



Ruby May: Relating Through the Womb: Wisdom for all Genders



Ruby May is an educator, activist, coach and community leader in the field of menstrual health. Her initiative, Know Your Flow, is an online education and membership program that brings together an international network of women who are exploring cycle awareness as a tool for developing their body literacy and inspiring their leadership. Find out about the yin-yang flow of menstrual cycles and the benefits of embodying your cyclicity.

TOP EMBODIMENT TIP: Look for the pleasure!

Cultural Conditioning & Cycle Tracking: What Would the World Look Like if we Lived According to our Menstrual Cycles?

- Angry woman reads as incompetent; angry man reads as competent. “Men shouldn’t cry;” Two thirds of all suicides are men.
- A feminine way of leading could be found by researching our own bodies with the process of cycle tracking.
- Everything around us is cycling; Moon cycles, seasons, climate cycles.
- Menstrual cycle is a gateway into experiencing the cyclical blueprint of life. If we embody our cyclical nature we experience wholeness.

Energetic Aspects of Archetypal Womb Cycle: Using Your Cycle to Structure Your life

- The archetypal cycle consists of two energetic poles: Menstruation; Winter. Ovulation; Summer.
- From Menstruation to Ovulation; Spring: Yang Current. Estrogen. Emphasis on Doing. Creative Manifestation. Expression. More sociable. More attractive. Up for risk taking. Adventurous.
- From Ovulation back to Menstruation; Autumn: Yin Current. Progesterone. Emphasis on Being. Sensitivity. Slowing Down. Going inside. Intuition. More receptive.

Benefits of Cycle Tracking and Activism: What Happens When we Embrace Being Cyclical?

- When we self-objectify as women, we are less likely to be able to read our body signals.
- If I am tuned into how I am changing and feeling everyday, I am connected to my needs, desires and boundaries.
- There is an imbalance. The focus is on yang.
- Embracing the yin of our cycle we redefine our values: Being is just as valuable as doing. Feeling deeply is necessary and crucial for the world.
- Our capacity to be receptive enables us to respond. Wholeness involves creating, expression, showing up; it also involves slowing, intuiting, dreaming, resting.

Resources

- ❖ **Website:** [Know Your Flow](#)
- ❖ **References:** *Rage Becomes Her* by Soraya Chemaly, [Red School](#)



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Ilan Stephani is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors“. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love. **#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

ILAN STEPHANI

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