

BIRTHING SEXUAL SOVEREIGNTY

-THE WHITE AND RED MOON CYCLE-
BONUS WORKBOOK



PHOENIX'S SHARINGS AND THESE ARCHETYPAL TEACHINGS HAVE BEEN INSPIRED BY MANY MENTORS, guides and teachers including Alexandra Pope of the Red School and Miranda Grey, author of Red Moon. According to Phoenix's teachings, there are two types of moon cycles: The White Moon Cycle and the Red Moon Cycle.

THE WHITE MOON CYCLE

ON THE WHITE MOON CYCLE, THE SACRED DREAMER PHASE AND THE FIRST DAY OF BLEEDING OCCURS AROUND THE NEW MOON. On the full moon, you are ovulating and fertile. The energy of ovulation is amplified, as Phoenix shares, "you may be in a giving and nurturing mode" as well as "grounded, rooted, softening into life." You are on the fertility path of birthing into the world.

THE RED MOON CYCLE

ON THE RED MOON CYCLE, THE SACRED DREAMER PHASE AND THE FIRST DAY OF BLEEDING OCCURS AROUND THE FULL MOON. On the new moon, you are ovulating. The energy of bleeding and healing is amplified, it is dynamic, shadow clearing, and an active transformative phase of life. You are on a profound shamanic journey and the path of the medicine woman and wise woman.

ALIGNING WITH THE CYCLES

YOU CAN SLOWLY MOVE OR SHIFT YOUR CYCLE. If you are currently more aligned with the Red Moon Cycle and you desire to enter the fertility path of the White Moon Cycle, perhaps to conceive a child, you can support this shift through modifying your lifestyle. Phoenix mentions to align with the White Moon Cycle, you can slow down “by nourishing, nesting, grounding, rooting, becoming a container for a fertile womb to hold life rather than release life.”

HONOR YOUR OWN RHYTHM AND PHASES REGARDLESS OF HOW THEY MAY OR MAY NOT ALIGN WITH THE LUNAR PHASES. That is entirely normal and natural. Additionally, if you are in a Sacred Pause, which can include being postnatal, perimenopausal, menopausal, postmenopausal or having experienced hysterectomy or other circumstances, you hold the same or an even greater potential to connect with your womb space and the lunar cycle. The ultimate experience of being in menopause is to have the capacity to hold and embody all four archetypes simultaneously. You become your own Queen, you become the ultimate feminine power as the Crone and Wild Wise Woman.

At all times, you are still guided by the moon and the rhythms of the earth and can choose to align with the archetypes through the lunar phases.

