

BLISSFUL CYCLES - FREE GUIDEBOOK



WOMB CARE
BLISSFUL

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BLISSFUL CYCLES

CONNECTING YOU TO YOUR WOMB, BODY & SOUL
THROUGH THE PRACTICE OF CYCLE AWARENESS

This guidebook has been created with the intention to spark reclamation and remembrance of Cyclical Living, that we are deeply connected to Mother Earth, to the Moon and Seasonal Cycles through our Womb and Body.

The practice of Cycle Awareness requires radical self responsibility. The positive ripple effect is endless with the integration of more self-compassion, energetic alignment, flow and ease with life in general.

I invite you to become curious in understanding your Womb, Body and its Cycles through the practice of Cycle Awareness.

Just like how the Moon goes through phases in a cyclical way, and Mother Earth goes through the four seasons, we too have our own phases and seasons in our monthly Cycle.

Through this guidebook you will be introduced to the practice of Fertility Awareness, the connection between your Menstrual Cycle, the Seasonal Cycles, the Moon Cycles, all the energies associated and how to support yourself so you can live in harmony, flow and ease rather than resistance, depletion and disconnection.

HI, I'M BRITTANY!

Creator of Blissful Womb Care

I am a Womb Care Practitioner offering compassionate and nurturing care for women and mothers through the practice of Cycle Awareness, Pregnancy, Birth and Postpartum Care, inspired by nature, cycles and mindfulness.

The Womb is an energetic space of unlimited possibility, divine power and where we as women and mothers, in our Soul and Higher Self, can reclaim our innate wisdom.

The practice and embodiment of Cyclical Living has changed my life.

I spent nearly 16 years on birth control, completely disconnected from my body and Womb with no idea there was another way to prevent pregnancy, or even live for that matter.

My life changed when I came off the Pill. I had a lot to unlearn and grieve for not knowing this wisdom sooner. It took time to meet myself anew, to connect to my Womb, Body and Soul. It has been an incredibly empowering, healing and liberating journey.

It's an honor to hold space for women in their reclamation and remembrance of this innate wisdom, too.

May you remember your innate wisdom and connection to Cyclical Living.

With love, bliss and gratitude,
- Brittany





WHAT WE SHOULD HAVE BEEN TAUGHT IN "HEALTH" CLASS

We have been taught that the Menstrual Cycle is 28 days long and Ovulation occurs on day 14, when in fact, this is only truly for about 12% of women. The average cycle length is anywhere between 21 - 35 days and likely changes from month to month.

For example, my cycle ranges from 27 - 32 days with Ovulation occurring between day 13 - 18. If you're like me, you were taught you could get pregnant at any point in your Cycle, which simply isn't true.

You're actually only fertile for 6 days of your Cycle! This is the why tracking your cycle is so important, especially if you're using Fertility Awareness to avoid pregnancy or support conception.

There are four phases of the Menstrual Cycle, each with a different length that can change from cycle to cycle. Practicing Cycle Awareness helps you determine what is "normal" for you, because what's "normal" for me, might not be for you.

The main events of your cycle are Menstruation and Ovulation, with Follicular and Luteal phases being considered transition times. Changes in environment, stress, travel, illness or a change in medication/lifestyle can have an impact on your cycle.

These phases, also referred to as Seasons, have energetic qualities that can support and guide you towards living aligned with how your energy cyclically fluctuates, too!



FERTILITY AWARENESS BASICS

By connecting to your body and becoming aware of your fertility signs you reclaim your bodily autonomy and authority, while deepening your connection to the innate wisdom of your Womb and Body.

Fertility Awareness Method (FAM) and Sympto-Thermo Methods include charting Basal Body Temperature (BBT), cervical fluid/mucous and in some cases cervical placement.

Through this tracking method and deep connection to your body, you see how your internal body temperature, cervical fluid and cervix shift in alignment with the phases of the Menstrual Cycle, giving you clarity for when you can and cannot get pregnant, rather than living in fear that it can happen at any time.

In your fertile window you produce cervical fluid that changes in color, texture, consistency and pH levels as Estrogen and Follicular Stimulating Hormone (FSH) rise, supporting 20-ish immature eggs housed in follicles in a race of maturity, giving sperm an optimal home to sit and wait in the cervical crevices for one special egg to be released at Ovulation.

By taking your BBT every day (*I take mine early morning while in a deeply restful state, before any movement*) you will notice it will be low with some minor fluctuations during the first half of your Cycle leading up to Ovulation.

When that one special, mature egg is released (*on rare occasion 2 will be released, which results in fraternal twins if fertilized*), it's survival rate is only 24 hours.



FERTILITY AWARENESS BASICS

CONTINUED...

If the egg is not fertilized in (*up to*) 24 hours after being released, it disintegrates and becomes the corpus luteum, the main producer of Progesterone that stays high with Luteinizing Hormone (LH) for the remainder of your cycle. Estrogen and FSH drop. Due to these shifts in hormones, you do not ovulate more than once in a cycle.

If the egg is fertilized, it will make its way down into the Womb where it will implant into the thickening, cozy uterine wall.

The only way to determine Ovulation is AFTER it has happened. One of the key signs is a significant rise in BBT that stays high for the rest of your Cycle. This is due to the production of Progesterone from the corpus luteum.

You will also notice a drastic change in cervical fluid, from a slippery, egg white consistency to sticky and dry again. It becomes more acidic, creating an inhospitable home for sperm (*that they can't survive in*).

Your cervix also changes placement based on where you're at in your Cycle being higher, softer and more open in your fertile window, or lower, firmer and tighter the rest of your Cycle.

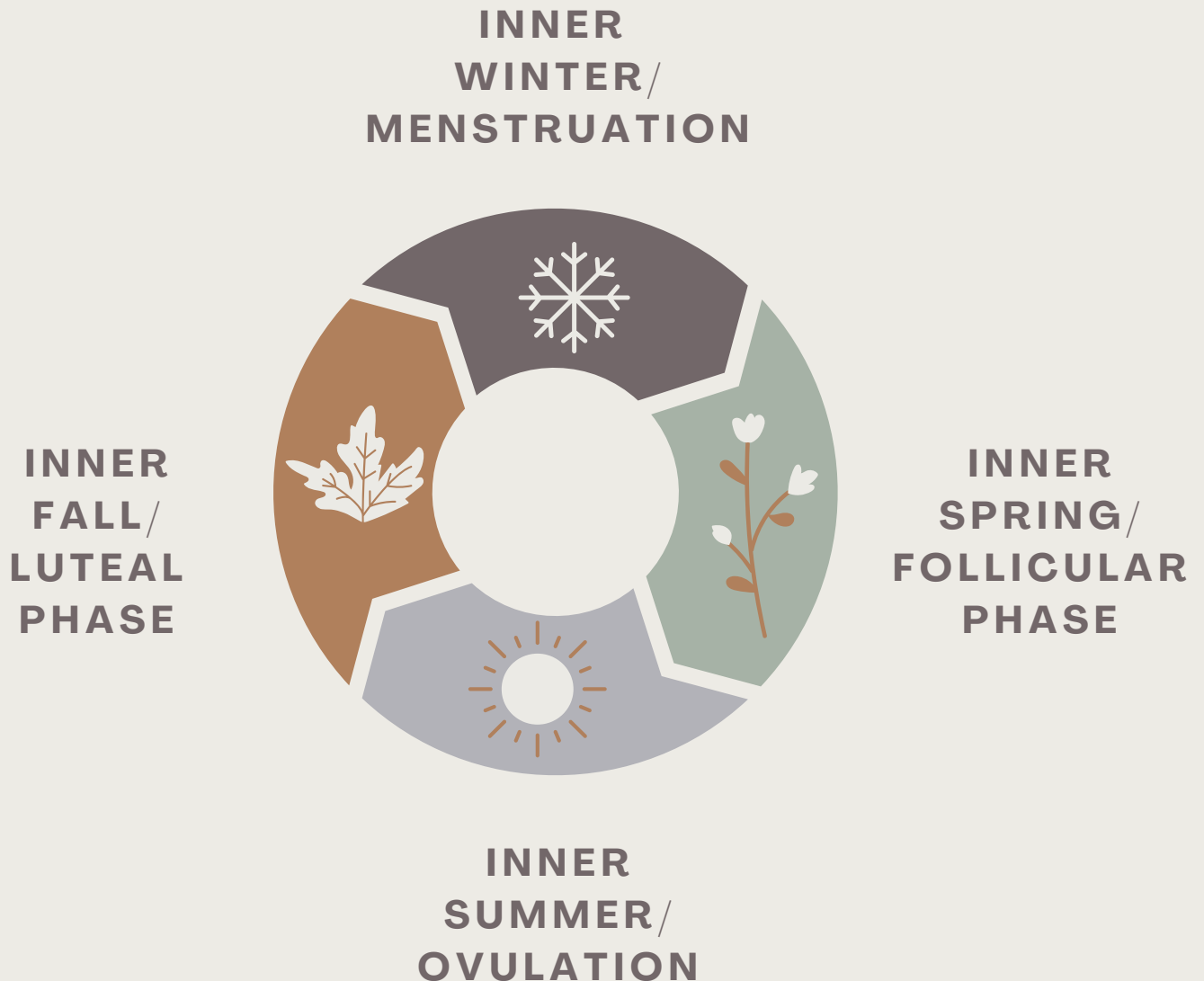
It takes time, patience and connection to learn Fertility Awareness, but I can say from first hand experience, it has changed my life in incredible, healing ways!

BLISSFUL CYCLES

SEASONAL CYCLES

Each phase of the Menstrual Cycle can be represented by the seasonal cycles Mother Earth goes through.

By living in alignment and awareness with the energy these seasons hold, we can create a more blissful experience of our own seasonal cycles by surrendering to the natural rhythms and flow of our Womb, Body and Soul.





INNER WINTER/MENSTRUATION

This is a time for rest, warmth, stillness and moving slow. Energy is low. The previous cycle is dying off and being released. Set boundaries and ask for support.

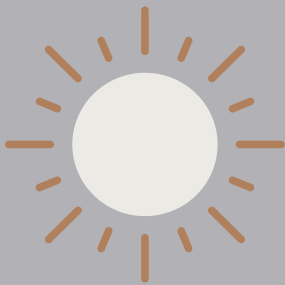
The quality of rest we take during this time will have a direct impact on energy levels throughout the remaining cycle. Creating just one hour of sacred rest will make a difference.



INNER SPRING/FOLLICULAR PHASE

Energy slowly begins to rise. Like a seed that is being germinated as the days get warmer and the ground begins to thaw, you too are emerging.

This is a time of rebirth and innocence. Embrace the playfulness, enthusiasm and curiosity like a baby calf frolicking in the budding spring pasture.



INNER SUMMER/OVULATION

Energy is high and buzzing around you! There is a sense of creativity, anything is possible! You may feel in flow, focused and ready to take on the world!

Senses are heightened. You may find pleasure in the simple things, like the sunshine and breeze on your skin. Enjoy an activity that will tantalize all of your senses.



INNER FALL/LUTEAL PHASE

We are called to slow down and draw energy inwards. With this, shadows and intuition become more prominent. Move slowly and mindfully.

This is the time to speak your truth, set boundaries, practice saying "No" and organize for the winter that is coming. There is power in surrender and self love.

BLISSFUL CYCLES - MOON CYCLES

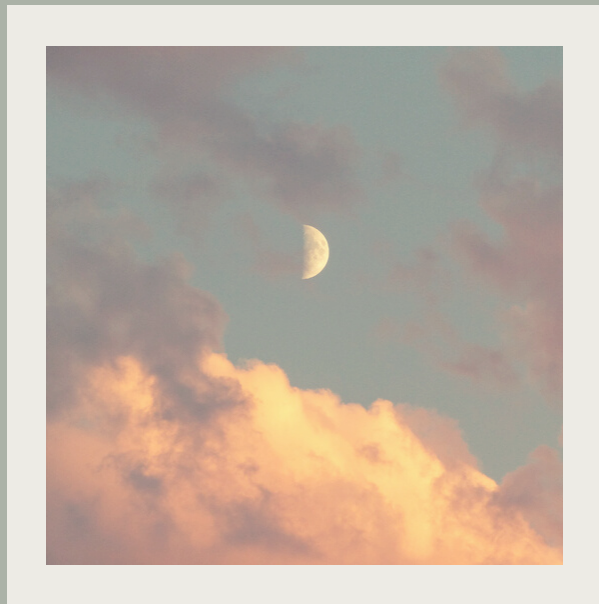


The cycles of the Moon hold potent energies that may coincide with the phases of your cycle. If you don't currently have a Menstrual Cycle, you can follow the energy of the Moon as a guide to Cyclical Living.

NEW MOON

New beginnings, darkness, the void. Release the old and plant seeds for the new. Honoring the low energy, practice introspection. Rest, check in with your intuition and set your intentions for what you desire to manifest in this new cycle.

Also represented by the season of Winter and Menstruation.



WAXING/FIRST QUARTER MOON

Energy rises and the sky gets brighter with each night. It's a sign of hope, magic and new life emerging. A balance of light and dark, a transition is occurring. Observe the seeds planted and practice patience for the process of growth.

Also represented by the season of Spring and the Follicular Phase.

BLISSFUL CYCLES - MOON CYCLES



The energy of the Moon is Feminine. It represents the Mother, guidance through nurturing, emotions, thoughtfulness, creation, reflection, insight and connection to Mother Earth.

FULL MOON

The night sky is bright, illuminating shadows so you may shine bright too! Energy is high. This is a fertile time.

Manifestations from seeds planted on the New Moon may begin to arrive. Open to receive abundance and express gratitude for all life!

Also represented by the season of Summer and Ovulation.



WANING/LAST QUARTER MOON

Back in transition, the Moon is moving into shadow, with it growing darker each night. Reflect on intentions set at the beginning of the cycle and make any necessary adjustments. Surrender, draw energy inwards and integrate what you have learned this cycle. Practice self care.

Also represented by the season of Autumn and the Luteal Phase.





ARE YOU CURIOUS TO LEARN MORE?

Are you ready to begin the spiral into your Womb, Body and Soul?

You are invited to join Blissful Cycles, a virtual sacred container for women to come together in community from far and wide, in deep honor, reverence and reclamation of the innate wisdom we all hold within our Womb, Body and Soul.

BLISSFUL CYCLES RUNS SEASONALLY

To learn more, or get on the waitlist for the next Cycle, go to:

blissfulwombcare.com/blissful-cycles

I would be honored to share more of this wisdom with you.

With love, bliss, and gratitude,
-Brittany