

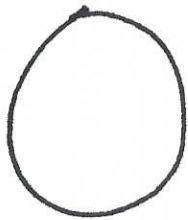
Moon Phases

new moon
dark

first quarter
waxing

full moon
bright

third quarter
waning



Menstrual Phases

Inner Winter
Bleed

Inner Spring
Follicular Phase

Inner Summer
Ovulation

Inner Fall
Luteal Phase

Moon



Menstrual



March 3
waxing Gemini
inner fall



example - Brieta is nearing her bleed, inner fall-luteal phase. The moon is waxing, building to full. She is opposite of the Moon.

♡ Brieta ♡

Journal
entry