



Female Cycle Power

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Author's Note

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I decided to begin this project because I couldn't find what I was looking for. What started as a simple word and excel document has developed into a full-fledged book, with additional planner.

I have no medical background, just a huge interest in everything that has to do with being a woman. I've acquired all my knowledge and wisdom by learning to feel more deeply, by reading a lot, by collecting and processing information and by joining women's circles in which respect for nature and for each other is paramount. Within these women's circles, I am supported in my vulnerability, it is where knowledge and wisdom are passed on and stories, in their pure form, are preserved. And this is done through the retelling of them.

I have embraced and welcomed my full truth.

The power of the womb, this sacred place, and my inner wisdom that I can always turn to. That power has given me insights. It has allowed me to grow and develop, it has nurtured and carried me. It took care of me during my beautiful, but also most painful periods of my life and while writing this book.

I am convinced that "illnesses and discomforts" are a warning to us, and they bring physical, emotional, and spiritual messages along with them that we can work with. We're allowed to understand them and to open and transform the traumas and blockages that are linked to them.

The mental, emotional, spiritual, and physical healing often begins with a new look at your body.

By looking at your cycle and life through a magnifying glass, naming it and then getting started with it, you can heal yourself completely. Trust your body and its wisdom.

Certain chapters involve intimate themes.

For young girls: start reading this at the time you're ready with the guy or girl you respect. Don't do anything under pressure or against your will. You can only give your precious gift to someone once: your first-time intimacy. Let it be a beautiful moment for you that you can look back on with a smile.

This is a woman-to-woman story. You decide what's important to you, and whether you want to develop the knowledge and do something with it.

I sincerely hope that in this journey you will see, read and take with you all kinds of beautiful things as memories. Cherish them.

Let me be your guide on this special journey.

You can travel further with me on my website:

www.decyclusreis.com

Thank you, dear reader, for your contribution to my story.

Embrace every phase of your cycle, and honour your
body. Being a woman is special and powerful.
Never apologise for your body and femininity.
Live it to the fullest.
I wish you many insights.

In love, light, truth, and purity.

Corry Pauwels



When
women
support
each other
Incredible
things happen

Dear wonderful woman,
GREAT!
You've got her.... Your new best friend!
Share everything with her,
share your secrets, But most of all... share your cycle.

Get to know and understand, and learn to deal effectively with,
your body and hormones.

Figure out precisely when you're just overflowing with ideas, and when you need back off a bit.

This planner can help you grow and thrive in your relationships, health and career. Your energy levels, mood, sleeping patterns, drive, creative and productive flow, concentration, eating patterns, amount of socializing, need for exercise and rest... all get a lot easier to understand when you know what's all going on inside.

There are four phases in your cycle and they correspond to the seasons:

- Winter -> menstruation;
- Spring -> period before ovulation;
- Summer -> around your ovulation;
- Autumn -> about a week before your period.

This can differ per woman, depending on the length of your cycle.

If you learn to understand your cycle and become more aware of the superpowers and pitfalls of hormones, you can use them to your advantage instead of feeling like a victim. When you tune in to your cycle-consciousness, you get in touch with your inner wisdom, and only then are you able to heal and understand yourself. It's the mind/body connection.

This planner will provide you with valuable information as you track your cycle. I'm happy to show you how to use this information, as well as share some yoni quotes and facts, and leave some room for your own personal notes, thoughts or other things you'd like to write down.

It'll help you to learn how to read your body and to "map out" an unknown world.
This is your best friend.

I would like to encourage women who no longer menstruate (due to menopause, hysterectomy, ovariectomy) to also keep track of their cycles. You may no longer be in the procreation and flow stage, but you certainly still have the energy within you. That energy used to flow out but now it initiates an internal movement and flow, and supports your feminine rhythm. Cherish it and embrace it.

* And, dear transgender woman, this planner is for you too. It will help you gain a better understanding of how the hormones are affecting your body, even if you're not menstruating each month.

And last but not least:

sweet man,
sharing your life with a goddess.... Try to understand her inner seasons. Read this book and let yourself be amazed at how much you, too, can support your woman throughout her cycle. I promise you'll gain a lot of love and understanding.

This is not a yearly planner, it's your personal journey!

*Pull your hat down over your ears, blossom with the blossoms,
let the sun warm you,
dance through the fallen leaves on the ground,
Enjoy your seasons.*

**What you experience
will ultimately be more important
than anything I say.**



Do you listen to the wisdom of your womb?

Do you give her attention?

Do you interact with her every day?

Do you trust her?

Your beautiful womb, the source of your femininity and creativity.

Your sensuality, vitality, your manifestation of power and new life.

If ignored, it will 'scream' for your attention by causing menstrual cramps.

This pain is a cry for attention to bring you back to your womb.

Listen to what it wants to say to you.

Time to turn inward, feel and listen.

Place your hands on your lower abdomen.

Bring your attention and breath to your womb.

Observe, listen, feel and receive...

01

Ways you can use your planner

01 Ways you can use your planner

How much time you want to spend on it is completely up to you.

Maybe it's just one word and you think "Aha, that's it", and you're done.

Or maybe you want to go into more detail with writing down your symptoms, moods, thoughts and dreams.

Look at your planner as a best friend, for you to decide what you want to say and how you want to fill it in.

For me, the old-school method, pen and paper, is my favourite. You can work with colours, stickers, checkmarks, shapes, drawings, icons, emojis, and so on.

Like me, you can give your "take it easy" week a certain colour, as well as any days where you're bursting with energy.

Be creative and do what works for you. Take the time for it.

Let go of all the preconceived notions about how you 'should' experience your cycle. There is no such thing as a perfect cycle and keeping track of it will reveal your more active moments as well as your quieter moments (and anything in between).

Learn to love your body and enjoy your cycle during the phases that feel most comfortable for you. Also pay close attention to the phases that may make you feel uncomfortable or overwhelmed. Because they all bring you in touch with an inner wisdom and knowledge. Your cycle is an ebb and flow of dreams, creativity, quiet times and hormones. It's not just the flow of fluids, it is also a processing of all the information that comes to us at every stage of our cycle.

01

Ways you can use your planner

What are some things to keep track of?

In order to get to know yourself better, keeping track of how you feel physically and emotionally is a must. You'll discover patterns, gain insights and learn to respect and understand yourself better because basically you'll know right where you're at, what 'season' you're in. You'll understand why you're energised one day and feeling like the rug's been pulled out from underneath you the next. By becoming more aware of your cycle, you also become more aware of yourself and your body's wisdom.

- Physical;
- Energy level;
- Sleep pattern;
- Libido;
- Basal body temperature;
- Discharge;
- Physical discomfort;
- Emotional;
- Activity and rest;
- Socializing and being alone;
- What is important to you;
- Length of your (natural) cycle;
- Bleeding (light, medium, heavy);
- Cervical mucus;
- Intimate contact (with/without protection, masturbation);
- Eating behaviours;
- Dreams (and especially the themes);
- Spiritual.



I have already written down some symptoms and moods in the planner that you can use.

But of course feel free to fill it in as you wish if there's anything you feel is missing.

02

Women's rhythm, men's rhythm

02 Women's rhythm, men's rhythm

The differences between men and women have already been covered in many discussions. The biological differences are visible, there's no end to talk about the differences in behaviour and personality. You can therefore ask yourself to what extent the differences are innate, embedded in our hormones and genes. Whether they are learned or culture-bound, and whether they were woven into our upbringing.

It is clear, however, that women and men have different rhythms. Our society is mainly focused on the linear male 24-hour cycle.

What's goin' on?

A man has a 24-hour cycle and therefore a DAILY rhythm.

The main hormone, testosterone, peaks every morning (between 6 a.m. and 1 p.m.) and decreases over the course of the day. This ensures vitality, self-confidence, muscle building and yes, those lustful feelings. Which is why most men prefer intimacy in the morning ladies!

Great, well, that's been cleared up once again.

What has been scientifically proven is that people have more testosterone in the spring than in the fall. It's true that these fluctuations are less in men than in women, but men can still be affected by them.

IMS (Irritable Male Syndrome) is the male counterpart of PMS. The hormonal changes (dopamine and serotonin) can cause issues such as concentration problems, nervousness and fatigue. Due to the (temporary) decrease in testosterone, there may be feelings of depression, decreased libido, decreased energy and irritability.

Our feminine rhythm is part of the 28-day lunar cycle and therefore we have a MONTHLY rhythm. No wonder our days are so different and our energy levels and rhythms change so much.

So, from now on you'll get to know your cycle better and how to deal with it more effectively.

Ready? Let's go!

03

03 Phases

Code red, a visit from Aunt Flo, red army, the curse, periods, that time of the month, on the rag, surfing the crimson tide, Bloody Mary, shark week...

Whether we like it or not, we women menstruate throughout a big part of our lives. One minute you're high on life and the next you're way down in the dumps. Most women see their cycle as a kind of overall 'inconvenience' with menstruation as the culmination of this. But menstruating is actually a beautiful symbol of a healthy reproductive system, ironic as it may sound.

For centuries menstruation has been denied and cast in a bad light. We have come to believe that menstruation limits our power and that it is a weakness we must overcome in order to be successful. I tell you now that your menstrual cycle is your strength and power and an initiation into a personal liberation process.

In the Western world, we women have had to learn to just move on and "keep at it", and that it's better to just ignore our periods.

Nothing could be further from the truth. By ignoring our bodies and not listening to what they are telling us, we resist what is truly happening each month.

Discomforts and inconveniences may arise that we classify under the heading of "menstrual complaints". By being in touch with what's going on in our bodies and recognising the signals, complaints can be alleviated and/or disappear altogether. Women who menstruate lose about fifty percent of their total energy. During the heaviest part of their period they should be allowed to say that they only want one thing: *REST!*

Embrace your cycle and recognise each phase of it, because it is giving you valuable information and can ultimately make your life easier.

"Your hormones determine how you feel, how much energy you have and what you are good at."

03

Cycle length, hormones and moods.

A normal menstrual cycle lasts between 21 and 35 days. The levels of several important hormones fluctuate on these days.

You may be familiar with oestrogen, progesterone and testosterone. But don't forget the luteinising hormone (LH) and follicle stimulating hormone (FSH) because they also serve a huge purpose, namely egg maturation and ovulation.

I'll briefly summarise what these hormones do to your body.

Did you know that your cycle consists of four phases?

They correspond to the seasons winter, spring, summer and autumn.

At each stage, a different hormone becomes the 'star' of the scene, making you feel different in each season. And each season has its pros and cons. Sometimes you want to be centre stage and sometimes you'd rather be backstage. Once you're aware of all this, you can learn to fully utilise and embrace your cycle.

Stage 1: pre-ovulation (7 to 10 days)

Season: Spring

During this period before ovulation, your hormones are relatively calm and levels are low. In this phase, the follicle stimulating hormone (FHS) is produced.

A follicle is a small vesicle containing an egg.

Your oestrogen level starts to rise during this phase.

You feel good. You're feeling more creative. Your energy is high and you're feeling "high on life". Your attitude towards others is more open and relaxed. Let's call this the *"I'm ready for anything"* phase!

**"Your cycle repeats itself about
400 times in your life."**

03

Cycle Phases

Stage 2: ovulation (3 to 4 days)

Season: Summer

During the ovulation phase, the luteinising hormone (LH) and oestrogen both increase. Oestrogen levels reach their peak and testosterone levels increase. Some women can feel when they ovulate. It's like a little 'pop' in your womb.

You are at the peak of your energy level. You feel great and your skin and face glow. You communicate well and this is the time you know how to express yourself best. The increase in testosterone makes you more interested in sex or 'self-care' (masturbation).

This is your "on top of the world" phase!

Stage 3: post-ovulation (10 to 14 days)

Season: Autumn

After ovulation, the progesterone level immediately rises. Oestrogen rises slightly but progesterone starts to dominate.

It's not uncommon during this period to have mood swings, anxiety, cramps, and other PMS complaints. You may feel a bit gloomy and more tired than usual. You worry more about things and people. Uncontrollable binge eating is also not uncommon during this period.

Stage 4: menstruation (3 to 7 days)

Season: Winter

If the egg is not fertilised (no pregnancy), the levels of progesterone and oestrogen drop. Your body is getting ready for your period. The most blood loss will occur in the first two days.

As this phase progresses, oestrogen levels rise and you start to feel a bit better again.

Because menstrual complaints can arise, you might not feel so great during this phase, and you'll want nothing more than rest and to turn inward.

03

An emotional rollercoaster is completely normal. Don't worry, almost every woman suffers from this. However, if you experience real discomfort and pain, or if your cycle is not going as you think it should, please contact your doctor.

We do have some control over how we can harmonise and balance our cycles better.

What you eat, how much you exercise, what your lifestyle is like and/or how much stress you experience can all influence your cycle. If you start tracking and charting your cycle, you can learn to better adapt to your needs and your body and mood will definitely benefit from this.

Cycle Phases

“The uterus expands (spring),
there is ovulation (summer),
the uterine lining shrinks (autumn),
unless an egg is fertilized,
and finally,
you menstruate (winter)
and the whole cycle starts again.”

04

The four inner seasons of your cycle

The four inner seasons of your cycle.

Winter, spring, summer, and autumn.

They aren't just the seasons as we know them – they're also the inner seasons of your cycle. In every season a new hormone is released, and that sure sets things in motion.

Each phase also has its own psychological impact. Once you recognise this, you can then begin to learn to use and work with your inner strength.

In between the seasons, you also have the transition moments: the moment you step from one season into the next. They give you an opportunity to clearly see what your strengths and weaknesses are and whether you are paying enough attention to your cycle.

Be sure to write them down so that you know when your inner season changes and what emotion or physical sensations you can take into account. (See Chapter 8 - Seasonal Transition Days)

I'm going by a 28-day cycle here: this differs from woman to woman and is not a standard. Every woman is unique, and so is her cycle.

