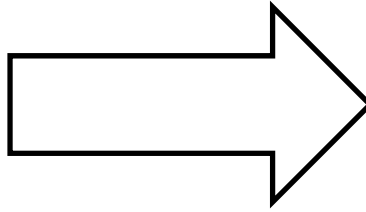


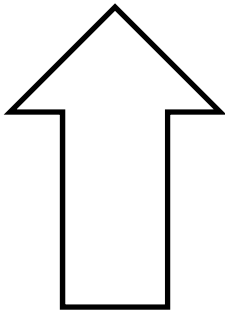
Reflection

- **Menstruation**
- **New Moon**
- Winter Solstice
- Pituitary Gland releases **FSH hormone** – to start maturing of follicle in ovary
- Breakdown of uterus lining from low levels of oestrogen & progesterone causes bleeding
- Self Reflection, revitalise and transform energies



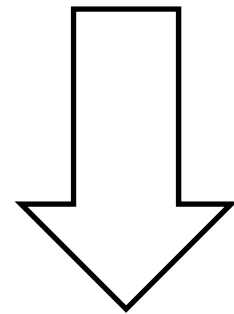
Maiden

- **Menses to Ovulation**
- **Waxing Moon**
- Spring Equinox
- Follicular Phase – ripening of an follicle (egg in a sac)
- Follicle release oestrogen – builds womb lining
- Fertile - preparing to give birth to someone or something
- Energies at best, outgoing, enthusiastic about new ideas, initiates new ideas



Wise Woman

- **Post Ovulatory – Pre- Menstrual**
- **Waning Moon**
- Autumn Equinox
- Luteal Phase (Secretary Phase)
- Follicle releases progesterone – this secretes a nourishing fluid in the uterus to help fertilisation
- Intuition and in tune with yourself



Mother

- **Ovulation**
- **Full Moon**
- Summer Solstice
- Follicular Phase
- Pituitary Gland release a surge of LH hormone – this triggers the most mature follicle to burst open and release an egg
- Most fertile few days before
- More receptive to others and new ideas

