



Here you have a short
summary of the four
menstrual phase archetypes



Maiden phase - pre-ovulation phase:

Dynamic energy, action, self-confidence, making plans and starting new projects.

Mother energies – ovulation phase:

Gentle energy, being loving, helping and connecting with people, and creating a supportive home.

Enchantress energies – pre-menstrual phase:

Dynamic energy peaks and soft energy moments, inspired creativity, magical spirituality, spring cleaning, and a need for more rest.

Crone energies – menstrual phase:

Gentle energy, needing more rest, being spiritual, day-dreaming the future, being accepting.

On the next page you have a different style of drawing.

Make a copy of this image, and every month write down all the sensations,

thoughts, dreams and feelings that you have in each phase! That can help you a lot!





BRING LIFE TO THEM WITH COLOURS

ARIX 2016