

## **Moon Phases and the Menstrual cycle**

It has long been known that a link exists between a woman's menstrual cycle and the cycle of the moon. What's more, as a result of this link, the moon is perceived as a symbol of femininity and the [Divine Feminine](#).

The connection between a woman's body and the moon becomes even more obvious when we consider the fact that the moon's complete cycle length is 28 days – the exact same typical length as a woman's menstrual cycle!

However, despite this intricate connection between the feminine and the moon, most women are clueless about how the moon's cycles connect with their own rhythms.

Well, what if I were to tell you that finding out the moon phase your period falls on can tell you a great deal about where you currently find yourself in life?

You have probably noticed that from time to time your menstrual cycle shifts and changes. Sometimes it is longer or shorter and sometimes the symptoms can also vary. But have you ever realised that your period synchronises with different moon cycles depending on the energy you are projecting?

There are four different moon cycles a woman can synchronise with: White Moon Cycle, Red Moon Cycle, Pink Moon Cycle and Purple Moon Cycle. Each has its own meanings and energetic differences.

## **How To Find Out Which Moon Cycle Your Period Has Synchronised With**

There are many ways you can find out which moon cycle your period aligns with but one of the best ways is to track your ovulation and periods. This will give you a clear picture of how your cycle operates and then you can see how it falls in relation to the moon's cycles.

## **Symbolism of the New Moon and Full Moon**

**The New Moon represents menstruation.** It is a time of seclusion and introspection. We look within, reflect and ask ourselves what we desire to manifest in the month (or lunar cycle) ahead?

**Whereas the Full Moon represents ovulation.** A time to celebrate and connect with others. We are inclined to be more outgoing and social, just like in our fertile days we naturally tend to be.

## **The White Moon**

The White Moon Cycle is connected to the New Moon phase. Women who bleed on the New Moon and ovulate on the Full Moon. This cycle is in direct co-relation to the natural rhythms of Earth.

The woman on the White Moon Cycle waxes and wanes as the moon does. It was known that women who cycle on the white moon are the born nurturers. Nurturers of others and newness.

They are highly fertile women, even if it means having idea-babies, a new project or maybe they are known as the mother of the group. It could point out to a time in your life that you are enjoying your home, family life and are inclined to create space and room for a new chapter to begin.

### **How to Use The White Moon Cycle**

Use the creative and fertile energy of this cycle to bring new creations to life. Alternatively, you can also use this energy to either bring children into the world (if you are hoping to become pregnant of course!) or nourish your family.

If you have synced with this cycle you are most likely being called to devote more time to yourself and concentrate on building your own life and strengthening your family structure.

## **The Red Moon**

The Red Moon Cycle is when women bleed on the Full Moon and ovulate on the New Moon. The opposite of the natural rhythm of the Moon, yet this combination enhances intuition.

It was known that women who bleed on the Full Moon are purpose-driven and empowered. Known as the medicine woman and healer archetype, here to empower others.

Connect with your sensuality and your inner mystic self, if you are bleeding with the Full Moon.

### **How To Use The Red Moon Cycle**

If you align with this cycle then connecting with Divine energy comes easily to you. Therefore, use this gift to aid you in your spiritual practices and put your spiritual development into gear.

You may be syncing with this cycle because you are being urged to evolve and develop your consciousness. You may also be drawn to healing modalities and helping others.

## **Pink Moon Cycle**

If you are synced with a Pink Moon Cycle you bleed on a Waxing Moon and ovulate on a Waning Moon.

Unlike the White Moon and Red Moon Cycles, which are considered the two main cycles, the Pink Moon and Purple Moon cycles are considered transitional cycles. This implies that you are in a transition phase of your life.

If you align with a Pink Moon Cycle, then you are considered to be in a phase of your life where you are growing and expanding. This is because you bleed on a moon phase where the moon's energy is growing and expanding.

At this point in your life, you may be focused on healing, learning and building your life.

Goddesses associated with this cycle are : Kali, Ceridwen and Eos.

### **How To Use The Pink Moon Cycle**

If you align with a pink moon cycle you may be going through a transformation or experiencing a rebirth. You also may have ended one phase of your life and be ready for a new beginning.

Take the time to work out what direction you are heading in and where you want to take your life. Think about what your focus is and go full steam ahead with it.

## **Purple Moon Cycle**

If you sync with a Purple Moon Cycle, you bleed on a Waning Moon and ovulate on a Waxing Moon.

Like the pink moon cycle, the purple moon cycle is a transitional cycle. Therefore, if you have synced with this cycle, it suggests you are in a transitional phase of your life. However, unlike the pink moon cycle, rather than expanding and growing you are, metaphorically, retreating back into your cocoon.

Since you experience menstruation on a waning moon you are at a point in your life where you are ready to slow down and devote more time yourself. Instead of projecting your energy outwards, right now you prefer to conserve your energy.

Goddesses who are associated with this cycle are: Persephone, Vesta and Inanna.

### **How To Use The Purple Moon Cycle**

If you currently align with a purple moon cycle then self-care and self-reflection should be your focus. Make more room in your diary to devote more time to yourself.

It is also possible that you may need to do some inner healing and this is something that only alone time will achieve.

# WHICH MOON CYCLE DOES YOUR PERIOD ALIGN WITH?



## WHITE MOON CYCLE

Bleeds on a **New Moon** and ovulates on a **Full Moon**. You are connected to the fertility of the earth and are ready to birth children or new projects.



## RED MOON CYCLE

Bleeds on a **Full Moon** and ovulates on a **New Moon**. You are a healer, high priestess or shaman.



## PINK MOON CYCLE

Bleeds on a **Waxing Moon** and ovulates on a **Waning Moon**. You are ready for transformation and growth.



## PURPLE MOON CYCLE

Bleeds on a **Waning Moon** and ovulates on a **Waxing Moon**. Your life is becoming more peaceful and quieter.

### Red Moon Cycle: *Menstruation*

If you bleed with the full moon, your energy is focused on self-actualization and empowering other women. Red Moon women are the healers, magic-makers, enchantresses, and wisdom keepers in our midst.

### White Moon Cycle: *Ovulation*

If you ovulate with the full moon, you are fertile with the natural cycles of the earth. White Moon women follow the cycle of the "good mother" birthing and nurturing their babies into being.



### Red Moon Cycle: *Ovulation*

Your body is fertile when the moon is dark. At the new moon, you birth the mysteries of your inner darkness into the outer world and bring forth the light of the consciousness to everyone including yourself.

### White Moon Cycle: *Menstruation*

When you bleed with the new moon, you make space to let go of the old and allow what you truly desire to spring into being. Whether it be career, relationship or family you are birthing new life into the world.

If you have a *Red Moon Cycle*:

Do you desire self-exploration and self-expression? Has your role of mothering children completed? Or is it a role you are postponing for the future or not planning on at all?

If you have a *White Moon Cycle*:

Are you desiring children? Do you spend a lot of time "mothering"?



## PURPLE MOON

- bleeds with the waning (moon getting smaller) moon.
- A stage after self reflection & self-discovery. (time to rest)
- A call for a deeper dive into your inner wisdom “metamorphosis”
- archetype “enchantress”  
The wild women,  
The alchemist,  
powerful,  
and deeply spiritual.

## PINK MOON

- Bleeds on or near the waxing (moon getting bigger)
  - A stage self reflection & self-discovery. (Time to take action)
  - Moving toward something bigger & better
  - Archetype: The Maiden, full of new enthusiasm, mental clarity & ambition
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## RED MOON

- bleeds with or around the full moon, ovulates with or around the new moon.
- healers, priestess and magic makers.
- Back in the day, women with this cycle were viewed as the "evil" or witches.
- Natural healers, and Wise Women,
- channel creative energy outward.

## WHITE MOON

- bleeds with or around the new moon, ovulate with or around the full moon.
- In balance with the Earth and Moon's divine sync.
- Typically very nurturing & caring
- Mother phase of life (most fertile)
- When the moon is dark, you go inward and bleed, when the moon is full, you are at your highest and shine brightest.