



Covid-19 self-isolation and wellbeing in your menstrual cycle:

Enchantress pre-menstrual phase and Crone menstruation phase

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To read the introductory article visit: www.mirandagrays.co.uk and www.wombblessing.com

When we are in stressful circumstances we often react with a 'fight or flight' response, and this is Mother Nature's way of helping us to survive a dangerous situation. However, over a longer period of time this response can limit our abilities and our sense of spiritual connection and self. It can also influence our cycle – not only by changing the length of our cycle and any pre-menstrual or menstrual symptoms, but also by blocking us from experiencing the subtle energies and enhanced abilities that we have. It is these subtle gifts that we experience in each of our phases that make women the most flexible, adaptive and creative creatures on this planet. So, we need these abilities to help us through any crisis, and we need these abilities to help us to create the future after the crisis.

Let's look at what we can do to meet the needs of our Enchantress and Crone Archetypes in their phases while we are living restricted lives and in self-isolation, so that we can maintain balance in the phase rather than respond from a stressed 'fight or flight' approach when this stress approach is no longer needed or beneficial.

Balancing the Enchantress in self-isolation

The Enchantress Archetype in 'fight or flight' mode can express a lot of anger and frustration at limitations and a lack of freedom to do what she wants 'her' way. The Enchantress needs to feel that she has control, because she herself is going through daily changes. As she slows down physically and mentally, she increasingly needs to control the environment and people around her to feel that she can manage everyday life and to feel safe and secure. Otherwise she can feel anxiety, frustration and anger. So, she needs the freedom to rest when she is tired, and to drop burdens and responsibilities.

The Enchantress also has a super sense of danger, which in a crisis situation can be overstimulated. This superpower is **extremely useful** in this situation, but she may need some help analysing and working out the level of risk. She will see everything as dangerous,



and can become very domineering and independent when her concerns are not validated or taken into account.

The Enchantress can also have a strong impulse to clean, which again is useful in the current circumstances - but it has the potential to become compulsive. She may also have a compulsive need to try to understand and 'fix' everything.

The energies and gifts of the Enchantress are risk identification, problem solving, creativity, intuition, magic, and low energy.

To help support our Enchantress we can:

- Limit the amount of news we receive to reduce input and help stop emotional overwhelm.
- Do our research from reputable sources, think about the risks and make action plans so we feel safe for ourselves and our family. Be creative where children are involved.
- Share our fears with someone who can validate them but not add to them. The fears of the Enchantress need to be heard.
- Rest more. It's particularly important if we are a mother with children home due to isolation to create some quiet 'me-time' during the day to rest. However, a tired Enchantress in isolation can put a strain on any relationship.
- Simplify things on all levels to make them manageable.
- Use our creativity to solve problems.
- Have a creative project which does not involve a lot of preparation - and give ourselves a little personal creative time every day.
- Do a major spring clean and keep surfaces disinfected. This is a great way to release Enchantress frustration and anger in a safe way.
- Use our spirituality to help us to realise that we cannot understand or fix everything, that we need to let go and trust. Read spiritual books, look for prayers online, or use the book '*Spiritual Messages for Women*' for daily inspiration.



Balancing the Crone in self-isolation

The Crone Archetype in 'fight or flight' mode can withdraw deeply, meaning that the people around her do not feel loved or supported, leading to misunderstanding and insecurity. She can feel detached from the world, unable to motivate herself for contingency planning or to seek out help when she needs it.

Although rest is very important and necessary for wellbeing in this phase, when it is out of balance and becomes an escape the Crone Archetype loses her spiritual awareness, the wisdom that she can share with others, her ability to accept and to care, and the restoration that empowers her to re-emerge into the world with renewed energies in the pre-ovulation phase.

An unbalanced Crone can also find it hard to find the bigger meaning in a situation, and she can feel disconnected from her soul and the deep unshakeable knowledge that whatever happens she is held by the Divine. As life changes in the crisis she can find decisions more difficult to make because she has lost her inner guidance on which actions are in alignment with her core values and beliefs.

The unbalanced Crone also loses her ability to be patient and to observe, so she scatters her limited energies in many different directions. Without balance she can become detached from the crisis, uncaring about others, unempowered and without a sense of purpose.

The energies and gifts of the Crone are identification of core values, pragmatic decisions, spiritual awareness, intuition, the ability to accept, deep joy, patience, acceptance with love and low energy.

To help support our Crone we can:

- Reduce down responsibilities and activities and delegate as much as possible to someone else. Let the world work without us for 2- 3 days!
- Reduce down the amount of news we hear for a few days and ask someone trusted to keep us up-to-date on any important changes in restrictions.
- Keep away from negative online communities which can push us deeper into overwhelm, withdrawal and not caring.
- Find simple tasks that we can do to bring purpose, and add rest breaks.



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- Be careful of sleeping too much - withdrawal is necessary, but too much is escapism.
- Use prayer or meditation or other spiritual practises to maintain spiritual connection and to benefit the world in crisis. We have a deep spiritual connection in this phase, and we are there to help others. Perhaps write prayers or spiritual poems and share them online to uplift others and to connect them to the spiritual love that is there for them.
- Be there for those who grieve. In the dense silence of the Crone within us, we have the power to hold space for others.
- Find joy in the small things in the moment. The Crone is a great observer, and when we add appreciation, we open up to the intense joy of being.

To learn more about balancing the other female archetypes of Maiden and Mother, and to read the article **'Introduction to Covid-19 self-isolation and mental and physical wellbeing in your menstrual cycle'** visit: www.mirandagrays.co.uk or www.wombblessing.com