

A Story to Begin the Next Part of Your Journey

The Hatter had returned to the grove.

She walked softer now.

Her body had learned the rhythm —
like footsteps that matched the heartbeat of the moon.

The first time she had bled, she was frightened.
The ache, the mess, the mystery of it all.
But now… now there was reverence.

With her soft moss blanket tucked beneath her, she came to a hidden glade that glimmered silver-blue in the dark.

In its center, a small round pool — shaped like the full moon — shimmered quietly.
The **Moon Mirror**, some called it.
A place where feelings reflected back not with judgment, but understanding.

She sat. She stared.
She saw herself.
But more than that… she felt herself.

And inside — there were sensations she didn't know what to *do* with.
Aches. Sorrows. Longings.
An unspoken tiredness.
A quiet knowing, too.

As she gazed into the pool, a voice — gentle and knowing —
seemed to float from the water itself:

"Each moon phase invites something different,"
"Full Moon is a time to let go — to release the grief, the hurt, the ache."
"New Moon is for planting seeds — for setting intentions and whispering wishes."
"Waning Moon slows us down… Waxing Moon builds us up again."

"You are not *too much*.
You are **just in season**."

The Hatter closed her eyes.
And she wept.

Not because she was broken —
but because she was finally safe enough to feel.

She let her tears fall as her bleed flowed too.
Not resisting.
Not judging.
Just allowing.

Loving even the ache.
Loving even the sadness.
Loving even the *not knowing*.

And when she returned the following cycle,
she carried a small satchel — and inside it:

A journal.
A candle.
A scarf woven with stories.
A tiny teapot.
And her **moon-shaped cup**.

She sat.
She sipped nettle tea.

She watched the moon’s reflection and felt into her own.

She listened.
She journaled.
She worked with the moon, not against her.

And so began her deeper remembering.

Not of what to *do* —
but how to *be*.

🌕 Welcome to the Intermediate Moon Cycle Journey

A Deeper Walk With the Moon, Your Body, and Your Power

✨ ***A Note from the Hatter***

Hello again, moon sister.
You've already begun a very special journey.
And now, something deeper is calling.

This next part of your path isn't about starting something new — it's about going inward, listening more closely, and learning how to truly work *with* your moon cycle, rather than just noticing it.

The moon is not just in the sky.
It's also in you — in the quiet parts, the wild parts, the hurting parts, the glowing parts.
And the more you understand the dance of your own cycle, the more magic and self-trust you'll discover.

This guide is here to support you step by step — like a friend who speaks your language, walks your pace, and always carries tea.

🌸 What Will I Learn in This Course?

This course is about deepening what you already know.
In these pages, you'll gently explore:

✅ The four moon phases and how they live inside your body
✅ How to listen to your emotions and energy like moon signals
✅ What foods, herbs, rituals, or actions support each phase
✅ How to honour your bleed as sacred, not shameful
✅ What your body is trying to say — and how to respond with kindness
✅ How to work with each phase for school, social time, rest, or creativity
✅ A deeper introduction to the Maiden–Mother–

Crone energy within you

✅ How your inner wisdom grows through each cycle

This is where your cycle becomes a source of *power*, not just something to “get through.”

🌕 What Will I Do in This Course?

🌿 You’ll meet the Hatter in magical stories

📖 Explore ideas through journaling, reflection, and art

🫖 Learn about supportive teas, foods, and gentle body care

🌕 Track your moon mirror reflections through the phases

🪞 Discover how your inner world mirrors the sky

💌 Create sacred practices and rituals just for you

Each module is like a moonlit door.
You’ll open it when you're ready, and step into something beautiful.

💗 A Gentle Reminder

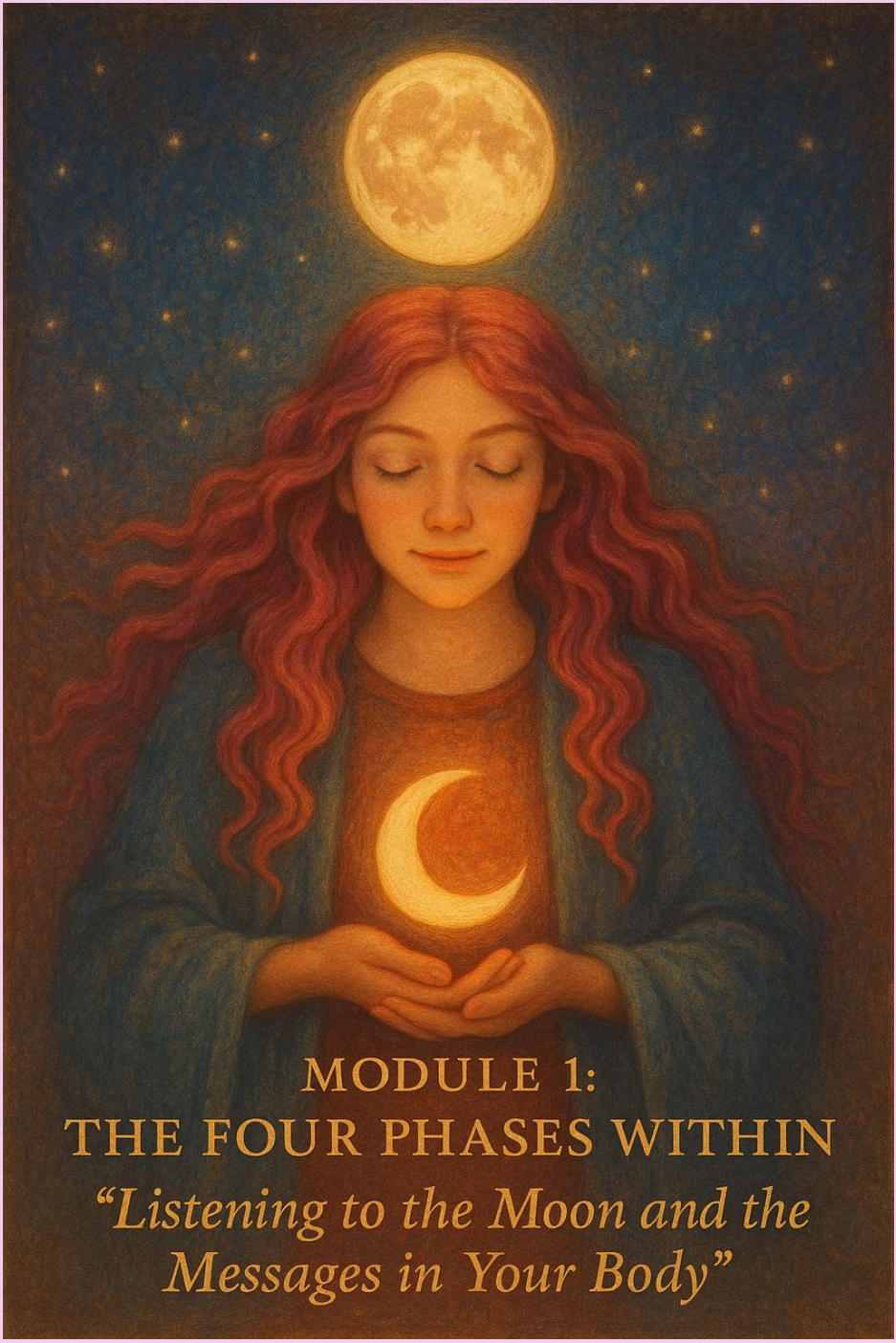
You don’t have to get everything perfect.
Your body is your teacher.
Your feelings are allowed.
You are enough.

If some days you forget what phase you're in...
If some days you just want to eat chocolate and cry...
If some days you feel amazing and unstoppable...
That’s all part of the dance.

We’re not here to master our moon —
we’re here to *remember how to love it*.

Let’s begin,
With your heart open and your teacup full.
Your moon mirror awaits...

☾
With ribbons, rose petals, and reflection,
~ The Hatter


MODULE 1:
THE FOUR PHASES WITHIN
"Listening to the Moon and the Messages in Your Body"

🌕 Module 1: The Four Phases Within

"Listening to the Moon and the Messages in Your Body"

🌸 Opening Words

The moon doesn’t rush.
She waxes. She wanes.
She glows, then disappears.
And all the while, she’s doing exactly what she’s meant to do.

Your body is the same.
You don’t have to feel the same every day — because you *aren’t* the same every day.

This module is all about understanding the **four phases** of your moon cycle and what they feel like on the *inside* — so you can move with your cycle, not against it.

🌀 The Four Phases of Your Cycle

Each phase connects with a season, a moon phase, and a magical rhythm in your body.

Let's explore them in a story-style way — because your cycle is a story too.

❄️ Phase One: Inner Winter (Your Bleed / Menstruation)

Moon Phase: New Moon
Energy: Low, inward, dreaming
Feels Like: Curling up under a soft moss blanket with tea and silence

The Hatter wrapped herself in her moon-thread blanket, sipped her nettle tea, and curled near the moon mirror. The world outside was busy, but her world was hushed and sacred. She whispered her sadness to the soil, let the ache be heard, and allowed the blood to carry it away...

Your body is letting go — physically and emotionally.

You may feel tired, tender, or more sensitive.
This is your time to rest, dream, and *bleed with intention*.

💗 *Ask yourself:*

- What am I ready to release?
- What comfort do I need right now?

🌱 **Phase Two: Inner Spring (Pre-Ovulation / Follicular)**

Moon Phase: Waxing Moon
Energy: Rising, hopeful, playful
Feels Like: A garden waking up after rain

The Hatter tiptoed across dewy moss, feeling the stirring in her belly. Ideas bubbled. Her cheeks flushed with energy. The mirror shimmered with possibility. She giggled without knowing why.

This is when your energy starts to return. You might feel more social, curious, or creative. It's a good time to *try new things*, plan, move your body gently, or play.

💗 *Ask yourself:*

- What's growing inside me now?
- Where is my energy pointing me?

🔥 **Phase Three: Inner Summer (Ovulation)**

Moon Phase: Full Moon
Energy: High, magnetic, expressive
Feels Like: Dancing under moonlight, alive and radiant

The Hatter twirled beneath the full moon, laughing with her sisters. The tea overflowed. The mirror showed her golden light. She felt seen, heard, connected — a glowing thread in the web of life.

This is your time to shine. You may feel most confident, vibrant, and open now. It's a beautiful phase for connection, expressing yourself, or sharing your ideas.

💗 *Ask yourself:*

- Where can I show up fully?

- How can I share my voice or gifts?

🍂 **Phase Four: Inner Autumn (Pre-Menstruation / Luteal)**

Moon Phase: Waning Moon
Energy: Turning inward, emotional, intense
Feels Like: Leaves falling, truth rising, soft fury and hidden wisdom

The Hatter felt something stir in her — a truth too long held. The mirror glimmered darkly, but not unkindly. It showed her anger, her sharpness, her ache to be honest. So she wrote. She howled. She rested. She let the storm speak.

This phase is often misunderstood.
You may feel irritable, emotional, or raw — but this is not wrong.
It's your inner truth trying to speak.

💗 *Ask yourself:*

- What have I been holding in?
- What truth is trying to be heard?

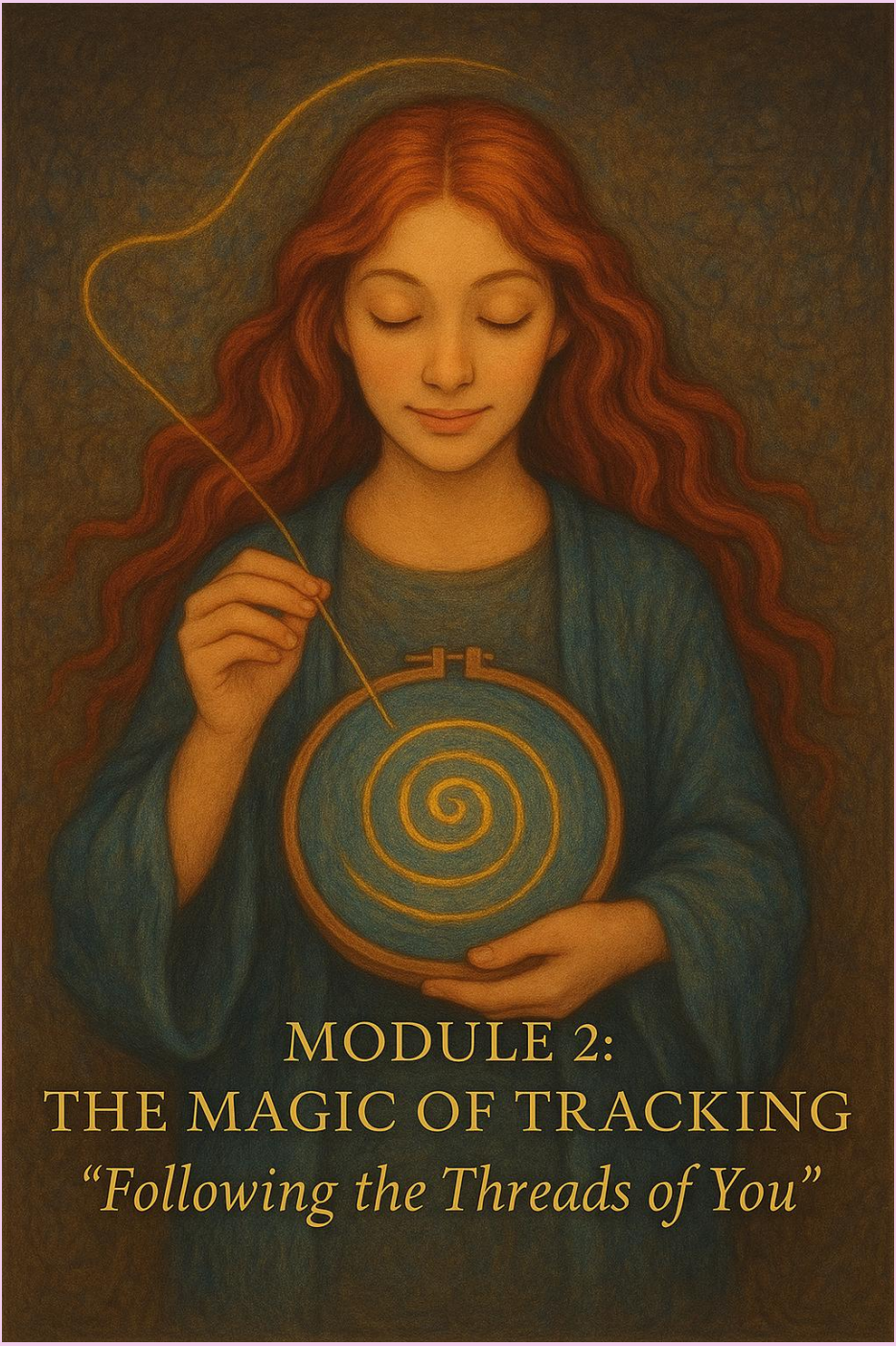
📖 Your Reflection Practice:

Create a **Moon Mirror Page** in your journal.
Draw a circle and divide it into four parts (like a moon pie!).
Label each section: Winter, Spring, Summer, Autumn.
Use colors, words, or little drawings to describe how each feels to *you*.

This is your cycle — it will never be a copy of someone else's.

✨ Closing Whisper from the Hatter:

"Once I learned the moon was in me,
I stopped apologising for changing.
I started listening.
And that changed everything."


MODULE 2:
THE MAGIC OF TRACKING
"Following the Threads of You"

🌕 Module 2: The Magic of Tracking

“Following the Threads of You”

📝 What Does It Mean to Track Your Cycle?

Tracking your mooncycle is like following a magical thread that helps you understand *yourself* more deeply — your body, your feelings, your energy, and your truth.

It’s not just about knowing when your bleed is coming.

It’s about listening to how you change each week… how your thoughts shift, your energy rises or falls, and your heart whispers new things at different times.

🪡 A Story from the Hatter

“I used to feel confused,” the Hatter whispered, sitting cross-legged by the Moon Mirror. “Some

days I sparkled, and some days I didn't want to get out of bed. I thought something was wrong with me... until I started tracking."

She unrolled a scroll marked with symbols, drawings, and colors. "Each day, I added one thing — a feeling, a thought, how my body felt. And slowly, I saw a pattern. I saw myself."

She looked up with soft eyes. "Tracking isn't about control. It's about compassion."

🌸 Why Track?

Because when you **know yourself**, you can care for yourself better.

Tracking can help you:

✅ Know when your bleed is coming — and prepare
✅ Spot patterns in emotions, cravings, sleep, dreams, creativity
✅ Learn what helps or hinders you in each phase
✅ Communicate more clearly with those around

you

✅ Build a friendship with your own body

🌀 How to Track (Choose What Feels Fun)

You can keep a:

🌕 **Moon Journal** — write how you feel, draw, or color each day

🌕 **Cycle Calendar** — mark your bleed, feelings, or energy levels with stickers or dots

🌕 **Emotional Weather Map** — invent your own symbols (🌧️ = sad, 🌞 = energized, 🌬️ = anxious)

🌕 **Color Code System** — assign colors to moods or phases and fill in a moon wheel

There's no one right way. You can even whisper your check-ins aloud at bedtime and feel into it with your body.

The Hatter used red for bleed days, green for creativity, and purple for magical dreams. You might use gold for confidence, blue for rest, pink for sensitivity...

🌕 Simple Daily Check-In Questions:

- How does my body feel today?
- What emotion is strongest right now?
- What do I feel like doing (or *not* doing)?
- Is there a part of me that needs something?

Write one word. Or a whole poem. Or nothing. Just notice.

✨ The Moon Mirror Practice

If you've made a Moon Mirror (or want to imagine one), sit with it each night and whisper:

🌙 "Moon, show me what I need to know."

Then close your eyes. Notice what feeling, word, or color arrives.

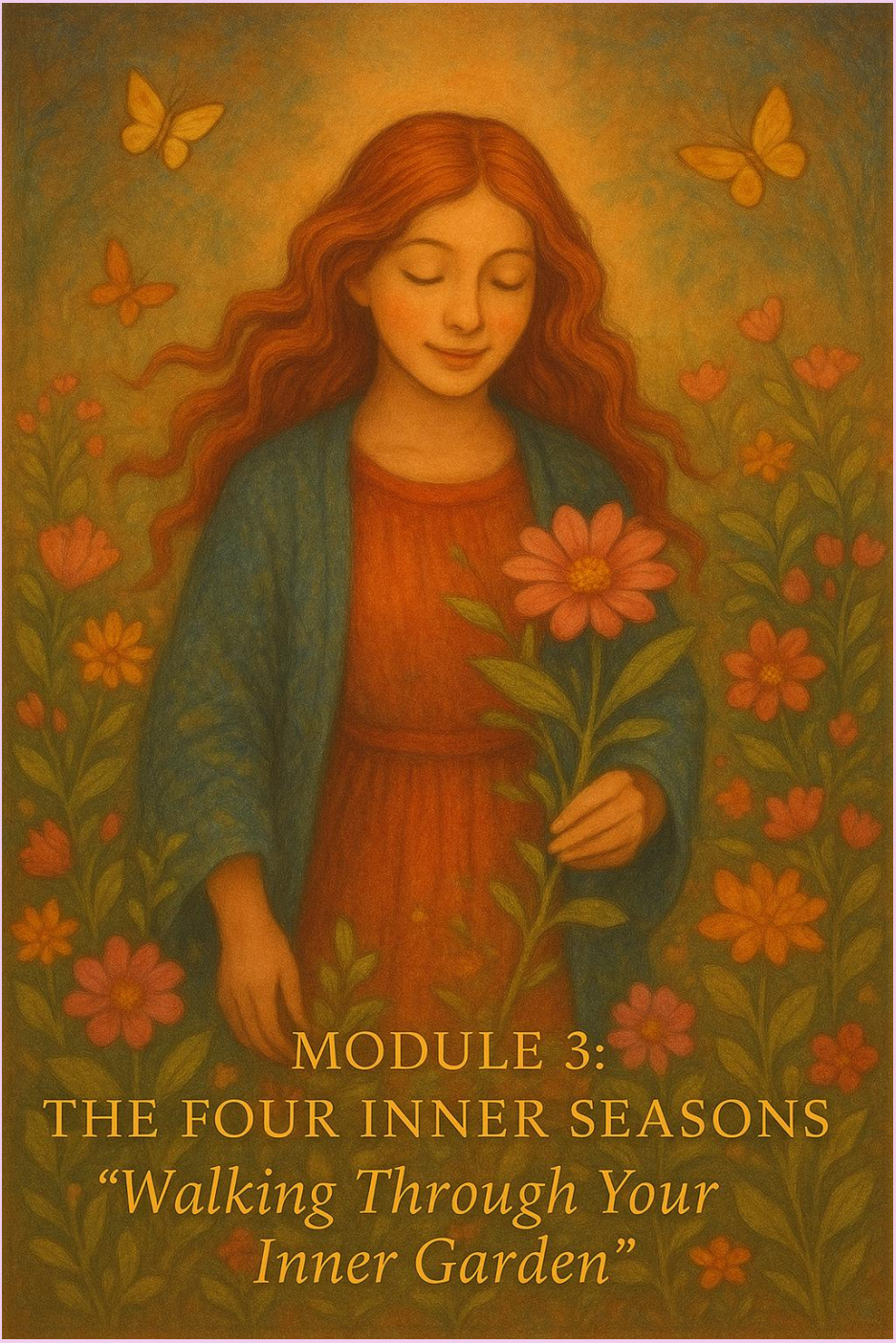
You might be surprised by how wise you already are.

💗 **Remember:**

This isn’t about being perfect.
It’s about *being present*.

Every time you pause to listen to yourself, you’re saying:
🌕 “I matter. My rhythm matters. My voice matters.”

And it does.


MODULE 3:
THE FOUR INNER SEASONS
“Walking Through Your Inner Garden”

🌸 Module 3: The Four Inner Seasons

“Walking Through Your Inner Garden”

🌱 What Are the Inner Seasons?

Just like the earth turns through Spring, Summer, Autumn, and Winter —
your mooncycle moves through four inner seasons too.

Each phase of your cycle brings different energy, needs, and gifts.
When you understand them, you can move with them — instead of against them.

🧚 A Story From the Hatter:

There’s a garden inside me,” the Hatter whispered, brushing moon moss from her sleeves. “And every mooncycle, I walk its winding path again — not with fear, but with wonder.”

She opened a tiny wooden gate covered in vines, and stepped barefoot into her Inner Garden — a space only she could enter, yet one that lived in every girl, woman, and wise soul who'd ever bled with the moon.

🌼 Inner Spring (Follicular Phase)

When it Happens: After your bleed
What You Might Feel: Hopeful, refreshed, curious, creative
What to Do: Try new things, plan ahead, explore ideas
Image: Budding flowers, morning sun, gentle beginnings

In her garden, this was the season of dew-kissed leaves and birdsong. The Hatter wore a crown of daisies and tiptoed through soft soil, planting new ideas like tiny seeds. She felt lighter. Brighter. Like maybe everything was possible again.

"This is your time of rising," she said, "stretch like a flower in the sun."

🌞 Inner Summer (Ovulation Phase)

When it Happens: Mid-cycle
What You Might Feel: Energised, social, confident, magnetic
What to Do: Speak, share, express, connect, take action
Image: Blossoms in full bloom, dancing barefoot

Now the garden bloomed in full — colours loud, bees buzzing, fruit ripening on the vines. The Hatter danced with bare feet and wide-open arms. This was her time to shine, to speak, to laugh in the light. She tied bright ribbons in her hair and let her voice be heard.

“This is your celebration,” she laughed, “let it out — the world wants to hear you.”

🍂 Inner Autumn (Luteal Phase)

When it Happens: After ovulation, before your bleed

What You Might Feel: Moody, thoughtful, sensitive, introverted
What to Do: Nest, reflect, complete projects, slow down
Image: Falling leaves, candlelight, golden skies

The path began to change. Leaves crunched underfoot. The air was quieter. The Hatter wrapped herself in a woven shawl and gathered what she'd grown. This was her time to check in, to harvest the lessons, to notice what still lingered unspoken inside her. Her truth began to whisper louder.

"This is your truth-teller season," she murmured, "don't be afraid to listen."

❄️ Inner Winter (Menstruation Phase)

When it Happens: During your bleed
What You Might Feel: Tired, tender, dreamy, emotional
What to Do: Rest, journal, cocoon, nourish, listen deeply
Image: Snowflakes, hot tea, curled-up cats

The garden was still now — blanketed in snow and silence. The Hatter built herself a small den of moon moss and candles. She brewed nettle tea in her moon-shaped cup and wrapped herself in her softest blanket. Here, in this sacred hush, she dreamed, she wept, she remembered. This was not a pause, but a powerful reset.

“This is your sacred Winter,” she sighed, “let the stillness hold you.”

🌀 Why This Matters

When you learn your inner seasons, you:

✅ Know when to say yes — and when to rest
✅ Trust that energy will return again
✅ Stop blaming yourself for “changing” all the time
✅ Begin to honour the flow instead of fearing it

🌿 Inner Season Journal Practice

Each week, write or draw:

- 🌼 What season am I in?
- 🌕 What does this season want from me?
- 🧣 How can I support myself right now?

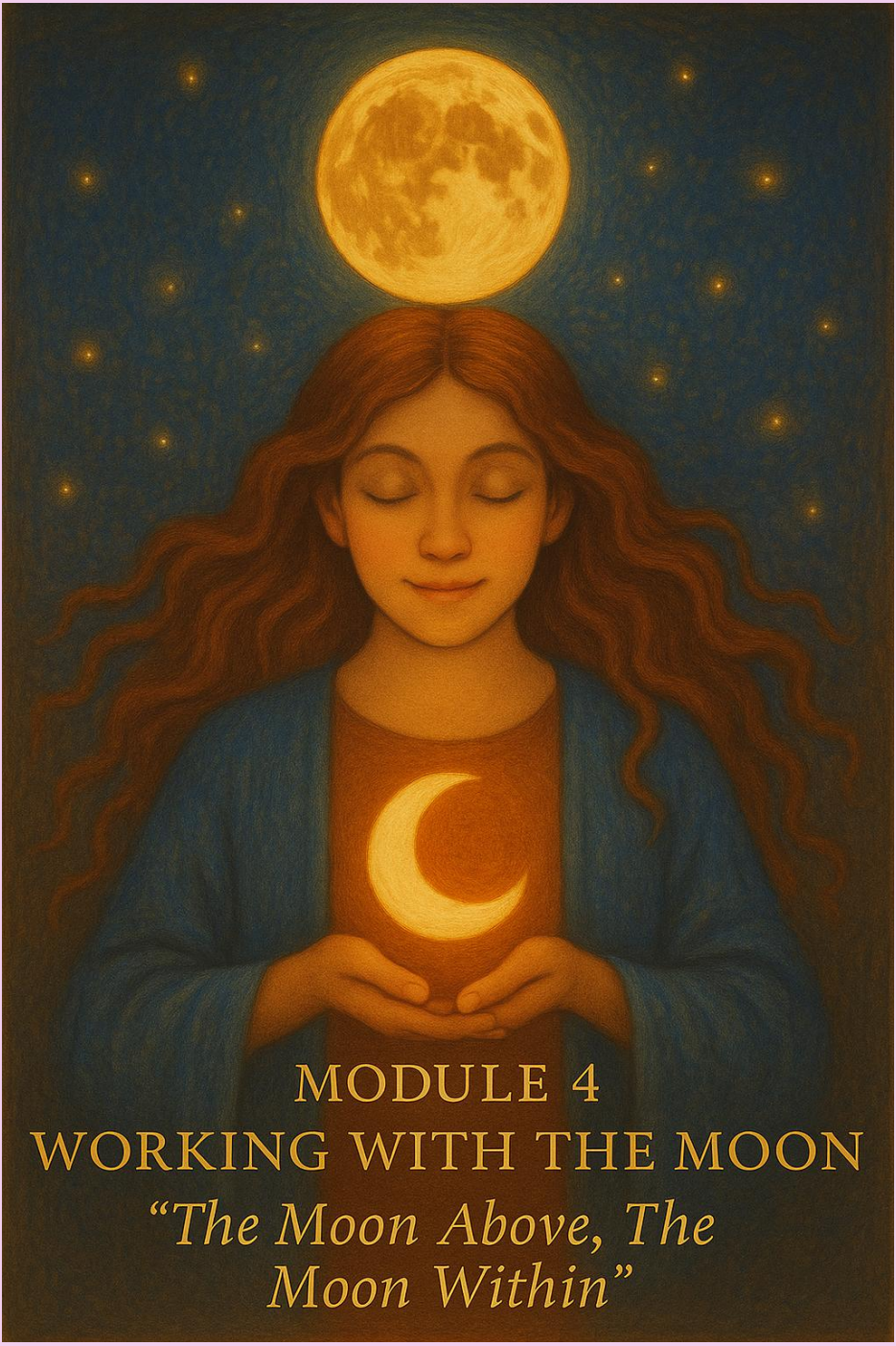
You could even collect natural things each week — a flower for Spring, a shell for Summer, a red leaf for Autumn, a pebble for Winter — and build a Moon Altar from your cycle.

💗 **Final Note:**

"I used to think I was broken," the Hatter once whispered into the fire.
"But now I know — I'm simply made of seasons."

You are not just *one* thing.
You are a changing sky, a shifting garden, a living moon.

And every season inside you has something to teach you


MODULE 4
WORKING WITH THE MOON
"The Moon Above, The Moon Within"

🌕 Module 4: Working with the Moon

“The Moon Above, The Moon Within”

🌙 The Hatter and the Moon Mirror

A Story-Ritual

The Hatter sat once more by the Moon Pool, her soft moon-moss blanket wrapped around her shoulders like a hug made from the stars. In her hands, she held a small silver bowl filled with still water — her own moon mirror.

The moon above was just beginning to wane. Shadows danced on the surface of the water, mirroring her thoughts.

She whispered into the bowl:
“Moon above, and moon within — show me what I must know.”

Then, one by one, she placed tiny items beside her:

A spoonful of herbs (nettle and rose), a moonstone, and a little folded note.

She read her note aloud:

“I am safe to feel. I release what no longer serves me. I trust the rhythm of becoming.”

She lit a candle and placed it behind the bowl. The flame flickered, casting moonlight into the water.

Then she sipped her tea, breathed deeply, and let the tears rise.

This was her ritual:
To be still.
To listen.
To feel.
To let go.

She didn’t need to “fix” anything — she only needed to witness. The moon did the rest.

You can do this too.

🌑 The Four Main Moon Phases

Just like the Hatter, you too can sit beside your own moon mirror and notice how each phase calls something different from you.

Here they are, in soft story-form:

🌑 New Moon – *Planting & Intention*

The forest was dark, but not scary — more like a quiet space before a dream begins. The Hatter closed her eyes and imagined her wishes as seeds, glowing faintly in her hands. She pressed them into the moss beside her. "Grow well," she whispered.

- Sky is dark — like a new beginning.
- You may feel quiet, dreamy, or unsure.
- Set intentions. Begin gently.

🌓 Waxing Moon – *Building & Action*

Now the Hatter felt the wind shift. Her ideas were growing roots. She tidied her treehouse, made a list, and put on her brightest socks. “Let’s build what we dreamed,” the moon called.

- Energy rises.
- Begin projects, take action.
- Feed your dreams with focus and fun.

🌕 Full Moon – *Release & Illumination*

She danced barefoot, hair wild, emotions louder than usual. “It’s okay,” she told herself. “It’s the moon pulling it all up to be seen.” She released a handful of dried petals into the wind. “This no longer belongs to me.”

- Feelings may be intense.
- Let go of what is heavy.
- Be kind to your emotions.

🌘 Waning Moon – *Rest & Reflect*

She curled beneath a willow tree, holding her warm teacup. “I need rest now,” she said to the stars. “Not because I’m weak, but because I am wise.”

- Slow down. Soften.
- Reflect, journal, nap.
- Trust that pausing is powerful.

🌕 Moon Practice: Create Your Own Moon Mirror Ritual

You don’t need a fancy setup. Here’s what you’ll need:

- A bowl of water or a mirror
- A candle or soft light
- A warm drink
- Something small and meaningful (crystal, note, ribbon)

Sit quietly, light your candle, and ask:

🌕 “What am I learning this moon?”
🌑 “What am I ready to release?”
🌓 “What am I building?”
🌔 “What do I need to rest from?”

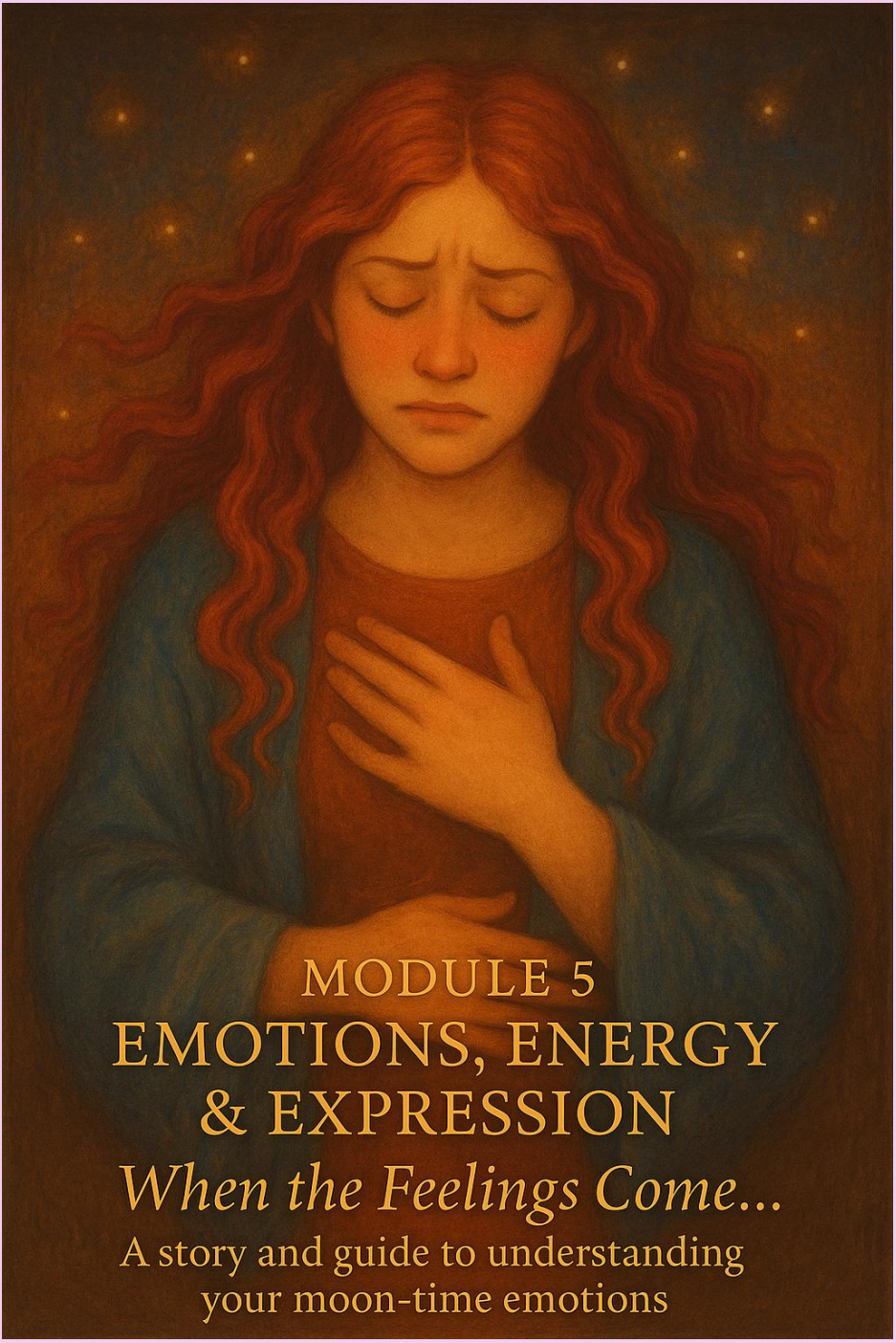
Then, journal or simply breathe and listen.

You can do this at each moon phase, or whenever you feel called.

Final Whisper from the Hatter

“The moon doesn’t rush. Neither should you.
She waxes. She wanes. She disappears — only to return again.
So will you.”

You are a moon mirror in motion.


MODULE 5
EMOTIONS, ENERGY & EXPRESSION
When the Feelings Come...
A story and guide to understanding your moon-time emotions

🌸 Module 5: Emotions, Energy & Expression

“When the Feelings Come…”
A story and guide to understanding your moon-time emotions

🌿 A Hatter Moon Story:

The Teacup of Tides

The Hatter sat cross-legged beneath her willow tree, a teacup balanced in her lap. But this wasn’t just any tea — today’s tea shimmered silver and blue, like it had been stirred by moonlight itself.

She took a sip.

Suddenly, she *felt* everything.

Joy, sadness, laughter, a sudden memory of being told she was “too much.” It all bubbled up in one wild swirl — like tides pulling at her toes and tugging at her chest.

She looked down at her teacup. The liquid inside swirled too.

“Ah,” she whispered, “it’s not just tea. It’s my moon emotions — rising like waves. I must listen. Not push them away.”

So she wrapped her moon moss blanket tighter, picked up her journal, and gave each feeling a name, like meeting old friends:

- The ache in her belly? *“You’re my body asking for kindness.”*
- The sudden tears? *“You’re the part of me that needs space to feel seen.”*
- The bubble of anger? *“You’re trying to protect something important.”*

She didn’t try to fix them.
She just *felt* them.
Wrote them.
Breathed with them.
And sipped her moon tea slowly.

🌕 What You Might Feel During Your Cycle

You are not broken.
Your emotions aren't wrong.
They're messages — signals from your body and soul.

Common moon-time feelings:

- Sadness or sensitivity
- Anger or frustration
- Exhaustion or restlessness
- Joy, excitement, even sudden creativity
- Feeling misunderstood, overwhelmed, or "too much"

These don't mean anything is *wrong* with you.
They mean something *real* is *alive* in you.

🌸 Moon Expression Practice:

"Name It to Free It"

Make a page in your journal called *The Teacup of Feelings*.

Draw a big teacup and inside it, write or doodle:

- Your current feelings
- Where you feel them in your body
- What they might be trying to say

You can even give your feeling a shape or a character!

“This is Grumbly. She’s my storm cloud who visits when I’m hungry and nobody’s listening.”

You can also:

- Talk aloud to yourself in your mirror:

“Hey Sadness, I see you. You’re okay here.”

- Move your body to shift the energy (stretch, shake, dance)
- Tell a trusted grown-up, friend, or pet (they’re good listeners too)

🌷 Emotional Self-Care Ideas:

Create a *Feelings First Aid Kit* and keep it near your moon basket.

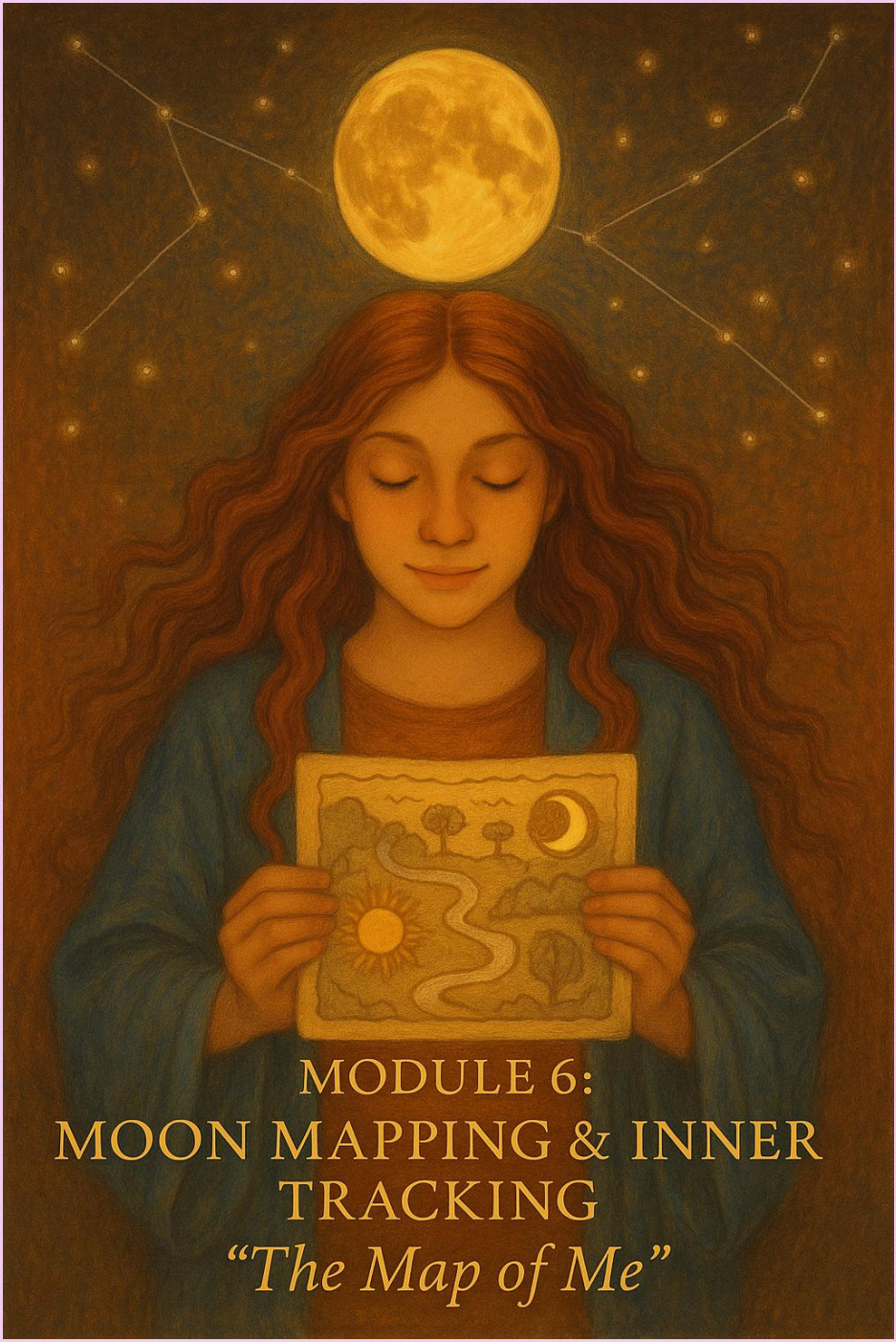
Include:

- A comfort item (stuffie, blanket, crystal)
- A tear-friendly journal or scribble pad
- A playlist for different moods
- Scented oil or balm (like lavender, rose, or orange)
- A snack you love (dates, fruit, chocolate!)
- A warm water bottle or heat pack
- Permission to say:

“I need a break.”
“I don’t want to talk right now.”
“I’m feeling ____, and that’s okay.”

Closing Story Whispers from the Hatter:

“Your emotions are tides, not problems.
They rise to wash the shore of your heart clean.
Let them come. Let them go.
And know that you are still whole,
Still good,
Still loved.”


MODULE 6:
MOON MAPPING & INNER TRACKING
"The Map of Me"

🌸 Module 6: Moon Mapping & Inner Tracking

“The Map of Me”
A gentle way to understand your rhythm, day by day

🌿 A Moon Story:

The Hatter’s Dot Diary

There was a time when the Hatter couldn’t make sense of her days.
Some mornings, she would bounce out of bed, singing to the sky.
Others, she’d hide under her moon blanket and sigh for hours.

“Am I wild?” she once asked her teacup.

“No,” said the teacup gently. “You are cyclical.”

So the Hatter made a little book — her *Dot Diary*.
Each day, she placed a mark: a color, a symbol, a word, a mood.
She tracked her feelings like stars in a sky.
Before long, a pattern appeared.

Not chaos.
But rhythm.

The Hatter smiled.

“I am not unpredictable.
I am a moon. I change.
But I am always whole.”

🌕 Why Track Your Cycle?

Your moon is more than just your period. It’s an entire **inner ecosystem**.

Tracking your cycle helps you:

- Understand your emotions, energy, and needs
- Plan your days and rest times with kindness
- Recognize when you're feeling off (and why!)
- Learn your own *magic timing* for creativity, connection, and quiet

---

🌸 Ways to Track Your Moon

Choose one or mix a few:

🌀 Color Circles

Draw a circle for each day of your cycle (usually about 28–30 days).
Use colors to show how you feel:

- Red = tired / bleeding
- Blue = emotional
- Yellow = happy / bright
- Green = calm / creative
  (You can make your own code!)

🌸 Dot Diary

Each day, write a tiny dot or symbol in your journal. Next to it, write 1–2 words for how you feel, what your body is doing, and what you might need.

📖 Moon Wheel

Draw a big circle split into four sections: Bleed (Winter), Rise (Spring), Glow (Summer), Fall (Autumn). Add little notes or doodles each day to show which “season” you're in.

🌕 Story Notes

Write little sentences like a story:

“Today I felt like a sleepy bear in a cave.”
“My body said, ‘No thanks,’ so I rested.”

🌷 Ritual: Create Your Moon Map

Make a special page in your journal or moon book.

At the top, write:

“This is my Map of Me.
I am a changing, magical being.
I track my rhythm with love.”

Add:

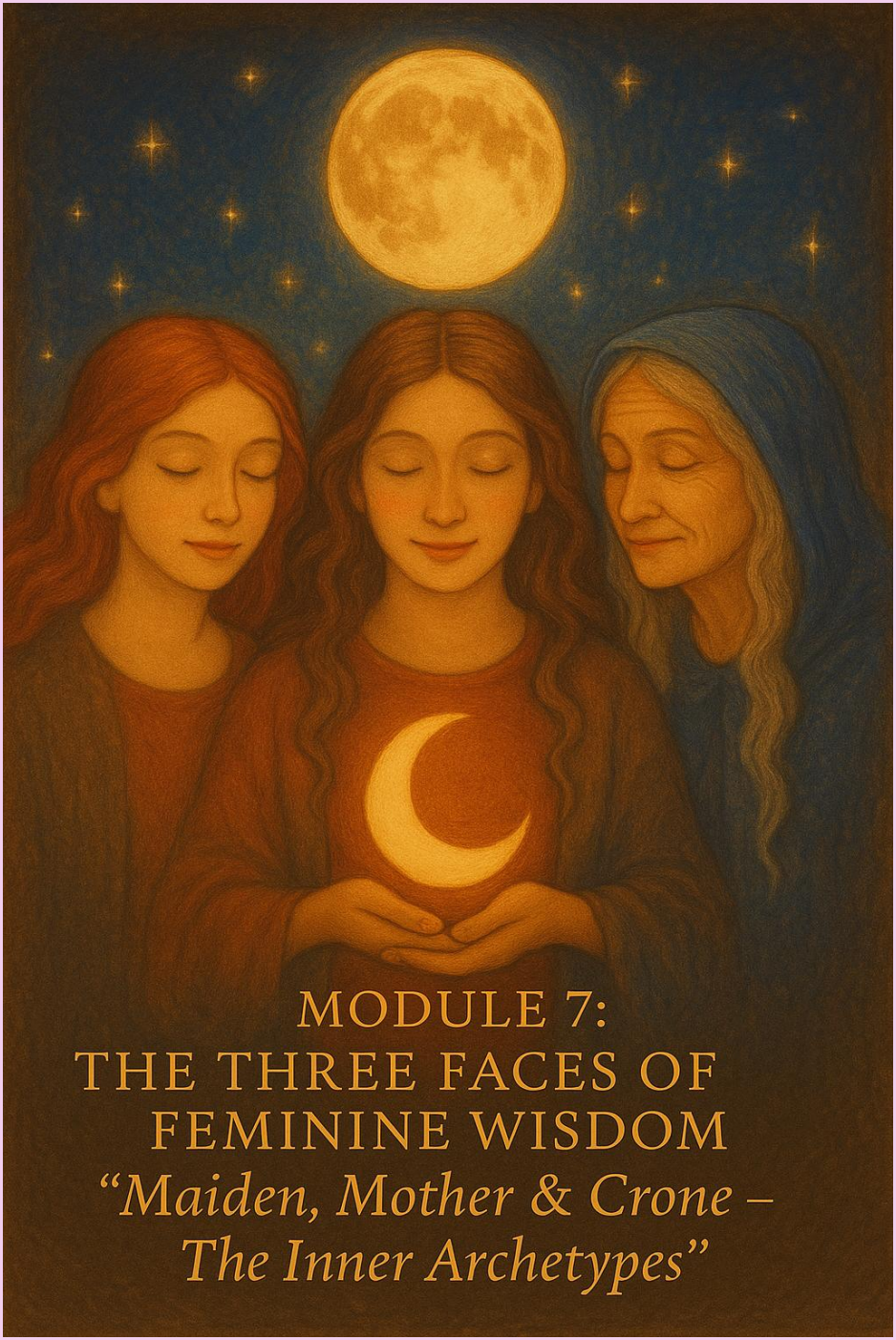
- The day of your cycle (if known)
- A color, word, or emoji
- A quick body scan (What do I feel in my belly? My heart? My feet?)
- A note or drawing of what helped you today

Repeat each day until your next cycle begins.

Soon, you'll see your very own moon pattern!

Closing Whisper from the Hatter:

"When the world feels confusing,
your moon map becomes a lantern.
Follow it like a forest path.
You are not lost — just flowing."



MODULE 7:
THE THREE FACES OF FEMININE WISDOM

"Maiden, Mother & Crone – The Inner Archetypes"

🌕 Module 7: The Three Faces of Feminine Wisdom

“Maiden, Mother & Crone — The Inner Archetypes”
A magical journey through the seasons of womanhood

🌸 A Story by Firelight:

The Hatter and the Three Sisters of the Moon

One evening, under a sky stitched with stars, the Hatter was guided to a quiet hill. At its peak, three women sat around a glowing fire — not just any women, but glowing presences wrapped in the colors of time.

The **Maiden** wore blossoms in her hair and had eyes full of questions.
The **Mother** held a basket filled with food, feathers, and firelight.
The **Crone** sat quietly, stirring tea from herbs grown in the dark.

They welcomed the Hatter with soft smiles.
“You carry all of us,” they said in unison.
“In your heart. In your womb. In your rhythm.”

The Hatter blinked. “But I am just one person.”

The Crone reached over and pressed a red stone into her hand.
“You are one, but you are many.”

And so she learned...

🌸 Who Are These Archetypes?

These three are not separate people — they are **parts of you**, appearing at different times in your **life** and **cycle**:

🌱 Maiden

- The Springtime of the self
- Curiosity, creativity, beginnings, and play
- Lives in your **inner spring** phase (after bleeding ends)
- Full of ideas, dreams, and the desire to grow

- She says: *“Let’s try!”*

🌺 **Mother**

- The Summer of the self
- Nurturing, creating, holding space for others and self
- Lives in your **inner summer** phase (ovulation or high energy)
- Can birth ideas, care for others, stand strong
- She says: *“I’ll hold this with love.”*

🍂 **Crone**

- The Autumn and Winter of the self
- Wisdom, intuition, slowing down, seeing clearly
- Lives in your **inner autumn** and **winter** (pre-bleed and bleed)
- Feels deeply, says no when needed, releases with grace
- She says: *“This must go.”*

🌿 **Your Cycle Mirrors These Seasons:**

Archetype	Inner Season	Phase of Cycle	Keywords
Maiden	Spring	After bleed	Energy, curiosity, new beginnings
Mother	Summer	Ovulation	Nourish, love, power, holding
Crone	Autumn/Winter	Before and during bleed	Wisdom, truth, endings, rest

You may feel a stronger connection to one of these archetypes, or you may notice how they each visit during your monthly cycle.

They are **guides**, **mirrors**, and **whispers of your own inner magic**.

🌕 Practice: Meeting the Three Within

Sit in stillness. Light a small candle.
Place your hand on your heart and another on your belly.

Say aloud or silently:

“I welcome the Maiden,
I honour the Mother,
I listen to the Crone.
All live within me.”

Close your eyes. Ask:

- What part of me wants to speak today?
- What does she feel?
- What does she need?

Draw or write a letter to that part — as if she’s a wise, loving sister.

🌸 Story Ritual: The Red Thread Circle

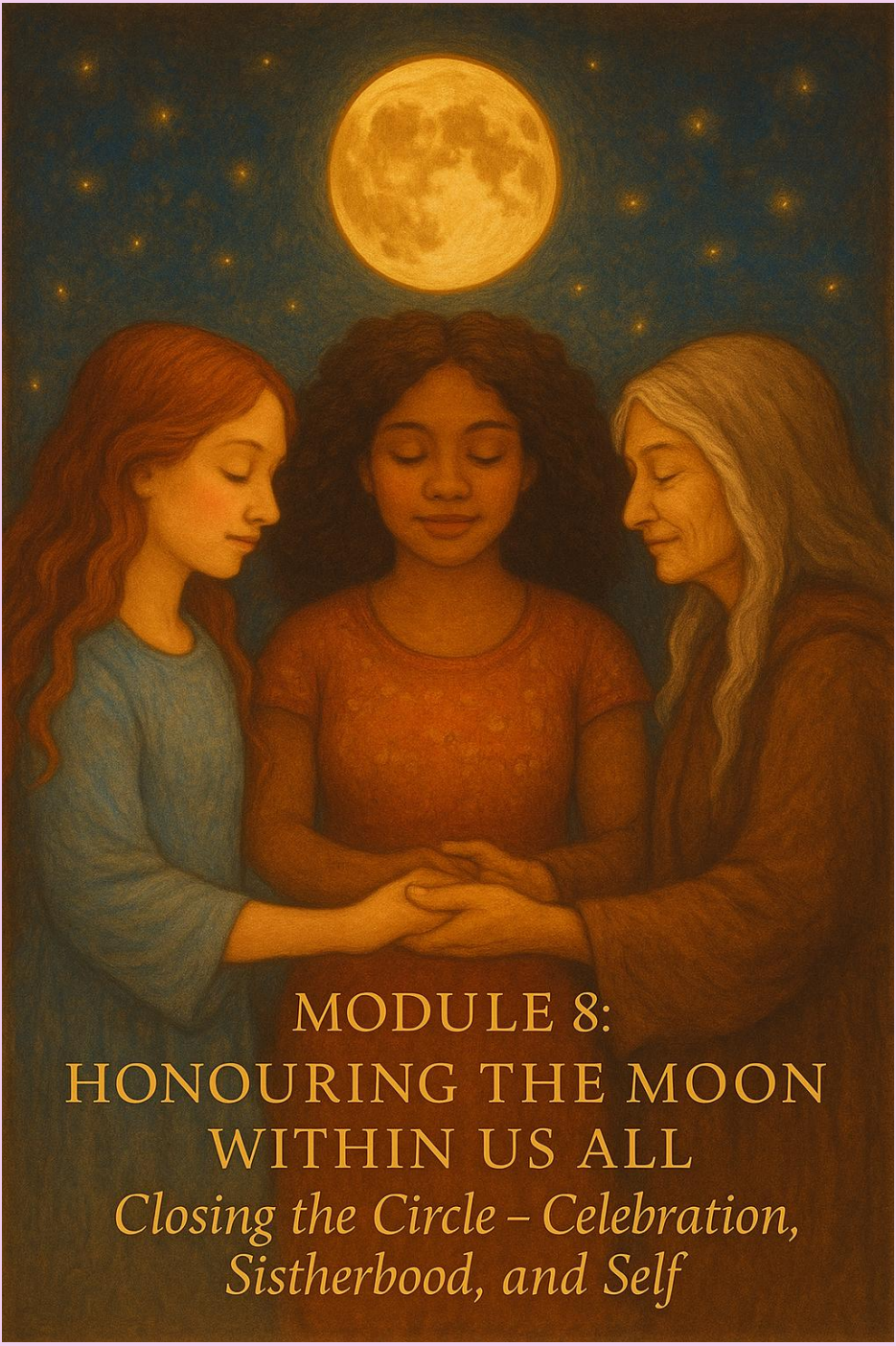
Draw a spiral in your journal.
Write **Maiden** at the beginning, **Mother** in the middle, and **Crone** at the center.
Draw yourself walking the spiral. Imagine yourself learning, resting, laughing, grieving — becoming.

You may revisit this drawing during each moon cycle.

Each time, it will hold a different truth for you.

Hatter's Whisper:

"You are not too young to carry ancient wisdom.
These sisters are already in your cells.
You are the thread that weaves them together."



MODULE 8:
HONOURING THE MOON WITHIN US ALL

Closing the Circle – Celebration, Sistherbood, and Self

🌕 Module 8: Honouring the Moon Within Us All

“Closing the Circle – Celebration, Sisterhood, and Self”
A sacred moment of reflection, sharing, and stepping forward

🌸 A Soft Story:

The Red Thread Circle

It was the end of another moon cycle.
The Hatter returned to the grove where her journey had begun — a circle of moonlit stones, each wrapped in red ribbon. This time, she wasn’t alone.

Other girls and women gathered there too, each carrying their own moon stories — some joyful, some tender, some heavy, some still unfolding.

The Hatter placed her moss blanket on the earth and poured tea from her moon-shaped teapot.
No one needed to speak right away.

They just *were* — seen, held, safe.

Eventually, one voice sang a simple song.
Another shared how her heart had cracked open this cycle.
Someone passed around rose tea and warm bread.
Laughter echoed through the trees.

No fixing. No judgement. No pressure.

Just presence.

They each tied a red thread around their wrist and whispered into the night:

“May we always remember that our rhythms are sacred.
That no matter what we face — we are not alone.”

🌕 This Final Module is a Celebration

You’ve come so far. You’ve listened, learned, tracked, questioned, drawn, cried, laughed, and remembered.

Now is a time for **celebration and integration**.

This journey isn't about perfection. It's not about doing everything right.
It's about **being with yourself** as you change — gently, honestly, and with kindness.

✨ A Closing Practice: The Mirror and the Thread

🌙 Find a mirror. Look into your eyes.
Place one hand over your heart and the other over your womb.

Speak to yourself aloud or in your mind:

"I honour who I am and who I'm becoming.
I honour the parts that hurt, and the parts that glow.
I am part of something ancient. I am whole."

🌸 Take your red thread — if you made one — and place it somewhere sacred (your altar, your journal, or tie it to a tree branch). Let it remind you that you are never alone in this.

🌿 Sisterhood Celebration (Optional Circle Ritual)

If you feel ready, you can gather with a trusted friend, sibling, or group.

Here's one way to hold space:

1. Sit in a circle with a candle in the center.
2. Pass a small object (a stone, thread, or crystal) around.
3. Each person shares:
    - One thing they learned this moon
    - One thing they're letting go
    - One thing they're grateful for
4. End with a shared song, poem, or silence.

This is how we build **kind, real community** — by showing up gently, with open hearts.

💌 Final Reflection Questions

- What is one thing I now understand about my moon cycle that I didn't before?
- What feels different in my body or heart?
- What would I like to explore next?
- How can I continue honouring my cycle going forward?

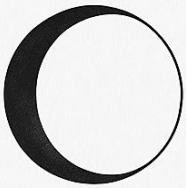
From the Hatter's Heart:

"You have walked through the seasons.
You've sat with the moon, held your aching belly, drawn stars in your journal, and remembered that your rhythm is magic.
The circle never really ends.
Each moon brings you deeper into your own wisdom.

I'll be here for the next one too.
Ribbon in my hair.
Teapot in hand."

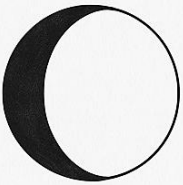
Printable Moon Phase Reflection Cards
(Intermediate Edition)

NEW MOON
The Seed Beneath



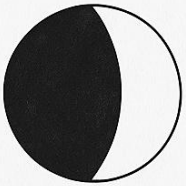
What am I ready to plant or imagine into being?

WAXING CRESCENT
The Gentle Climb



What small step will help me grow this cycle?

FIRST QUARTER
The Courageous Push



What challenge am I ready to face or move through?

WAXING GIBBOUS
The Refiner's Light



Where can I adjust or realign my energy or focus?

Printable Moon Phase Reflection Cards

(Intermediate Edition)

FULL MOON

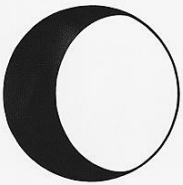
The Great Release



What no longer serves me? What can I offer to the moon.

WANING GIBBOUS

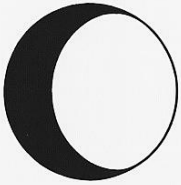
The Inner Mirror



What wisdom am I gained that I might share?

LAST QUARTER

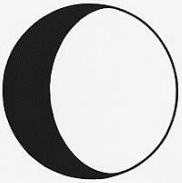
The Inner Mirror



What truths am I seeing more clearly now?

WANING CRESCENT

The Quiet Fade



What am I resting, grieving, or letting soften in me?

MOON CYCLE JOURNAL



MOON CYCLE JOURNAL



MOON CYCLE JOURNAL



MOON CYCLE JOURNAL

