

What is Cyclical Living?

SIMPLY, THE CONCEPT OF CYCLICAL LIVING IS THE UNDERSTANDING OF THE RELATIONSHIP YOUR BODY HAS TO THE MOON, YOUR CYCLE, AND THE SEASONS.

Women, we are cyclical beings.

Our bodies have a natural rhythm that ebbs and flows alongside the moon and the seasons. Our bodies are meant to live in harmony with Mother Nature and we are designed to flow with her cycles, not against them.

THIS IS NOT A COINCIDENCE



But a few things have happened over time that have pulled us out of this beautiful rhythm and flow:

MODERN TECHNOLOGY: Lights, smart devices, indoor heat, modern conveniences. I am not about to give up my electricity or my cell phone, but we must understand that these machines and modern ways can disrupt our bodies' ability to sync up to a season or a moon phase - throwing us out of alignment & harmony with Mother Nature.

THE INDUSTRIAL REVOLUTION: Society fundamentally changed when new technology and manufacturing processes came on the scene. The Industrial Revolution shifted us into new ways of working and living, doing everything based on a time clock that told us when to eat, when to sleep, when to board the train and go to work. It was a schedule put together by the people who were leaving their homes and farming communities to work in factories - mainly men at the time.

Women's bodies are a little bit different, though. A complete cycle for us happens over a monthly cycle, in conjunction with the moon. But men actually cycle through completely in just 24 hours. So what we experience in about 28-29 days, a man experiences in 1. Nothing is wrong with either scenario. What is wrong is when we try to fit everyone into the same box. Like trying to put a triangle through a circle, we're not quite matching up. We each have to live uniquely in our own flow.

Now that we understand this, it's time to get our bodies back in sync. When our bodies are out of sync, disruption starts to happen. Our hormones become unbalanced because they're not within their natural rhythm and flow, and it can leave us irritated or feeling depleted. Remember, the body whispers until it speaks a little bit louder, until it screams. **If we learn to listen to it while it's whispering we can make some great changes.** If we wait until it screams, it's going to take a little bit longer to reverse, but I'm confident that we will be able to do that.

DID YOU KNOW?

A moon cycle = 29.5 days

A woman's menstrual cycle = 28-29 days

Both of these cycles have 4 distinct seasons/phases

A calendar year has 4 seasons



HOW TO START LIVING CYCLICALLY

1. Take notes! I've found it most impactful to just start noting where you are. Jot down where you're at in your cycle, what phase the moon is in, how you're feeling in the moment. Nothing will be perfect about this, your unique rhythm and flow will be different from mine, and it will be different from others'. If you are not menstruating, or if you're breastfeeding, or if you're past the change, or if you've had a hysterectomy - don't worry, you can still do this! Just use the phases of the moon.

Use the handy little checklist I put together for you on the next page to start tracking your flow. I want you to try and take these notes every day. For the moon phases, you can start out as simply as designating First Quarter, Full, New, or Last Quarter.

Start to notice how you feel every day. Your body will tell you a story. It's exciting when you see things start to line up, to be in sync, to flow.

2. Get outside every single day! Fresh air and Mama Nature are powerful players when it comes to getting your body back into a natural rhythm and flow with the moon. It doesn't have to be much. Get your bare feet on the ground. When I lived in California, I made it a big point to go to the beach daily. And I think one of the big reasons I found home in Iowa is how easy it is to feel grounded in natural cycles here. But if you live in a concrete jungle, this will be more challenging - I can't sugarcoat it. It is no coincidence that after guiding people on their health and wellness journeys for more than 10 years now, I've seen more health concerns among people who live in more heavily populated areas where it is harder to ground oneself. This doesn't mean it's impossible to ground yourself if you live the big city life. Just be intentional about it when you stumble upon that small patch of grass. You might even want to explore getting out of the city once a week to find a place that makes you feel super, super grounded.

3. Try a moon bath! Moon baths can be as simple as being outside under the moon and taking five breaths in and out. I like to do this right before I go to bed when I take my dog out one last time for the evening. I stand on my deck and I just breathe in the beauty of Mama Moon.

4. Drink tons of water! And I mean, half of your body weight. You've heard this a million times, but it truly is something so simple you can do to get yourself back into your natural flow. Aside from all of the benefits we hear about on a daily basis, water intake might also have a modifying role in reducing pain intensity during menstrual period.

TIPS & TRICKS FOR DRINKING MORE WATER

- »»» Get a water bottle you love - Drinking from a bottle that you enjoy makes a difference in both how likely you are to carry it and sip from it
- »»» Add a drop of your favorite essential oil (citrus oils are delicious!) to make your water less boring
- »»» Drink icy cold water so your body will work hard to convert it to body temperature allowing you to burn more calories
- »»» Make drinking water a morning ritual - Many people wake up dehydrated. Drinking a glass of water upon waking can help to jump start your day, and your metabolism!

ALLOW ME TO RANT ...

Your body was meant to have a menstrual cycle. It is a beautiful piece of using your beautiful body. But if you are using hormonal birth control, it might be acting as a big barrier that's getting in the way of you syncing to your natural cycle and could be causing more harm than you realize. Of course, we want to be protected from anything unexpected ... but you may have been prescribed the pill to help manage your hormones or an underlying condition like PCOS or endometriosis, and if that's the case we have solutions for you. I want to do everything in my power, knowledge and wisdom to help you get off of that hormonal birth control - it's messing with your body.

Moral of the story, the things I have to teach you are SIMPLE. I don't believe that we have to make tons of massive changes all at once to get meaningful results. In fact, I think massive changes all at once tend to send us backward instead of forward. There is no rocket science to it. It's as easy as implementing simple daily practices that will get you giant results. But don't let the simplicity of these practices deter you from being consistent with them. You may think, "It's just five breaths outside under the moon ... or an extra glass of water today, surely it won't make much of a difference." But I promise you, these practices will give you amazing results.

**"WHEN YOU START MAKING USE OF CYCLICAL LIVING, IT GETS EASIER
TO GO WITH THE FLOW IN LIFE - LITERALLY AND FIGURATIVELY."**

~ NINA GRUENEWALD

Where is my body today?

My cycle day: _____

Moon Phase: _____

How I am feeling today (emotionally, physically, energetically):

What are my thoughts today: _____

3 things I'm thankful for today: _____

How did I honor my body today: _____

What activities felt good today / What activities felt like a struggle:
