

Are you willing to find out something about women that will both blow your mind and help you understand them **better**? If yes continue on with me. Women are complicated right? I want to give you something that will totally alter how you see women and how effectively you will be able to deal with them and their emotions.

Are you ready? It is called the Eleven Moon Cycles. Women are affected by the moon and men are affected by the Sun. The moon's cycle changes positions and planets every 2.5 days. The moon is mystery, magic, emotions the moon pulls on your bodily fluids just as it does ocean as it creates the cycles of the waves. The moon creates the tides and it also creates tides in women, which sometime appear as avalanches right? The Sun which rules men is much more slow moving which we like to say is more stable truly it is just different. The Sun is about mastery, growth, light its cycle is a 28-day cycle. So men and women are on different cycles. Women change every 2.5 day men every 28 days. I always say if you don't like the way your woman is acting today come back 2.5 days later and they will be different. This is probably not news but what is news is that there is a way to understand a women's cycle. When you understand hopefully you can stand under her. It will make your life far less complicated. What does all this mumbo jumbo mean? Stick with me I will make your life far easier if you follow this.

Aside: It is not news that women are more emotional than men. It is not news that women love to talk about things often to the discomfort of men. Men play it much more "safe" with their feelings on the whole.

I want to unveil the secrets of these mysterious moon centers that will shed light on women's inner workings give you keys to the kingdom.

Women have points in their beautiful bodies that correspond to the moon. I want to go through these points with you and explain where they reside in the body of a woman and how they influence her behavior.

**First:** I will show you the points and tell you where they reside in her body

**Second:** I will explain how she is influenced and affected by each of the three possible aspects of the moon. This means how she will be *inclined* to act when she is in that moon point.

**Third:** This is a very important notation *Each woman is different* in how these points move through her each month. No they don't change every month. They do stay the same once you have them charted until some big life trauma, which may change it.

**Fourth:** I will give you tips and tricks on how to support her in these cycles. I will give you tips and tools that you can use in each center to move her from a challenged area to a more positive or neutral response thus making you and her life easier and more connected. (connected means more of the things you love best)

Now we are ready to speak of these points. I will give you what we may refer to as the negative and positive aspects of each point. I really like to think of them as effective and ineffective position.

The chart every man needs:

<b>Location</b>	<b>Positive</b>	<b>Challenged</b>	<b>Neutral</b>
<b>Hairline</b>	Visionary	Paranoid	Nothing can move you
<b>Eyebrows</b>	Healing Dreams	Fantasy Illusions	Using Visions
<b>Cheeks</b>	PR	Out of control flirting	Radiant/beautiful
<b>Lips</b>	Talkative	Sharp Tongued	Excellent Communication For higher goals
<b>Earlobes</b>	Discussions of life	Self-Deprecating	Empowered by Values
<b>Nape of Neck</b>	Romantic voice	Unable to communicate	Speaking From heart

<b>Nipples</b>	Compassionate Over giving	Victim	Neutral unconditional love
<b>Belly Button</b>	Physical Energy	Unstable	Power to show up
<b>Inner Thigh</b>	Highly Organized	Disorganized	Creative Strength
<b>Clitoris</b>	Needs to socialize, Charming,	Clannish, cliquish	Leadership
<b>Membranes of the Vagina</b>	Energetic/connective	Empty/Zero	Beginnings and endings all the same

I can see some of you going she never gets out of her \_\_\_\_\_ or she only has three of these. Is it possible that she just has three and not the eleven. No not possible. Now comes the good part. I'm going to tell you what this means for you and to you and how to handle the situation when she is in each of these centers. Does that sound good? It will make your life less stressful.

**Tools:**

- 1.You will need to get visual (not a picture) of the female form to put on your fridge or bathroom mirror.
- 2.Six different colored markers 1 for each of you for 3 moths to track these centers.

Meaning that you need to feel, watch, and mark which moon center you think she is in for these 2.5 days for each month for 3 months or maybe more. Once done it is done for maybe the rest of her life or at least till something really traumatic happens.

You now know that your partner, wife, girlfriend, sister, friend moon cycle is not going to go in the presented order necessarily but we are going to proceed just as is it in the chart top to bottom.

**Hairline:**

When She is in the hairline be on your good behavior. The mantra for this is “nothing will move her” so not a very forgiving time. Great time to do things that will ingratiate you extra clean up, kids, taking the trash out without being asked good idea. Oh don't expect great cudos for doing it these days it will just maintain the peace if you do more than you think you need to. Otherwise she will start to get paranoid and feel you are up to something. This is not a time for gifts it is a time for showing up and being supportive in her life unless you want your life under a microscope.

**Eyebrows:**

This is fantasy time. My teacher used to say this is a time where men build fantasy castles and women move in. One Rose will win you big time when she is in the eyebrows. Small tuned in gifts are great here. She will be very grateful and you will be well rewarded when she is in her eyebrows. Great time to plan a trip you always wanted to take just make sure it has a fantasy element. If you want to go fly fishing make sure you tell her how idealic the trees are by the stream and she can bring all her books she has saved up. You get the picture. Make sure it has that stream with big shade trees and a big open sky and no bugs in the picture you share. Then of course you will have to find that place.

**Cheeks:**

Use this time well. She can promote you and your business your ideas if she is in a positive state with this element. If you see her flirting with everyone and everything helps direct her energy and it can be priceless. She has lots of energy and wants to connect with everyone and everything. If you have projects that need connection or growth get her involved at this time. Let her beaming energy glow all over the things that need to get expanded at this time.

**Lips:**

She will be very talkative. She will want to talk about everything. Either get into listening mode, be out of town, or get her to help you figure out how

you need to effectively communicate a plan or project that need clarity or more effective communication. Use this energy to create wonderful things or it will be used to talk your ear off. Great time to have her go have girl time if you have nothing for her to work on. Really this is a priceless time to utilize her clarity of communication. Use it or lose it only have 2.5 days

### **Earlobes:**

This is the time that she might feel a little insecure and ask you about her weight or how she looks. You know the answer right? She is being very analytical. Your kindness at this time will be beneficial. She may be doubting herself or her very essence of her life and that includes you. She will want to speak of the why of life and what everything stands for connect with her. She wants to know you are on the same page and she will define her page. Go along with the connection and allow yourself to see what your real values are. She wants to know Go there with her.

### **Nape of the neck:**

When her moon center is here she will tell you how much she loves you and it will be totally heartfelt. Meet her there. If she is out of balance she will feel insecure and won't be able to express herself. Be kind your sweetness will reap great rewards at this point. Your standing under her (understanding her) will allow her to be very romantic. She wants your romantic voice.

### **Nipples:**

Se will be very giving when the moon center is in her nipples want to take care of you. If she is feeling insecure she may act out the victim role and whine allot. Instead of fleeing honor her and her power will come back and you will be the recipient of her over giving nature at the time. I am not suggestion that you take care of her so she will do this for you. I am suggestion that you be caring and know that when she feels secure with the moon in her nipple she will share with you. Be kind, be Strategic not manipulative she will see through man-I- pull -ation.

### **Belly Button:**

Moon center here is very energetic and wanting to really “bring things home.” Great time to complete a project you are both working on. Let her help you. Figure out how to get something completed. Elicit her help. If she is feeling insecure she will feel emotionally unstable. Unstable can manifest in many ways. Unstable is never fun. Don't let her eat sugar or caffeine or alcohol when feeling “down” or unstable it only makes it worse. You be creative about what that means just don't let it happen or it will get way worse. Hold her if she is feeling down. This is a power point. Help her back into her power.

### **Inner Thigh:**

Look out! When her moon center is here she will be so definitive and definite. Don't try to sway her when she is this center. She will be strong and unyielding so don't try to get away with things. Be direct and truthful her bullshit meter is on. If she is feeling insecure she will be scattered and disorganized. Don't harp on what isn't getting done or you will get roasted. This is the way it is. When she is strong you will find out what her true platform of life, her values truly are. If you are feeling weak at this time and she is balanced she will have very creative answers. If you are lying she will behead you. Play it straight Super straight. Speak deeply and truthfully during this time, Good rule for always.

### **Clitoris:**

When her moon sits here you may think oh goody but truly it is time to take her out dancing. Allow her to be social. She shines socially at this time. Great if you have business dinners she will be the best and most charming and connective. Also a great time to encourage her to go out with the girls. She needs to be social at this time. If she is feeling insecure she will go for where she feels safe I.E. family, friends, the known not seeking new situations. Help her feel secure and she will lead you into great positions in life. She will shine and reflect brilliantly on you if your relationship is good.

## **Membrane of the Vagina**

This is another very social moon center. Remember they do not usually come in this order so they may not be right next to each other. This one differs from the Clitoris in that when she is feeling insecure everything is the pits she feels hopeless, nothing to live for. When she is balanced she is very connected to her inner self and can take anything in stride. If something comes it is the same as if something leaves. She is not affected. This is the most beautifully neutral place.

What is the saying forewarned is forearmed? This is not a warning it is a chart. The seasons and cycles of life are very real. We don't expect snow in the summer unless you live in very high mountains. What we want at twenty is not what we want or need at sixty yet wouldn't it be great to know what you know at sixty and be twenty? I want to give you the wisdom to know and act in a way that will make your life easier. Do you like the easier word when it has to do with women? Your woman?

Tips of How best to act when she is in each center

### **Hairline:**

If she is balanced listen to her and utilize her wisdom. This is what tribes used as their compass the wisdom of women at this time. Sit with her and get her to talk about very deep things that you need answers to. If she is feeling insecure then she will experience feeling paranoid and creeped out by almost everything. If this is the case get her to exercise, get her a massage, get some new really great dance or relaxation music do something really great for her that will help settle her. Hug her

### **Eyebrows:**

Meditate with her before she goes to sleep so some of her healing dreams will be of you. Again this is a listening and note taking time. If she is balanced she will offer you great insights into yourself and your life. If insecure she will be off in fantasyland. Go fishing for her and bring her back

to stable shores. So listen to her and if she is not being visionary just fantasy woman you know what to do.

### **Cheeks:**

What she needs from you is outlets to promote you, her, your business, give her the outlets and let her rip. She will think outside the box and brilliantly so be prepared. If she is out of balance she will flirt with everything that moves. Not the best time to take her out dancing or socializing. Great time to meditate together, make her dinner let her flirt with you.

### **Lips:**

Remember that she will yes, will be talkative. If you are not in the mood send her off with friends and let her have fun. You can also utilize this time to plan the next phase of your life because it will all be very clear to her. Go along for the ride and she will listen to you if you are really in a deep connected place. Warning: When is challenged in this center, insecure: duck and cover for she will tongue lash. How to avoid this? Help her be more secure in her own self remember this only comes when she is feeling insecure. Meditate, massage her, tell her how great she is (More details in the longer version.)

### **Earlobes:**

This is an introspective evaluating time. Values and what she stands for. What you stand for together. If you are ready for this it can be transformational. If you are not let her be on her own don't try to make her social or casual at this time it will backfire on you. She will find someone who will want to listen to her depth. Remember that she will also analyze herself and if insecure get down on herself. So if she is being moody and grumpy about her self worth. Guide her into who she really is. Give her Positive pushes, send her to a meditation retreat with or without you. Do something that will support her depth. Be smart here.

### **Nape of the Neck:**

This is what you have been waiting for very romantic and delightful. Bring gifts, be generous and loving. She will come from the heart. She will be glad to be cozy and intimate. She yearns for your romantic voice. Unless insecure then she can't communicate anything. Insecure tells you she is not feeling supported so this is an easy place to take care of that. She wants to communicate her deepest feeling to you. Make it easy by being present and available to be loved. Romance is yours if you speak to that yearning.

### **Nipples:**

What you should do if she is balanced in this moon center? Bask in the gift fest. Really just enjoy the blessings of this cycle. She wants to give to you. If she is insecure support her. Get her a mentor, a coach, support to deal with the depth of her. You don't have to be the one to do that. It is not even effective for you to be the one but offer her support she could use.

### **Belly Button:**

Go play with her, hike, do yoga, swim get active in whatever way you both like. She wants to feel her power and strength. Her strength will serve you if you are part of her cycles at this moment. She will be sharing her power be in the focus of that power. Warning: Insecure unstable and this can range from a little PMSey to seeming really wacked. This is where you may need to do what I call "hug the bitch" Become fearless and go hug her and tell her how great she is even when she is wild (don't say crazy) like this. Contain the conflagration. She will be grateful ....later.

### **Inner Thigh:**

Expect very firm and don't try to make this lovie dovie time. It is a time to move mountains have anything you want to come into focus. Use her energy. Don't try to make it something it is not. This is a time where she will act more from her left-brain and be much more analytical. Unless of course she

is feeling insecure then nothing will be together. If this bothers you then either organize things yourself (don't ask her to plan trips during this time if insecure) just be out of her way while she flounders. Or best is offer to help her or have someone help her feel more organized. She would love to have some help everything will feel like everything is too much. Remember know what you can do and if you can't deal put the right person in place it doesn't have to be you. That is wisdom at work.

### **Clitoris:**

Play time. This is where you can bring your friends over to the house and she will have a blast. Anything social you have wanted to do now is that time. She will also be great at organizing the family vacation or reunion or just a fun get away now. If she only wants to be with her safe people know she is feeling very insecure. Don't push her into big unsafe groups. She might need her hormones checked but now is not the time to suggest this. When she is calm and balanced ask her when the last time she went to her Gynecologist was. You want to make sure she is taking care of her health And you do RIGHT?

### **Membrane of the Vagina:**

Let's start with the insecure or unbalanced aspect of this one. What do you need to do when she feels like a total zero, hopeless? This is NOT the time to listen endlessly there will be no end to this. Be the man and ask her " Do you want to continue to feel this way? Okay if not then lets figure out what to not talk about it." Food may be making her feel this way, lack of exercise, no time to or for herself look at what is happening do what you do best and figure it out. Don't get into the story just ask the right question to get to a solution. When she is balanced and neutral in this Moon center you could not ask for a more calm, centered women. She will be unphased by most of life's problems. Calm yet ready to be with people. This is the perfect combo for her to create great openings in your lives. Use this precious time well.

Okay you are now equipped with some new tools to wade into the wide and wonderful world of women and know how you can be both more effectively supportive and how you can make the best of all times during the month.

Blessings