



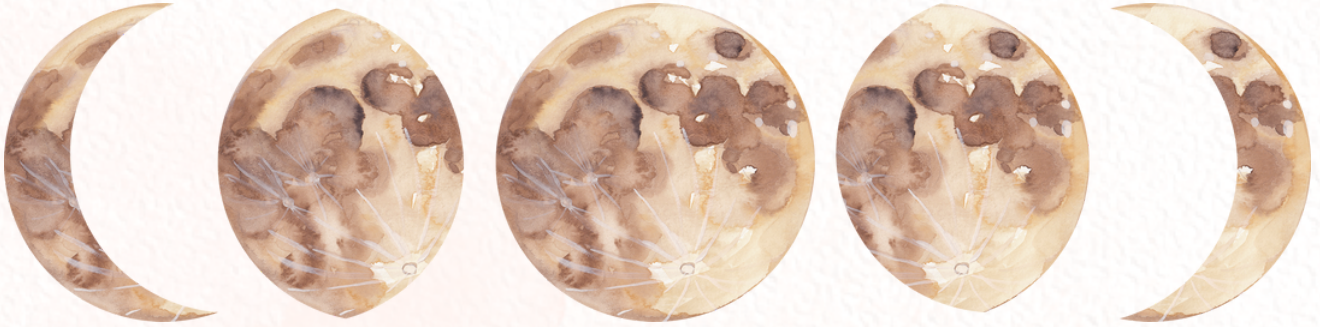
INNER SEASONS

Journaling workbook



NIKKI LEWIS YOGA

THE INNER SEASONS



Like the seasons of the year, throughout the month of your menstrual cycle you move through an inner winter, spring, summer and autumn and back to winter again. Each phase brings its own set of specific psychological challenges, but it is in meeting these challenges that you find the opportunity to grow, heal and step into your power.

The important thing is to get to know and follow your own cycle experience, and discover the season changing moments for yourself. If you don't already, I recommend starting to keep a diary to record how you feel as you move through your cycle, to bring attention to any patterns emerging, I have found this practice invaluable and so very eye opening!

Based on a 28-day cycle:

Inner Winter

approximately day 27 to day 5

Inner Spring

approximately day 6 to day 11

Inner Summer

approximately day 12 to day 19

Inner Autumn

approximately day 20 to day 26

'As you bring consciousness to and care for each season in turn, you restore the order of the cycle, your inner ecology, and with that create a feeling of greater ease and pleasure, coherence and effectiveness in using your power.' Theredschool.net

INNER WINTER

or new moon



Surrender

***'I trust my body, and I listen when she speaks up.
She speaks up when I surrender' Claire Baker***

Inner Winter is the time of menstruation and can be a really potent, expansive time if we follow the call to surrender. Your energy is drawn inwards and its a season of rest and renewal before we emerge back into the world. This is a time to pause and slow down, and set new intentions for the cycle ahead. Clear your schedule as much as you can, say no to anything that feels draining, surrender and nurture yourself.

Inner Winter

JOURNAL PROMPTS

What can I let go of?

What does my heart want me to know?

How can I offer myself more compassion and grace?

What new seeds of intention am I planting?

INNER SPRING

or waxing moon



Cherish yourself

'Vulnerability is not weakness: Its our most accurate measure of courage'

Brene Brown

After your bleed you move into the follicular phase as your hormones start to kick back in to prepare your body to release another egg, and with that comes a surge of fresh energy, much like the season of spring. There is a bubbling feeling of energy rising, and it can be tempting to get carried away and end up feeling burnt out, so your challenge is to emerge slowly and tenderly, embracing your vulnerability at this time.

Inner Spring

JOURNAL PROMPTS

What do I want to make happen this cycle?

How can I pace myself?

What new opportunities or projects do I feel called to begin?

What does my inner child want me to know?

INNER SUMMER

or full moon



Celebration

***'Gratitude unlocks the fullness of life. It turns what we have into enough, and more.'* Melody Beattie**

This season is the time of ovulation and can bring the experience of plenitude and ease. You have arrived at a very outward state and you may be feeling very social and confident. You may care less about what others think which can allow for a wonderful period of self expression and creativity. During your inner summer your heart can burst open as you are filled with gratitude and appreciation for others and life itself.

Inner Summer

JOURNAL PROMPTS

What can I celebrate right now?

What or who am I grateful for?

What do I desire right now?

What can I receive right now?

INNER AUTUMN

or waning moon



Hold yourself

***'You are being stripped down to your wholeness. The layers and baggage that you are shedding may feel like you are falling apart, shattering into pieces. Those pieces weren't yours. The things falling away never belonged to you. Let it all fall.'* Octavia F Raheem**

When we embrace our inner autumn time we find the powers of insight, saying 'no', truth speaking and letting go. This can be a challenging season for many as we see the rise of tension, our inner critic showing up and being forced to face our shadow side, but within this tension lies an opportunity for deep healing and resolution.

Inner Autumn

JOURNAL PROMPTS

What is no longer working?

What can I release?

What fears or limiting beliefs am I holding?

What is my inner critic saying to me?

What self sabotaging behaviours are holding me back?

How can I surrender more?

‘Within every woman there is a wild and natural force,
a powerful instinctual nature
that can guide her to her truest self’

Clarissa Pinkola Estes



Information for this guide comes from
Wild Power by Alexandra Pope and Sjanie Huga Wurlitzer
If you would like to delve further into this topic I highly recommend this book

Nikki Lewis Yoga