The Moon Dial - Recording Your Cycle

Many of the changes we experience during the month go unrecognized, sometimes because we suppress them but very often because we are just unaware that they occur. By keeping a record of how we feel and act and of what we need or are able to do, we become aware of these changes and their place in our lives.

In the busy modern world it can be difficult to find an extra 5 minutes to write a diary, but it is essential if we are to understand and become aware of the cyclic changes within ourselves. Ideally try to keep a note book for a minimum of 3 months, jotting down any ideas, dreams, feelings etc. which you experience during the month. The record does not need to be lengthy, and you may wish to use the following format:

- **DATE**
- **DAY OF CYCLE** - Start the first day of bleeding as day 1. If you do not know which day you are on, leave the day blank until your next bleeding.
- **MOON PHASE** - Most newspapers will tell you the phase of the moon. Keep a record of when the full, dark and quarter moons occur.
- **EXPERIENCES** - See below for details to be recorded.

At the end of the month you will have a book full of information, which can be a bit confusing and difficult to sort through. We therefore need another method of presenting this information.

**The Moon Dial**

The Moon Dial is a simple method of recording your experiences of the menstrual cycle throughout the month, and one which enables you to easily compare months and to look for repeating patterns. Please see sheet below.

On the Moon Dial, the outermost number is the day number of your cycle. The next ring in is for you to record the date, and the inner ring is for the moon's phase. The outermost divisions are for you to summarize the experiences you have recorded in your note book. If your cycle is not regular, just fill in as much of the dial as the number of days in your cycle. If your cycle is longer than the 30 spaces allocated on the attached Moon Dial you will need to draw your own dial with as many divisions as days in your cycle.
Month:
**Suggested experiences to record:**

### Mental:
- Concentration levels.
- Inspiration.
- Enthusiasm.
- Need to learn.
- Ability to meditate.
- Ability to make right decisions / choices.
- Ease of learning new things.

- Ambitions.
- Attention to detail.
- Chaotic / illogical thought processes.
- Ability to visualize.
- Ability to communicate.
- Ability to think.
- Ability to deal with information.

- Frustration.
- Self-confidence.
- Reaction to stress.
- Reactions to people-sociable / anti-social.
- Ability to plan.
- Ability to cope with numerous ideas/pressures.
- Need to understand / be in control.

### Physical:
- Energy levels.
- Need for sleep.
- Illness.
- Aches & pains.

- Changes in diet.
- Changes in the senses.
- Vitality.
- How people react to you.

- Physical changes.
- Co-ordination.

- Sexuality – loving / caring / erotic / aggressive / sensual / none.

- Spotting - small amounts of blood at times other than the menstrual bleeding.

- Need for projects.
- Need for action / physical activities.
- Infections eg. Cystitis/thrush
- Food cravings-chocolate / ice-cream / salt / sugar / carbohydrates.
- Easy of being active e.g. stamina, subtleness, strength.
- Feeling creative - need to make things, to cook, garden, create order etc.

### Emotions:
- Anxiety.
- Paranoia.
- Clinging.
- Fears.
- Happiness.
- Connection with others and the world around you.

- Loving.
- Passion.
- Grief.
- Compassion.
- Sudden mood swings.
- Empathic - extremely sensitive emotionally.

- Crying.
- Wearing your heart on your sleeve.

- Anger.
- Peace & harmony.
- Selflessness.
- Motherliness.
- Aggression.

- Need for change - e.g. in life, tidying / re-decorating home, self image etc.

- Need for other people’s support and reassurance.

### Spiritual / Intuition:
- Intuition.
- Spirituality.
- Spontaneity.

- Inner knowledge & confidence.
- Healing.
- Divination / Psychic Abilities.

- Awareness of spirits / soul / higher self / the divine.

- Awareness of the inner world / energies.
- Peace.

- Need to experience a deeper awareness than that of mundane life.

- Need to express spirituality – ritual / symbolic acts / prayer / meditation / go on retreat / fast.

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Summary of energies and mythology images:

Outward Energy
- Growth of project
- Personal Strength
- Love
- Creation
- Nurturing
- Outgoing/Giving
  - Adulthood/Motherhood
  - Summer
  - Full Moon
  - The Good Mother
  - Mother Goddesses eg Mother Nature

Reducing Energy
- Evaluate project
- Inner needs desires
- Release
- Clearing
- Intuitive
- Instinct/primal
  - Post Menopause woman
  - Autumn
  - Decreasing Moon
  - Enchantress
  - ‘Evil’ Stepmothers

Increasing Energy
- Start new projects
- Activity
- Physical Energy
- Clear thinking
- Ambition
- Fun and Joy
  - Childhood/Youth
  - Spring
  - Increasing Moon
  - Snow White/Cinderella
  - Virgin Goddesses

Inner Energy
- Appreciate achievements
- Inner knowing
- Renewal
- Unravelling
- Grief
- Gestation
  - Old Woman
  - Winter
  - Dark Moon
  - Wise Grandmother
  - Queen of Death and Rebirth eg Persephone

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