



THE WOMB ALIGNED PATH
PORTAL 1

WOMB HEALING ALCHEMY: ACTIVATING
WOMB WISDOM, MEDICINE & MYSTICISM

Menstrual Cycle Wheel



Creatrix Activation

Create a menstrual cycle wheel representing your connection to your cycle

Materials Needed:

- Large, round piece of paper or canvas (to serve as the wheel's base)
- Art supplies: colored pencils, markers, paint, brushes, etc.
- Four smaller pieces of paper or cardstock (for the season representations)
- Glue or adhesive
- Scissors
- Optional: Natural materials like leaves, flowers, or fabric scraps

Steps:

1. **Prepare Your Workspace:** Find a quiet, comfortable place to work where you won't be interrupted. Lay out your materials and take a few deep breaths to center yourself.
2. **Create the Wheel Base:**
 - Begin by drawing a large circle in the center of your base paper or canvas. This will be the foundation of your menstrual cycle wheel.
3. **Divide the Circle:** Draw a vertical and horizontal line intersecting at the center of the circle, creating four equal sections. These sections represent the four seasons of your menstrual cycle.
4. **Design Each Season:**
 - Start with one of the sections, representing a season (e.g., Spring, Summer, Fall, Winter). Each season can be represented with its unique symbols, colors, and elements. Consider the following ideas:
 - **Spring:** Blossoming flowers, buds, pastel colors, and symbols of renewal.
 - **Summer:** Vibrant colors, sun, warmth, and symbols of peak energy.
 - **Fall:** Earthy tones, falling leaves, harvest, and symbols of reflection.
 - **Winter:** Cool blues, snowflakes, quietness, and symbols of rest.
 - Let your creativity flow as you design each season, incorporating personal symbolism or elements that resonate with you.
5. **Incorporate Your Menstrual Cycle:** Within each season's representation, include symbols or images that depict your experience during that phase of your menstrual cycle. For example, for the menstrual phase, you could incorporate a red moon or a gentle river to symbolize the flow.
6. **Add Personal Touches:** Use this opportunity to add personal touches that connect your cycle to nature and your inner self. You can add quotes, affirmations, or poetry that resonate with each season.
7. **Assemble the Wheel:**
 - Once you've completed each season's representation, cut them out carefully along the lines of the circle.
 - Glue or tape each season representation onto the corresponding section of the wheel base.
8. **Embellish and Enhance:** Use your art supplies to further enhance the wheel. You can add details, shading, or small embellishments like glitter or dried flowers to make it even more unique.
9. **Reflect and Meditate:** After completing your menstrual medicine wheel, take a moment to sit in front of it, reflecting on the symbolism and personal meaning it holds. Meditate on the cyclical nature of your menstrual cycle and the connection to the seasons.
10. **Display and Use:** Find a special place to display your menstrual medicine wheel where you can see it regularly. Use it as a tool for meditation, reflection, or simply as a beautiful reminder of your cyclical nature and connection to the seasons.

Creating a menstrual cycle wheel can be a deeply personal and empowering experience. It allows you to honour your menstrual cycle as a natural and sacred part of your life while tapping into your creative expression.

OR

Drawing can be a deeply personal and meditative process. Here are some additional steps to guide you if you choose to draw your wheel:

Materials Needed (Drawing Option):

- Large sheet of drawing paper or a sketchbook
- Pencils and erasers
- Fine-tipped pens or markers for outlining and details
- Colored pencils, markers, or crayons for coloring

Steps for Drawing:

- 1. Prepare Your Workspace:** Find a quiet, comfortable place to work, and gather your drawing materials.
- 2. Create the Wheel Base:**
 - Start by drawing a large circle in the center of your drawing paper. This circle will serve as the foundation of your menstrual medicine wheel.
- 3. Divide the Circle:** Draw a vertical and horizontal line intersecting at the center of the circle, creating four equal sections representing the four seasons.
- 4. Sketch the Seasons:**
 - Begin with one section at a time and sketch the representation of each season (Spring, Summer, Fall, Winter) within its respective section.
 - Use light, gentle pencil strokes for the initial sketch. Don't worry about perfection at this stage; the goal is to get the basic shapes and elements in place.
- 5. Add Detail and Color:**
 - Once you're satisfied with the basic sketch of each season, start adding details and coloring.
 - Use fine-tipped pens or markers to outline and define the elements in your drawing.
 - Choose colored pencils, markers, or crayons to add vibrant colors to each season. Let your creativity flow as you color.
- 6. Incorporate Menstrual Cycle Symbolism:**
 - Within each season's representation, include symbols or images that depict your experience during that phase of your menstrual cycle.
 - For example, during the menstrual phase, you might draw a stylized red moon or a flowing river.
- 7. Personalize and Enhance:**
 - Add personal touches, such as quotes, affirmations, or small details that hold special meaning for you.
 - Consider adding shading or texture to give depth to your drawing.
- 8. Reflect and Meditate:** After completing your menstrual medicine wheel drawing, take a moment to sit with it, reflecting on the symbolism and personal significance it carries. Use it as a tool for meditation and inner connection.
- 9. Display and Use:** Find a place to display your menstrual medicine wheel drawing where you can see it regularly. Allow it to serve as a visual reminder of your cyclical nature and your connection to the seasons.

Drawing your menstrual medicine wheel offers a hands-on and artistic way to explore your menstrual cycle's connection to the natural world. It's a creative expression of your inner wisdom and a beautiful representation of your cyclical journey.

