

# Epic Inner Seasons

By learning how to harness and embody the power of your Epic Inner Seasons, you will begin to **unlock your true power as a woman!** This will support you to understand what it means. To live in sync with your 4 inner seasons, and more importantly, understand what specific resources and physiological challenges will help you grow into and embody your power. By learning and understanding your cyclical nature, you learn that **CYCLES** do set natural limits in our lives, reminding you that **you cannot be all things to all people all the time!**

The understanding, abiding rhythm of expansion, contraction and movement through your Epic Inner Seasons is a process of self-development and you will discover, test, and refine your power.

## FIRST LET'S START THIS PROCESS BY ASKING A FEW THOUGHT-PROVOKING QUESTIONS:

1. Do you track your moon cycle and design your life around your cycle?
2. Do you understand the 4 inner seasons you experience on a monthly basis and understand the emotional changes your body goes through?
3. Do you suffer from anxiety and/or mood swings with your cycle?
4. Do you push through, take Tylenol and keep your schedule over booked during your cycle struggling to say NO to others?

## Action Steps

1. Start tracking your cycle with **one** of these suggested apps:
  - Eve by Glow
  - MyFLO
  - Glow
2. Schedule breaks and time for rest during your moon (**yes, write it in your calendar!**)
3. **Notice your emotions** that come up during the Wild Women phase—this is when our inner critic is strong, so be gentle with all the feels. They need space to feel safe in expression ♥



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## Journal Prompts for each Inner Season

### THE CRONE: DAY 1-6

1. What do I truly want for my life, how do I want to feel, and how can I support myself to move towards this direction?
2. What can I let go of this season?

### THE GODDESS: DAY 7-13

1. Imagine yourself as a little girl- happy and free. What does she want you to know?
2. How can you show up to honor your priorities personally and professionally?

### THE MOTHER: DAY 14-21

1. What do I desire right now?
2. What or where can I practice receiving right now?

### THE WILD WOMEN: DAY 22-29

1. What are you angry about?
2. What are your needs and where can you stand firm and set a boundary?

## Join the upcoming Medicine Within Retreat!

Come learn how to reconnect to your natural rhythm and cyclical nature as a wombyn. Learn how to tap into the wisdom of your body and unlock a deeper connection to allow your essence to be reclaimed and embodied.

[CLICK TO JOIN](#)



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