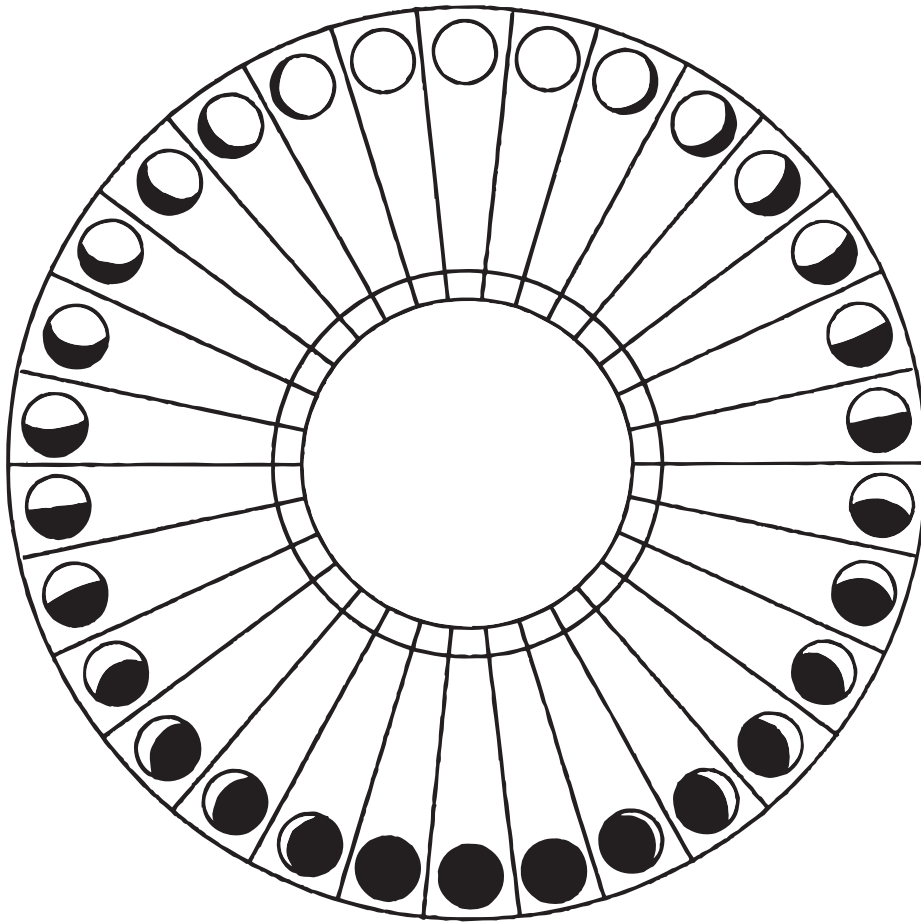


# MOONWHEEL



Moonwheel © 1989 Shekhinah Mountainwater

## MOONCODE

To help keep track of your cycles, draw these symbols in red in your moonwheel calendars . . . add your own designs, too!

- |  |  |
|--|--|
|  Dark Moon:<br>Bleeding                 |  Dark Moon w/Waning Crescent:<br>Heavy Bleeding |
|  Full Moon:<br>Ovulating, Fertile       |  Dark Moon w/Waxing Crescent:<br>Light Bleeding |
|  Waning Crescent:<br>Premenstrual       |  Crossed Moon:<br>Cramps, Pain                  |
|  Waxing Crescent:<br>Post-Menstrual     |  Moondrop:<br>Discharge (can be combined)       |
|  Waning Quarter:<br>Early Flow          |  Flaming Moonboat:<br>Anger, Irritability       |
|  Waxing Quarter:<br>Late Flow           |  Morning Sickness                               |
|  Spotted Moon:<br>Spotting              |  Sleeping Moonface:<br>Strong Dreams            |
|  Moonheart:<br>Passionate, Sexual      |  Mental Ups:<br>Intuitive                      |
|  Baby Kicks:<br>(Quickening)          |  Intellectual                                  |
|  Feeling Heavy, Sluggish              |  Dark Moonboat:<br>Emotional Ups              |
|  Moonface:<br>Feeling Psychic         |  Overturned Dark Moonboat:<br>Emotional Downs |
|  Moonboat:<br>Energy Ups              |  Pregnant                                     |
|  Overturned Moonboat:<br>Energy Downs |  Heartmoon:<br>Lactating                      |
|  |  Birthing, Creative                           |
|  |  Menopause                                    |
|  |  Euphoria, Spaced Out                         |