

The keys to understanding & making the most of your cycle

Key 1: A positive attitude towards your cycle.

(Especially the pre-menstrual phase).

Your cycle is not a 'curse' but a repeating source of wonderful opportunities and abilities.

Key 2: Accept your cycle and your body.

In this phase, this is who you are and how you are - do not try to be anything different.

Key 3: Love yourself for what you are.

Give yourself time and freedom. Love yourself rather than 'fix' yourself.

Key 4: Express your feelings, your energies, your creativity, your sexuality.

Key 5: Enjoy your process of expression!

Key 6: Record your experiences.

Identify your energies, abilities and needs in each phase.

Key 7: Organise your life.

Take advantage of the energies of each phase to fulfill your needs and create the life you want.

Find more articles and resources from Miranda Gray on her website:

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