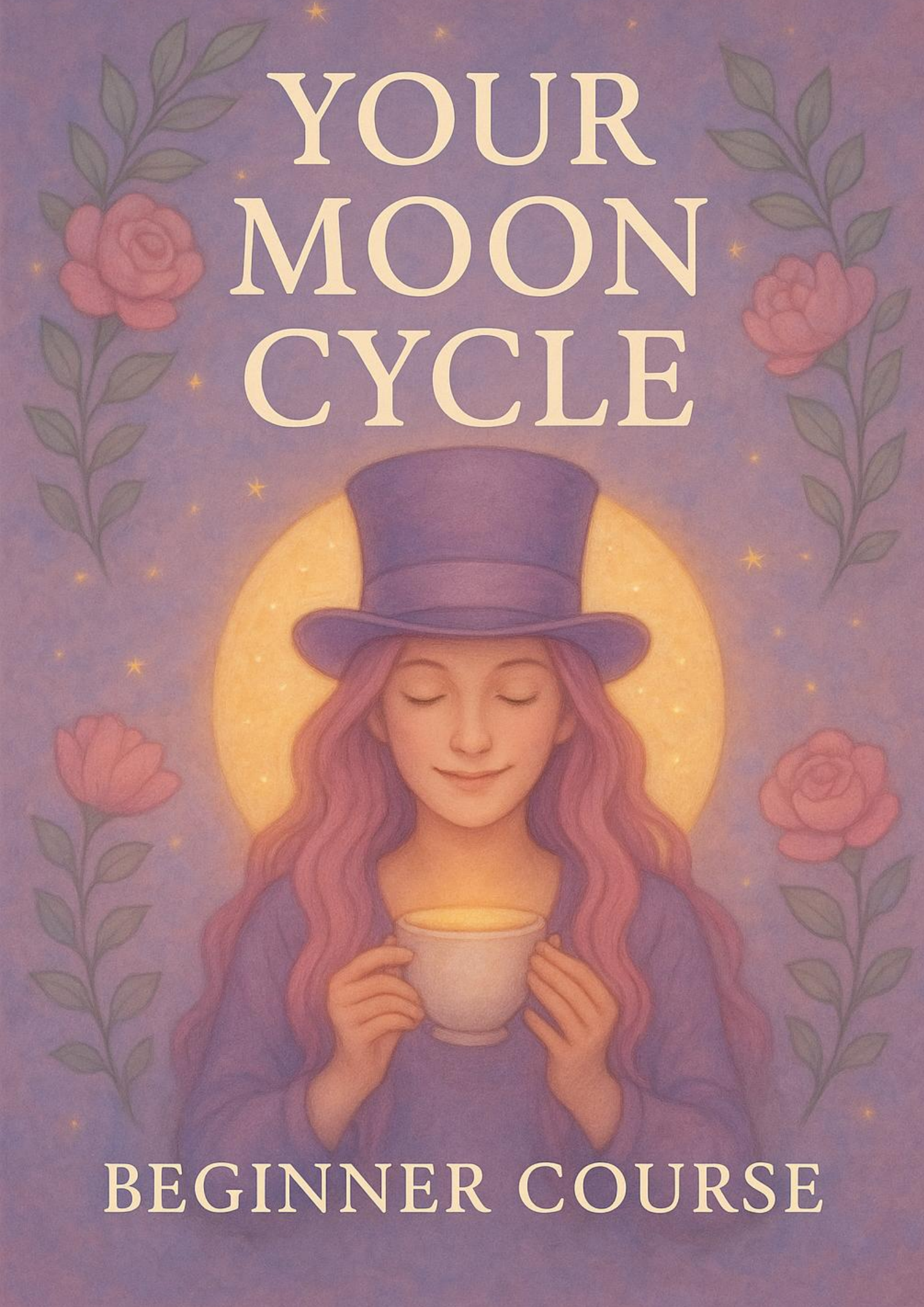
YOUR MOON CYCLE



BEGINNER COURSE


The Hatter and the Red Thread



The first moon, the blanket of stories, and the scroll of remembering

The Hatter was eleven the day the red thread arrived.

It was early morning, and the clouds were soft like folded scarves.

She was sitting on her favourite mossy rock beneath the Whisper Tree, tugging on her stripy socks and wondering whether anyone would notice if she wore odd shoes again.



She had been feeling… odd herself, lately.

A little like weather.
One moment cloudy, one moment fire.
A bit like everything inside her was too big for her skin.
Not in a bad way—just in a *becoming* sort of way.

She didn’t tell anyone that she’d cried three times the day before.
Once because she couldn’t untangle her hair.
Once because the jam wouldn’t spread.

And once because a snail was crossing the path and she was afraid someone might step on it.

Instead, she told herself:
“I am the Hatter. A bit mad, a bit magic. And full of feelings that bloom like mushrooms after rain.”

That morning, when she stood to brush moss from her dress, she noticed something.
A tiny mark.

A red smudge on her underclothes.
At first, she thought it might be paint.
But then it came again, like a whisper.
Not loud. Not scary. Just… *there.*

A thin red line.
Like a thread, weaving out from deep inside her.
A thread she hadn’t known was there, but somehow… had always known.

She blinked.
Sat back down on the rock.
And whispered, “Oh.”

The wind rustled gently through the leaves above her.
As if the trees were nodding.
As if the earth already knew.

The Hatter sat still, arms wrapped around herself like a cocoon.

That’s when she heard footsteps — slow, steady, soft like moss.

She turned.
And there, stepping through the birch trees, was Her.

Not just any her.



It was the woman from her dreams. The one who always arrived when things were shifting — like the moon, like feelings, like seasons.

She wore a cloak of woven stars. Her hair was braided with vines and moonbeams. Her eyes held entire lifetimes.

“Hello, little threadfinder,” the woman said gently.

The Hatter opened her mouth, but the questions caught in her throat.

The woman stepped closer and knelt beside her.
“I’ve been waiting for this day,” she said. “So has *She*.”

“She…?” the Hatter asked.

The woman nodded and reached into her pocket. She pulled out a tiny silver acorn.

“This is your invitation,” she whispered. “The Tiny Moon is ready to meet you.”

She placed the acorn in the Hatter’s hand.
It glowed the moment it touched her skin — a soft silver light that pulsed like a heartbeat.

“Close your eyes,” said the woman. “Breathe. And follow the thread within you. It knows the way.”

The silver acorn grew warmer in her hand. The forest hushed. The red thread inside her pulsed gently, like it was guiding her deeper into herself… and also somewhere else entirely.

When she opened her eyes again, she was standing at the edge of a pool.



Not just any pool.

The water shimmered like melted moonlight.
It rippled in soft circles, glowing from within.
Around it, the ground was covered in thick, velvet moss — pale blue and silver, as if moonbeams had become a carpet.

In the centre of the pool floated a small, glowing figure — no bigger than a candle flame, but ancient as the stars.
She had long strands of hair that moved like clouds.
Her body was made of light.
And in her hands she held a tiny scroll, tied with a ribbon the colour of dried rose petals.

The Hatter stepped closer.

“You are the Hatter,” the tiny being said. Her voice was like wind on silk. “The thread has led you well.”

“I… don’t understand what’s happening,” the Hatter whispered, kneeling at the water’s edge.

The Tiny Moon floated nearer. “You are not broken. You are not cursed. You are *becoming*.”

She opened the scroll — and as she did, glowing symbols rose from the parchment and drifted into the air like fireflies.

“These are the Stories of the Red Tent,” she said.

“Stories of girls who became women.
Of women who remembered their power.
Of grandmothers who kept the wisdom alive, even when the world tried to forget.”

The Hatter watched the glowing symbols dance above the water. They shimmered into shapes: circles, spirals, red threads, moons in every phase.

“There is a place,” said the Tiny Moon, “where bleeding is not hidden. Where pain is not punished. Where the cycle is not a secret. It is a song. A rhythm.

A return.”

She reached into the pool and pulled up a handful of soft moss, placing it gently in the Hatter’s palm.

“This,” she said, “is the beginning.
You will feel things more deeply now.
You will change, and then change again.
But you are never alone in this.
The thread connects you to every other who has walked this path.
And you may enter the Red Tent, not just in body — but in soul.”

The Hatter felt a warmth rise in her chest.
Grief and wonder.
Sadness and pride.

She didn’t know whether to cry or laugh.
So she did both.

And the Tiny Moon smiled.

She sat by the pool for what felt like a thousand heartbeats.



The moss beneath her shimmered.
It was no longer just a carpet — it was becoming something more.
A blanket, gently rising up around her shoulders, woven with moon threads and soft stories.

It smelled faintly of lavender and nighttime rain.
Each thread held the hush of lullabies passed down in silence — from grandmothers to mothers, from sisters to daughters.

It wrapped around her like a promise.

"This is yours to keep," the Tiny Moon whispered.

“A blanket for comfort, for warmth, for remembering. Carry it with you, and when your mooncycle comes again, wrap yourself in it. Let it hold you while your body speaks.”

Then came the gift bundle.

The Tiny Moon waved her hand, and from the ripples rose a small satchel made of starlit muslin.

Inside, the Hatter found:

- A muslin pouch of loose herbal tea — soft rose petals, lemon balm, nettle, raspberry leaf.

“For comfort,” whispered the Tiny Moon. “To soothe the belly and the soul.”

- A length of red silk ribbon, warm to the touch, with tiny golden stitching.
  “For remembrance,” she said. “To tie around your wrist, your hair, or your journal. A symbol of your becoming.”
- And then… the final piece.

A scroll of woven plant fibre, bound with red thread.
Etched in gold ink, it shimmered with symbols and moon glyphs.

“This,” the Tiny Moon said with reverence, “is the Womb Scroll.
It holds the wisdom of all who have come before you —
the knowing that was passed through blood, through bone, through story.
You do not need to read it.
You only need to *receive* it.”

The Hatter held the scroll in trembling hands.

She pressed it gently to her belly, just below her navel — the place she had once imagined held only softness and skin.
Now it held everything.

The scroll glowed.
And slowly, it began to dissolve into her, sinking through skin, through tissue, into the very cells of her being.

She closed her eyes.

Inside, she could feel it —
Threads weaving themselves through her DNA.
Lighting up forgotten rooms in her body.
Waking the ancient voice that had always whispered, *“You are sacred.”*



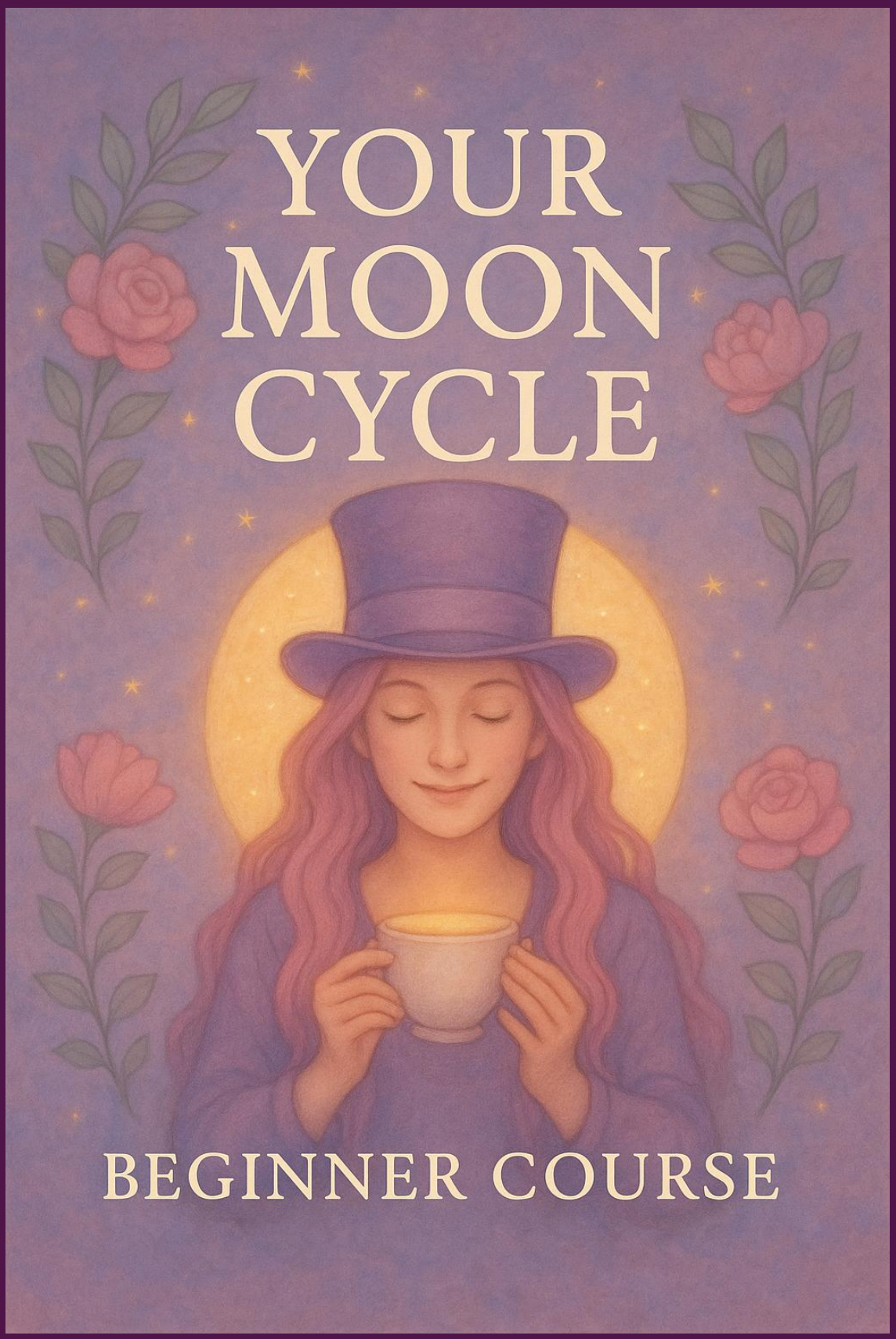
When she opened her eyes again, the Tiny Moon was fading into the light.

But the moss blanket remained.
The tea.

The ribbon.
The warmth in her womb.

And from somewhere deeper still —
a knowing,
a rhythm,
a pulse that matched the moon.

She stood.
She smiled.
And she began to walk home,
not just as the Hatter…
but as the Keeper of a thread that would never be lost again.


YOUR
MOON
CYCLE
BEGINNER COURSE

Welcome to Your Moon Cycle Journey

A gentle guide through the changing seasons within you

✨ A Note Just for You

Hello, beautiful soul.

This is not just any course.

This is a soft, magical place where you get to learn about your own body, your changing emotions, and the ancient rhythm that lives quietly inside you — waiting to be remembered.

Whether you've already started your mooncycle (your period), or you're just getting curious, this guide is here to walk

beside you like a friend. You don't need to know anything yet — that's what we're here for.

You might feel excited. Or unsure. Or a little bit nervous.

All of that is okay.

You are safe here.

🌸 What is a mooncycle?

Your mooncycle is a natural rhythm your body follows each month. It includes your period (bleeding) — but also everything that happens before and after.

You'll go through different phases — like the moon in the sky.

Sometimes you'll feel full of energy.

Other times you'll need more rest or quiet.

Sometimes you'll feel everything at once!

This is not something to hide or be ashamed of.

This is something to understand, respect, and honour — with love.

📝 What will I learn in this course?

In these pages, you'll learn:

- ☑ What the mooncycle actually is — in a kind, easy-to-understand way
- ☑ What happens in your body each month
- ☑ How to care for yourself when you're bleeding (or feeling emotional)
- ☑ How your feelings and energy change with the cycle
- ☑ That you are not alone, not broken, and never "too much"
- ☑ How to track your feelings and body with colours, dots, or drawings
- ☑ Why this journey is sacred — and full of magic if you know where to look

What will I do in this course?

You'll be gently guided through:

Magical stories (like the Hatter and the Red Thread)

Simple explanations

Creative activities (like building a moon basket or drawing your own inner seasons)

Soothing practices (like sipping tea or journaling your feelings)

Fun ways to learn about emotions, body signals, and how to listen to yourself

This course isn't about rules or grades.

There are no wrong answers.

It's about getting to know you — your body, your cycle, your truth.

💗 A note from the Hatter:

“If you’re feeling unsure or like you’re changing… good.

It means something ancient is waking up in you.

That’s not something to fear — it’s something to celebrate.

I’ll be here with stories, ribbons, and tea.

You are never alone on this path.

Let’s begin together.”



✿ Module 1: Creating Your Red Box or Moon Basket

Hello dear one,

Now that you've been welcomed into this journey, it's time to prepare — not because

anything scary is about to happen, but because it's beautiful and wise to have what you need close by.

This basket or box will be your Moon Companion.

It will sit quietly in your room or cupboard, waiting to comfort you, support you, and remind you that you are cared for when your moon arrives.

🍪 What Is a Red Box or Moon Basket?

It’s a special box, basket, or fabric bag where you keep all the things that make your cycle feel softer, calmer, and more magical.

When you feel cramps, or sadness, or tiredness, or just want to curl up… this basket will be waiting.

🌸 What Should I Put In My Basket?

Here are some lovely things you might include:

🧣 A soft cloth or Moon Moss blanket – something warm and gentle

🫖 A small pouch of herbal tea – like raspberry leaf, rose, or chamomile

📖 A moon journal or sketchbook – for doodling, venting, or moon tracking

💌 A love note to yourself – write it now or add one every cycle

🩸 Reusable cotton pads or a moon cup – if you've started bleeding

🌷 A little bottle of rose oil or lavender – to rub on your belly or breathe in

🎀 A red ribbon – to wear in your hair, wrap around your journal, or place on your altar

🕯️ A tiny candle, crystal, or meaningful object – just for beauty and energy

You can add, remove, or change things over time. This is your kit.

✨ **A Little Ritual**: Blessing Your Basket

Sit quietly with your box or basket in front of you.

Place each item inside slowly and with care.

Say aloud (or in your heart):

"I honour my body.

I welcome my moon.

I will listen to my needs, and I will be kind to myself.

This basket will hold me, just as I hold myself."

Wrap your red ribbon around the basket — or tie it in a bow inside.

You've just created your first Moon Ritual.

You are already becoming.

My Moon Basket Checklist

A little list of lovely things to comfort and care for me during my mooncycle

You can print this page and tick things off as you gather them.
Don’t worry if you don’t have everything — your basket is yours to create, in your own way, over time.

🌸 Moon Basket Essentials:

☐ A **soft cloth or Moon Moss blanket** – for warmth and cuddles

☐ A **pouch of herbal tea** – raspberry leaf, rose, chamomile, or your favourite

☐ A **Moon Journal or sketchbook** – for doodles, dreams, or feelings

☐ A **love note to myself** – just one kind sentence to begin

☐ **Reusable cotton pads** or a **moon cup** – if I've started bleeding

☐ A **tiny bottle of rose or lavender oil** – to smell or rub gently on my belly

☐ A **red ribbon** – to wrap around my basket or wear on special days

☐ A **tiny candle, crystal, or sacred object** – just because it's beautiful

✨ Optional Magical Additions:

☐ A **tiny moon or star charm**

☐ A **Hatter story scroll** or quote that reminds me of my power

☐ A **list of things that make me feel safe**

☐ A **little poem or affirmation**

☐ My **favourite socks or pyjamas**

“This basket holds me, just as I hold myself.”
– The Hatter



🌕 Module 2: The Four Phases & Inner Seasons

A Story of the Seasons Inside You

Hello again, moon traveller.

As the earth has its own seasons — with snowflakes, sunshine, falling leaves, and flower buds — so do you.

These seasons live inside your body as part of your mooncycle.
They move like a quiet dance, changing how you feel, what you need, and how to care for yourself.

Let’s walk through each one together…

Inner Winter

(When you're bleeding — menstruation)

It feels like wintertime, when the world is still and soft,
when the frost kisses the windows and the trees sleep deeply.
You may feel the chill in your bones and in your mood — not sad, just quiet.

Like a bear in her cave, you're being called inward… to rest, to breathe, to *be*.

Your body whispers,
"Put on the fluffy socks, wrap up in your Moon Moss blanket, and slow down."
Perhaps you warm a wheat bag, curl up with your softest pillow, and sip your Moon Tea blend — raspberry leaf, rose, or chamomile.
A bubbling vegetable soup or a smoothie full of fruit and kindness simmers nearby.
Your room becomes a little cocoon. A nest. A temple.

Feelings may rise — big ones, deep ones — because the world is quiet enough now to hear them.
And that's okay. Let them speak.

You are not broken, you are blooming underground.

🌸 **Magic Tips for Inner Winter**:

- Wear cosy socks and soft clothes
- Rest without guilt
- Light a candle, write in your journal
- Eat warm, comforting food
- Say no to busy things — yes to yourself

Inner Spring

(After your bleed — the follicular phase)

The snow melts. A bud peeks out.
You step outside your cave and feel a little more alive today.
Ideas swirl like new petals on a breeze — gentle, curious, open.

Inner Spring is when your energy returns, like the world waking up after sleep.
You feel lighter, hopeful, maybe even a little silly.
You want to plan, begin, explore, imagine.

You skip down a woodland path, pockets full of new dreams.
You start a new journal page, or try something you've been waiting for.
Everything feels possible.

🌸 **Magic Tips for Inner Spring**:

- Try something new or creative
- Go for a walk or do gentle movement
- Make a vision board or daydream a little
- Let excitement slowly build — no rush

☼ Inner Summer

(Ovulation — the peak of your cycle)

The sun is out. Birds sing. The world is golden.
You feel bold, bright, and maybe extra chatty.
Your body and heart open like a sunflower.

Inner Summer is your “shine” time.
You may want to play, connect, dress up, or speak your truth clearly.
You’re glowing — inside and out.

You gather friends, create magic, laugh a little louder.
Your energy is a gift, and the world feels warm with you in it.

✿ **Magic Tips for Inner Summer**:

- Express yourself through words, art, or dance
- Spend time with people who lift you up
- Do things that make you feel proud
- Channel your sparkle into something meaningful

🍂 Inner Autumn

(Before your bleed — the luteal phase)

The air shifts. Leaves turn golden and red.
There's a breeze in your chest and a hush in your mind.
Things slow down again — but not quite like winter.

In Inner Autumn, your emotions may speak more clearly.
You might feel more sensitive, more inward, more wild.
And sometimes… more irritable. That's okay too.

You sense things deeply now. You see through things.
This is your truth-telling time — your honesty

season.
Wrap yourself in your moon blanket again. Sip calming tea. Light a candle.
Let the noise fade away. You are preparing to shed, to rest.

🌸 **Magic Tips for Inner Autumn**:

- Journal or voice-record how you feel
- Let yourself rest more
- Do creative or quiet things
- Speak gently to yourself
- Create space for calm and honesty

A Whisper from the Hatter:

“You are not meant to bloom every day.
The flower rests. The tree lets go. The moon disappears and returns again.

So do you.

These seasons live in you — not to control you, but to guide you.
If you learn to listen… they will take you home to yourself.”


Cycle Tracking Magic
Learning to Listen to the Rhythm Within

🍪 Module 3: *Cycle Tracking Magic*

Learning to Listen to the Rhythm Within

Hello dear moon traveler, and welcome to your next magical step.

Now that you've met the inner seasons, it's time to begin noticing your own. Just like the moon changes shape in the sky, your body and feelings shift too — and when you track those shifts, something amazing happens:

✨ You learn to trust yourself.
✨ You know what you need — and when.
✨ You understand your energy, emotions, and body more deeply.
✨ You feel less confused and more connected.

You begin to speak your body's language.

🌸 What Is Cycle Tracking?

Cycle tracking is like keeping a secret diary between you and the moon inside you.

It means writing or drawing little notes about how you feel each day, so you start to notice your own patterns. You don't need to track perfectly or every single day — just gently, in your own way.

🖊 How Can I Track My Cycle?

Here are a few magical ways:

🌈 1. Colour Dots

Use colours to show how you feel each day:

- 🔴 Red: tired, low, sad, needing rest
- 💛 Yellow: happy, social, excited
- 💚 Green: calm, balanced, peaceful
- 🔺 Blue: thoughtful, dreamy, creative
- 🔮 Purple: sensitive, moody, magical

Put a tiny dot in your calendar, planner, or moon journal each day. Over time, you'll begin to see your own rainbow!

📖 2. Feelings Journal

Each evening (or morning), write one or two words:

- How do I feel?
- What does my body want?
- What was hard or lovely today?

Even one sentence a day can tell a beautiful story over time.

🕯️ 3. Draw Your Seasons

You might feel like a flower blooming (Inner Summer!) or a sleepy bear (Inner Winter!). You can draw how your energy feels each day using shapes, faces, or weather:

- ☼ Sunny = lots of energy
- ☁ Cloudy = a bit tired
- ☔ Rainy = emotional
- 🌸 Blossoming = creative

🌸 Why Track?

Because understanding yourself is powerful.
It helps you prepare for low-energy days, plan creative ones, and explain how you feel when words are tricky.

You begin to notice that you're not "all over the place."
You're just cycling — like the moon. And that's sacred.

🍄 A Note from the Hatter:

"Tracking isn't about fixing yourself — it's about *finding yourself*.
Your cycle is not the enemy. It's your inner compass.

You don't have to be the same every day.
You're not *meant* to be.

Draw. Scribble. Colour. Dream.
The moon doesn't rush, and neither should you."

Listening to Your Moon Body

Understanding Cravings, Cramps & Emotional Waves



🎞 Module 4: *Listening to Your Moon Body*

Understanding Cravings, Cramps & Emotional Waves.

Dear Gentle one,

Your body speaks in whispers. And during your mooncycle, those whispers become a little louder — sometimes through aches,

moods, cravings, or tiredness.

This doesn't mean anything is wrong with you.
It means your body is asking you to *listen*.

Let's learn how.

🌸 What Might You Feel During Your Moon?

- A heavier or crampy belly
- More tired than usual — like you want to hibernate
- Hungrier or craving comfort food
- More sensitive, emotional, or grumpy
- Needing more space or quiet time

All of this is normal.
You are not being lazy, too much, or dramatic.
You are cycling — just like the moon.

Gentle Ways to Support Yourself

Here are some soft, simple ways to honour your moon body:

Warm herbal tea – like raspberry leaf, chamomile, or rose
Moon Moss blanket – wrap yourself like a cocoon
Heat pack or warm bath – to soothe your belly or back

Moon journaling – write or draw how you feel
Candle time – light a candle and rest in the quiet
Simple nourishing food – like soup, smoothies, or warm fruit

Drink more water – your body is releasing, and water helps

A Ritual for Listening to Your Body

Find a soft space to sit. Place your hands on your belly.

Breathe slowly and say (out loud or in your heart):

"I hear you, body.
I see you, feelings.
I am safe. I am kind to myself.
I will listen with love."

You can even give your belly a name, or imagine it as a little moon inside you — glowing softly, full of wisdom.

💗 A Note from the Hatter:

“When I began listening to my body, everything changed.
She stopped shouting through pain and started whispering truth.

If you feel all over the place, or unsure, or like you need hugs and soup and silence all at once — good.

That means your moon magic is alive. And you, sweet one, are doing just fine.”



🌕 Module 5: *Creating Your Moon Self-Care Plan*

Tending to You Through Every Season

You've already learned so much — about your basket, your body, the inner seasons, and the ways your mooncycle changes your energy.

Now it's time to make something just for *you* — a Moon Self-Care Plan.

This is not a strict routine.
It's more like a love letter to yourself — something gentle to help guide you through each part of your cycle with kindness and care.

🌸 What Is a Moon Self-Care Plan?

It’s a simple way to remind yourself:

- What helps when you’re low or tired
- What feels good when you’re full of energy
- What to do when you feel emotional or sensitive
- How to work *with* your cycle, not against it

You can draw, write, collage, or decorate it any way you like.
We’ll guide you through each phase and give you examples to get started.

❄ **Moon Winter (Bleeding Phase)**

How I feel: Tired, quiet, sensitive, slow

What helps me:

☐ Warm tea and soups

☐ Fluffy socks and soft blankets

☐ Quiet time and rest

☐ Journaling or soft music

☐ Saying no to big things

My self-care words: *Hibernate. Soften. Breathe.*

🌱 Moon Spring (After Bleeding)

How I feel: Energy returning, hopeful, curious

What helps me:

☐ Starting new ideas or projects

☐ Fresh fruit and stretching

☐ Light walks or gentle movement

☐ Planning fun things ahead

☐ Talking to someone I trust

My self-care words: *Begin again. Plant seeds. Dream.*

○ Moon Summer (Ovulation)

How I feel: Bright, bubbly, sociable, creative

What helps me:

☐ Playing, dancing, or connecting with others

☐ Wearing my favourite outfits

☐ Creative projects or helping others

☐ Making plans or doing brave things

☐ Celebrating myself

My self-care words: *Shine. Share. Celebrate.*

🍂 Moon Autumn (Before Bleeding)

How I feel: Moody, sensitive, tired, needing space

What helps me:

☐ Less screen time

☐ More journaling or walks alone

☐ Calming herbal tea

☐ Clearing clutter or making things feel safe

☐ Kind words to myself

My self-care words: *Slow down. Reflect. Honour your truth.*

💞 Making Your Own Plan

You can use the worksheet in this course or make your own with stickers, coloured pencils, or magazine cutouts.
Keep it near your Moon Basket or tape it inside your journal.

You are not meant to feel the same every day.
That’s not a flaw — that’s your rhythm.
The more you honour it, the more peace you’ll find.

MODULE 6

Sacred Seasons – Moon Phases & Womanhood

You are part of something ancient and beautiful



🌕 Module 6: *Sacred Seasons – Moon Phases & Womanhood*

You are part of something ancient and beautiful.

As you journey with your mooncycle, you'll notice that your body doesn't just go through physical changes — it moves through seasons, like the Earth… and like the Moon.

And these seasons don't just happen each month — they happen through the stages of life, too.

Let's explore the deeper magic behind it all.

🌸 The Four Inner Seasons

You've already met the four phases of your cycle:

- **Winter** — your bleeding time
- **Spring** — the time after bleeding
- **Summer** — ovulation
- **Autumn** — premenstrual time

Each of these inner seasons matches the energy of the actual seasons outside — and the energy of the moon:

Inner Season	Moon Phase	Earth Season	Energy
Winter	New Moon	Winter	Rest, Stillness, Going Within
Spring	Waxing Moon	Spring	Growth, Hope, Creativity
Summer	Full Moon	Summer	Expression, Energy, Joy
Autumn	Waning Moon	Autumn	Reflection, Feeling, Letting Go

You carry all of these inside you.
You're not meant to feel the same all month — and that's not a weakness.
It's a superpower.

🎡 The Three Archetypes of Womanhood

🌙 A Story from the Hatter

One night, when the moon was very full, I dreamt I was sitting beside a glowing fire deep in the forest. Three women stepped out from behind the trees — one with wild curls and flower-stained fingers, another with soft arms and strong eyes, and the last with silver hair wrapped in stars.

The youngest danced in circles, laughing.
The middle one poured warm soup into bowls and kissed the air with comfort.
And the oldest looked at me — right into me — and nodded as if she had always known I'd come.

They sat with me, weaving their stories into mine.
They said, "We live inside you. You will meet us each moon, and again and again in your life."

They were the **Maiden, the Mother, and the Crone**.

👧 The Maiden — Spring Energy

You are in the **Maiden** time right now.
This is the season of **new beginnings, learning, and becoming**.
It's full of curiosity, creativity, and the question: *"Who am I becoming?"*

The Maiden loves to skip ahead, chase dreams, and paint the world in bold colors.

She lives in the **Springtime** of your cycle and your life — and she reminds you it's okay to try, to change, to explore, and to feel everything deeply.

🤱 The Mother — Summer Energy

The **Mother** is not just someone who raises children — she is a creator in all forms.
She tends gardens, friendships, ideas, and community.

When your heart is wide open and your arms want to care for the world, the Mother is alive in you.

She shines in the **Summertime** of your cycle — during ovulation, when your energy is at its peak.

You may feel generous, joyful, radiant. This is when you feel most "outward," like the sun.

👵 The Crone — Winter Energy

The **Crone** is the **Wise Woman**, the keeper of truth.
She's not afraid of the dark, of the feelings, or of saying "no."

She comes when you need stillness.
She reminds you that you don't always need to do — sometimes you just need to *be*.

She arrives in the **Winter phase** of your cycle — during bleeding — whispering wisdom if you are quiet enough to hear.

She wraps you in her cloak, hands you a mirror, and says:

"You already know."

♍ You Hold Them All

Even though you are a Maiden now, all three archetypes live inside you.
You'll meet them again and again — in your thoughts, your dreams, and your mooncycle.

When you feel creative — your Mother energy is rising.
When you need quiet and truth — your Crone is whispering.
When you feel bright and new — your Maiden is dancing.

They are always with you.

🎥 A Simple Practice: Calling in the Archetypes

Next time you feel confused or lost in your feelings, place your hand over your heart and whisper:

“Maiden, Mother, Crone —
Be with me now.
Help me understand what I need.”

Then breathe slowly. Listen.
You may hear a word, feel a warmth, or just feel held.
That is enough.



🌕 Module 7: *Honouring Emotions & Self-Care During Your Moon*

Your feelings matter. Your care matters more than ever right now.

When your moon arrives — when bleeding begins — your whole body, mind, and heart might feel different. And that's okay. You're not just shedding blood. You're shedding energy, emotions, and old stories.

This is not the time to force yourself to "keep going."
This is the time to *slow down, listen in, and soften*.

You are not broken or overreacting.
You are in a sacred phase of release and renewal.

🌸 Feelings During Your Moon

You might feel:

- Tired, slow, dreamy, or sensitive
- Sad, overwhelmed, or in need of space
- Quiet, thoughtful, and deeply connected to your inner world
- Creative and spiritual — or just in need of snacks and a good nap

This is the **Winter phase** again — just like Module 2 — but now, it's *real time*.

🌿 How to Honour Your Emotions

🕯️ 1. Make space for how you feel

Lie down, take a few breaths, and name what you're feeling.
You can say:

"Right now, I feel _____. And that's okay."

📝 2. Journal or draw your feelings

Use colors, shapes, or words. Don't overthink it — just express what's inside.

💧 3. Cry if you need to

Tears are part of the release. They carry hormones and energy out of your body.
Let them fall.

🥹 4. Ask for what you need

This might be space, a hug, a warm meal, or to not be asked questions. You're allowed to ask.

🤍 5. Remember: you're not alone

Every woman, every cycle, every age — we all walk this spiral path. It connects us.

🌷 Self-Care Ideas for Your Moon

- Wear your comfiest clothes or PJs
- Snuggle up in your Moon Moss Blanket
- Drink warm herbal teas (like raspberry leaf, rose, or nettle)
- Use a hot water bottle or heat pack on your belly
- Eat grounding foods — root veggies, soups, or warm smoothies
- Light a candle and just *be*
- Say no to plans if you're not up for them
- Watch gentle movies or read a book under a soft light
- Massage your belly or feet with rose or lavender oil
- Tuck in early — deep sleep = deep healing

Moon Magic Activity: A Love Note to Yourself

Write a kind message on a piece of paper during your moon.
Place it in your moon basket to find next time.

Here's an example:

"Dear me,
I see how much you hold, how deeply you feel.
You don't have to carry it all.
Rest now, love. You're doing beautifully."

Optional Practice: The Red Ribbon of Rest

Tie a small red ribbon on your bedroom door, bedpost, or wrist.
It's your quiet way of saying, *"I'm in my Moon Time — I need softness."*

You don't have to explain.
The ribbon speaks for you.



🎡 Module 8: Sharing the Wisdom

Title: "The Circle of Stories"

Now that you've journeyed through your own moon cycle wisdom, it's time to remember something even older than the moon itself:

🪢 The power of sharing.

In the old days, women and girls would gather in Red Tents or Moon Lodges — soft, sacred spaces where stories, tears, laughter, and wisdom flowed freely.
They didn't hide their cycles.
They honoured them — together.

🌀 Why Sharing Matters

When we speak our truth — even just a whisper — something magical happens:
We *realise we're not alone*.

Sharing can mean:

- Telling a trusted friend you've started your period.
- Asking your mum, auntie, grandma or big sister about their first time.
- Writing down your story to keep in your moon journal.
- Whispering your feelings to a tree, a river, or the moon.
- Sitting in a circle, even with just one other girl, and saying:

"This is what I'm feeling right now."

✿ Story Activity: The First Time

Write or draw about your first bleed — or what you imagine it will be like.
Where were you? What did you feel? What did you need?

If you haven't bled yet, imagine it like a short story:

Where are you when it happens?
Who do you tell first?
What helps you feel calm, safe, and honoured?

You can decorate this page with red thread, flower petals, or moon stickers.

🧶 Red Thread Ritual (Optional Group Activity)

This can be done with friends, sisters, cousins, or in a moon circle.

You'll need:

- One long red thread or ribbon
- Scissors

Sit in a circle.
Each person wraps the red thread around their wrist once, then passes the thread to the next person.
When everyone is connected, speak this together:

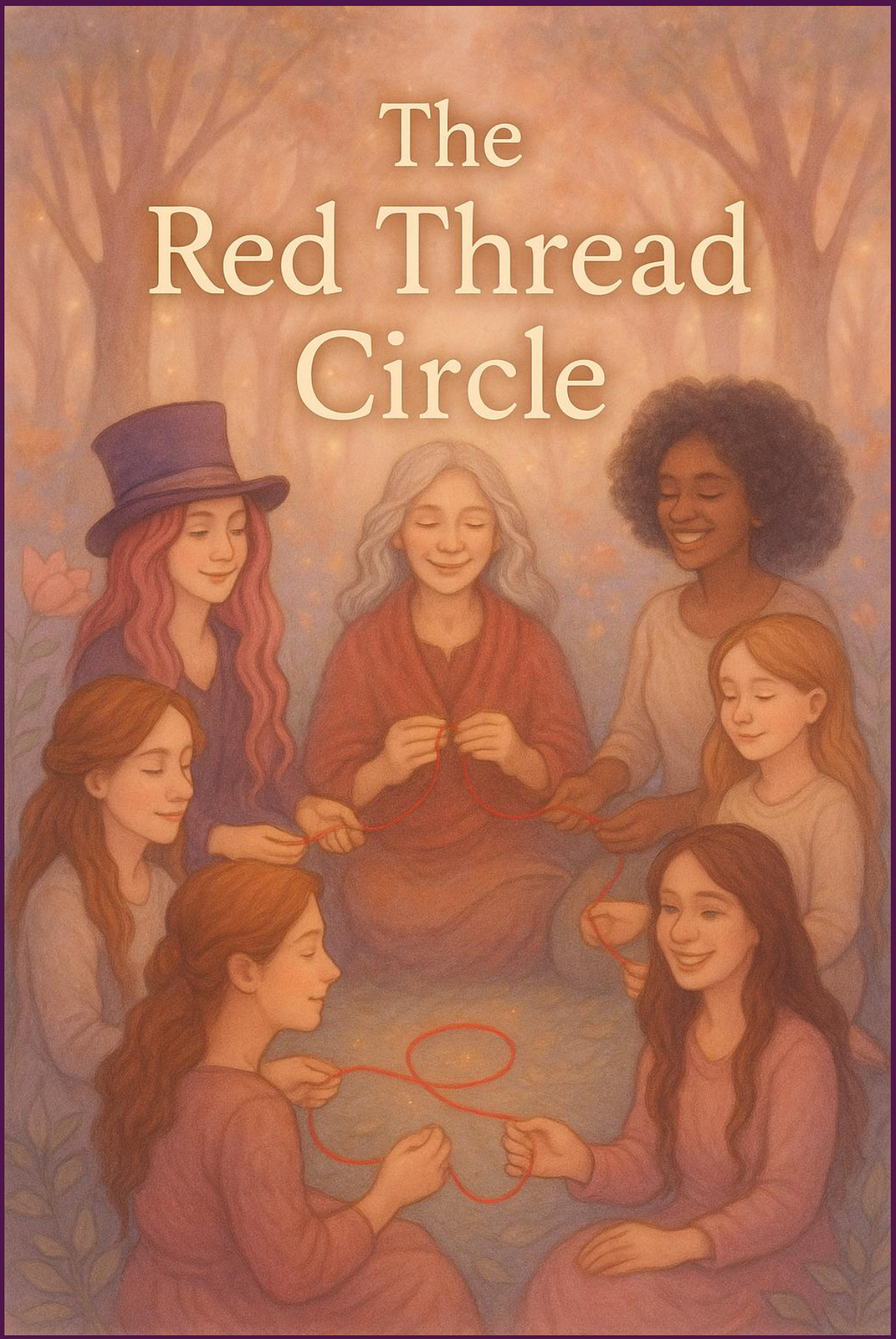
"We are part of something ancient and beautiful.
May we always honour our rhythm,
And remember — we are never alone."

Then cut the thread between each person and tie it gently on your wrist.
It becomes your Moon Thread — a symbol of connection.

🌕 Why This Matters

Cycles are not just about periods.
They're about *belonging*.
They're about *listening to life move through you*.

When we honour our rhythm and share our truth, we help others feel brave enough to do the same.



The Red Thread Circle

A Hatter Story to Close This Beginners Course.

The moon was full that night — not just in the sky, but in the hearts of the girls who gathered beneath the swaying trees. The glade shimmered with silver light, and the air smelled of chamomile, rose petals, and something ancient — like stories waiting to be told.

The Hatter was there too, her hat filled with red ribbons and dried lavender, her cheeks a little pink from excitement. She'd placed woven blankets on the soft moss floor, with lanterns glowing like sleepy fireflies, and a kettle of herbal tea steaming gently beside a basket of cinnamon biscuits.

One by one, the girls arrived — some with shy smiles, others clutching their moon journals or soft pouches of rose oil. No one needed to be perfect here. They were just… arriving. As they were. As they are.

The Hatter welcomed them with a nod and a sparkle in her eye.

"Tonight," she whispered, "we sit in the Red Thread Circle.
Not to fix, or impress, or explain — but simply to be.
To share. To listen. To hold each other gently."

They sat together, forming a circle, and passed around a long ribbon of red silk. As each girl took it in her hands, she spoke — a word, a feeling, a memory. One said, "Tired." Another whispered, "Hopeful." Another said nothing at all, only breathed — and that was enough.

There were no rules, only presence.

Some spoke of their first bleed.
Some asked questions.
Some cried, surprised by how safe it felt.
Some laughed, delighted by the simple joy of being understood.

They wrapped the thread around their wrists, one by one, and the Hatter smiled.

"Now you carry the memory," she said, "not just of your cycle —
but of being seen, heard, and held."

At the end of the circle, the girls stood up and did something unexpected:
They clapped. For each other. For the courage it took to show up.

For the moon. For their bodies.
For the magic of becoming.

And as they walked back to their homes — red threads on their wrists and warmth in their chests — a quiet truth walked with them:

You are never alone in this.
You are part of something ancient and beautiful.
And your story, just as it is, belongs here

💌 A Closing Letter for You

From the Hatter, with a teacup full of love

Dear Moon Sister,

Look how far you've come.

From the very first page — when everything felt new and maybe even a little confusing — to this final circle of stories, you've shown up with such softness and strength. I hope you know how precious that is.

You've listened, learned, felt, wondered.
You've started to hear the language of your own body.
You've met the moon inside you.
You've honoured your changing self.

Some days will still feel messy or hard.
That's okay. That's part of the magic too.

But now, you have your moon basket.
Your red ribbon.
Your journal.
Your tea.
And your knowing.

You know how to listen to your body.
You know your feelings aren't wrong — they're whispers.
You know the moon doesn't rush — and neither should you.

And more than anything…
You now know you belong to something ancient and beautiful.

A sisterhood.
A rhythm.
A remembering.

So whether you are just beginning, or you've already bled, or you're waiting for your first moon to come…

You are ready.
You are enough.
You are held.

And I'll always be nearby — with a ribbon, a riddle, and a warm pot of tea — whenever you want to visit again.

With love that wraps around you like a moon moss blanket,



The Hatter

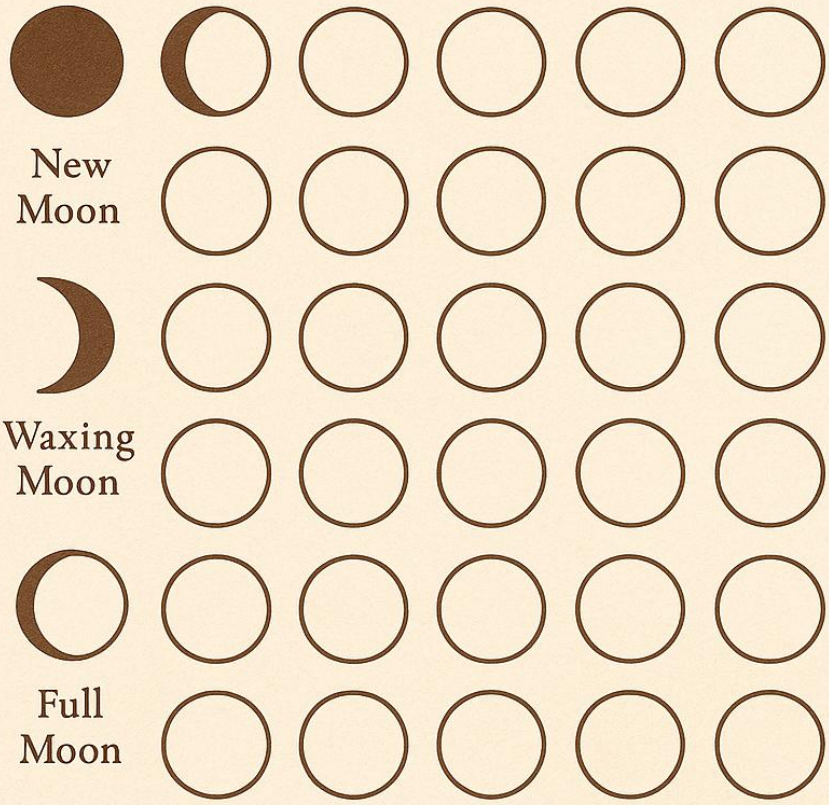
MOON PHASE MAGIC

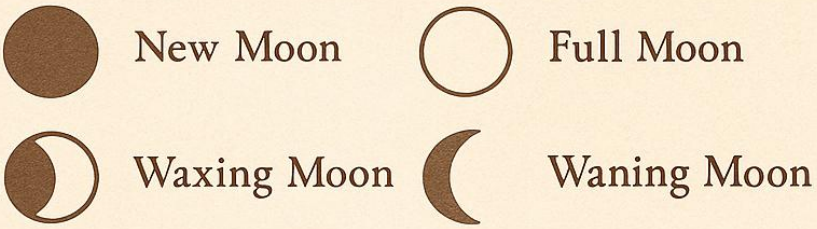




MOON MOOD TRACKER

Month: _____





CEREMONY BLESSING CARDS

✦

May you nurture your dreams

May you find inner peace

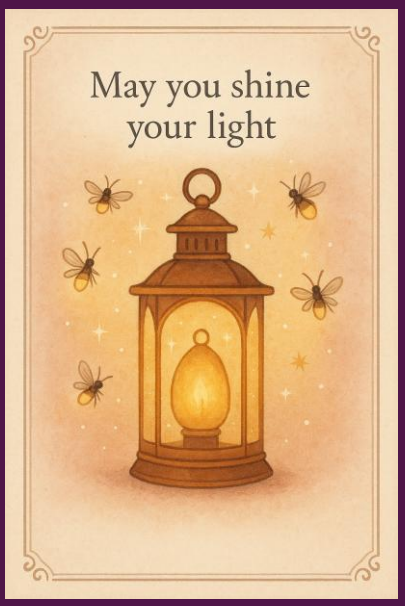
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May you embrace new beginnings

May you shine your light

✦









Cut These Out

🩸🌕 First Moon Blessing Meditation

A guided journey into your cycle wisdom

(Begin with soft music, candlelight, or a quiet cozy space. Wrap yourself in a blanket if you like.)

Welcome, dear one.
This is a sacred moment — one that lives not just in your body,
but in your spirit, in your cells,
in the long line of women and wombkeepers who have come before you.

Wherever you are in your cycle, or even if it hasn't begun yet —
this moment is for you.
For remembering.
For becoming.
For coming home to the truth of who you are.

Take a deep breath in…
and gently out.

Again… in…
and out.

Let your body settle. Let your shoulders drop.
Feel the ground beneath you like soft moss.
Feel the air around you like a gentle hug.

Now imagine this:

You are standing in a moonlit forest.

There is a shimmering silver path beneath your feet —
a path made of stardust and red thread.

You follow it slowly, step by step, until you reach a round, glowing pool.
The water glows like moonlight.
The trees around it are swaying gently, like they know you're coming.

A small being waits at the edge of the pool — the **Tiny Moon**.

She smiles at you — warm, ancient, kind.
She holds something in her hand…
a scroll, bound in red thread.

She says:
"This is your Womb Scroll. It holds the knowing already inside you —
of your rhythm, your emotions, your power, your softness, your strength."

She gently places the scroll in your hands.

You hold it to your womb — just below your navel.
And feel it begin to glow.

Now imagine this scroll dissolving into your body…
into your tissues, your cells, your heart.
It travels through your blood, through your bones,
waking up memories of magic and moonlight —
of everything your body already knows but forgot to remember.

Now take a deep breath… and whisper to yourself:

🌷 *I honour my mooncycle.*
🌷 *I do not fear it.*
🌷 *I listen to my body with love and trust.*
🌷 *I welcome rest. I welcome change. I welcome me.*
🌷 *I am sacred. I am soft. I am strong.*
🌷 *I am a keeper of the red thread.*

Let those words soak into your being.

Let the moon above you shine her soft light upon your crown,
down your shoulders,
your belly,
your womb.

Let it fill you with peace.

Now… slowly…
return to the rhythm of your breath.

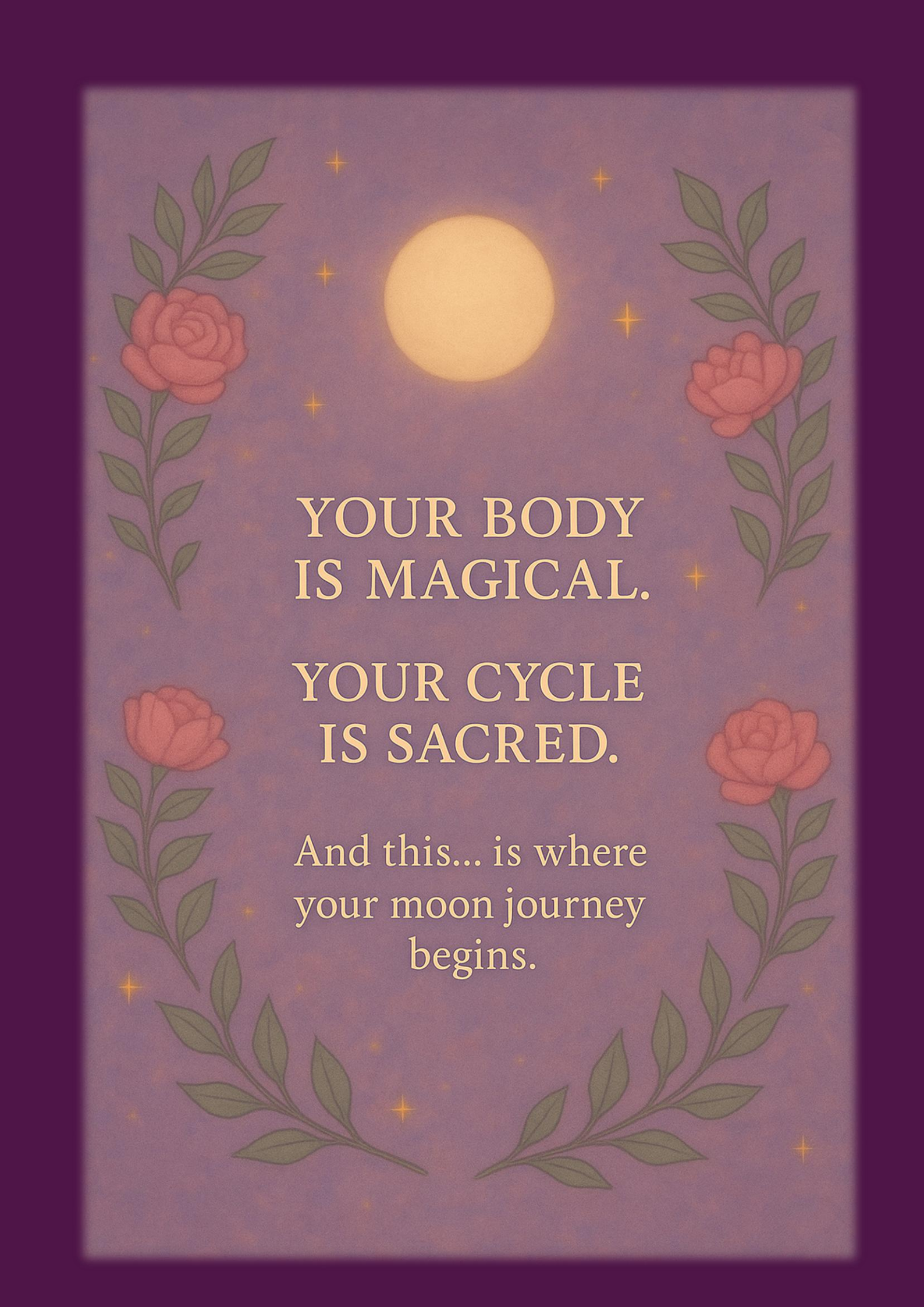
Wiggle your fingers.
Bring your awareness back to the room you're in.

And when you are ready…
open your eyes.

You are not alone.
You never were.
And you never will be.

You carry the red thread now.
And it carries you.




YOUR BODY
IS MAGICAL.
YOUR CYCLE
IS SACRED.
And this... is where
your moon journey
begins.