

MY *Moon* CYCLE MANIFESTO



I honor my cycle as the source of my womanhood and true feminine power.

I slow down and listen to my body's messages during PMS.

I dream, vision, and rest during the new moon and my moon cycle.

I allow myself to be reborn and to tap into new creative powers with each cycle.

I will no longer betray my body's truth, needs, or wisdom.

I embrace all the seasons that my body and heart move through.

I no longer believe it's OK or desirable to "be the same every day of the month."

Through me embracing the power in my cycles, I will inspire others to do the same.

I love my moon cycle!

www.iheartmymooncycle.com

