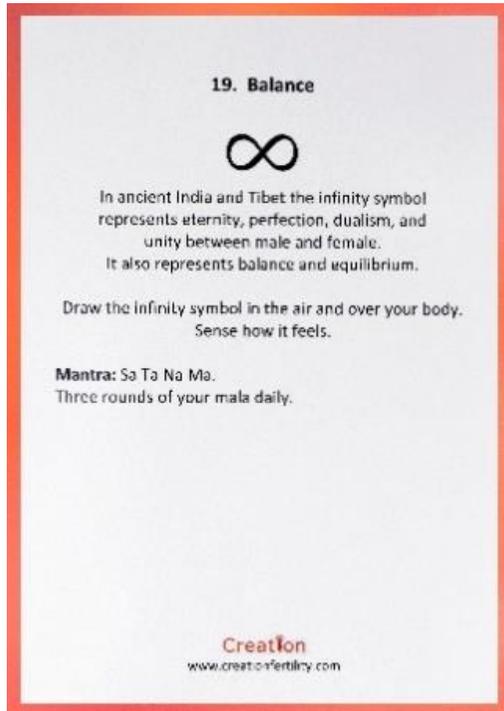


1. Balance -



The **infinity symbol** (sometimes called the lemniscate meaning “ribbon”) is a sacred symbol representing the concept of infinity. It is also contained within our very cells and the basic structure of our genes. It is in the double helix of the strands of our DNA, a continuous chain of figures-of-eight.

If you look at the symbol you can see that it is like a sideways figure of eight and we draw it as one continuous movement – with no ending or beginning. It holds the idea of no **limitations** and **infinite possibilities** and in this instance **BALANCE** which is where we are going with this month’s fertility and hormone balancing lifestyle guidance.

Infinity and continuity

Self-fertilisation

Eternal return

Perfection or balance

Duality

Empowerment

Everlasting love

Infinite possibilities

Wealth and Prosperity (Chinese tradition use it in Feng Shui for harmonious living)

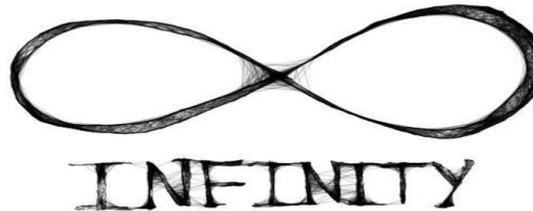
Eight dynamic (Scientology)

Equilibrium – similar to yin and yang (India and Tibet). Harmony and balance to opposite

No end or beginning (Celtic traditions)

Protection

From a spiritual perspective, eight is the number linked with power; resurrection; regeneration and symbolizes happiness and paradise..





“I woke with the smell of Belfire still in my hair and knelt in a circle of hawthorn and roses to bless my brow, cheeks, and neck with dew. I heard the sound of hooves on leaf and stone and saw three deer leaping away through the woods. I lifted my arms to sun exhilarated with wild enchantment. What a blessing it is to live right here, right now. Good May morning” from Brigid’sgrove.com

2nd Card for the month is card 29. Pacha Mamma:

The second card I drew this month is Mother Earth - Gaia energy. She is also known as Pachamamma, Mother Nature, the Earth Mother, the Goddess of Sovereignty, the World Mother and the Universal Mother. She presides over the seasons and cycles and is creation/fertility itself, for mankind, creatures and plants maintaining the eternal, rhythmic balance of life.

This month I am associating the **Pachamamma card today with Beltane and the Wheel of the Year - which celebrates life.** Beltane represents the peak of Spring and the beginning of Summer. Earth energies are at their strongest and most active right now – I am sure you can all see nature is bursting with potency/fertility and at this point conception and abundance, on all levels, is the central theme. Considering the tripe goddess, the Maiden goddess has reached her fullness. She is the manifestation of growth and renewal and the Goddess of Spring, the May Queen/Bride. So – this new moon energy connects with Mother Earth and offers us a time to **birth projects and bring ideas, hopes and dreams into action. And also have some fun.....**

Infinity Exercises and May's mindful practice

USING THE INFINITY SYMBOL THIS MONTH I AM INVITING YOU TO EXPLORE and ASSESS PHYSICAL AND EMOTIONAL BALANCE AND CONNECT WITH OUR SECOND CARD "PACHA MAMMA" RESTORE BALANCE INTO YOUR LIFE.

You will need a pen and a sheet of paper plus about 15 minutes of your time!

1. On your paper draw 2 infinity symbols – I suggest you use each side of your paper. Draw them as a continuous flow – going over the sign 8 times. Make them large (alternatively print off the template) Label one Physical and the other Emotional.
2. First of all let's explore physical imbalances. Before we begin let us consider these balancing questions:

WHAT IS PHYSICALLY OUT OF BALANCE IN YOUR LIFE?

WHAT ARE YOU DOING TO YOUR INTERNAL LAND RIGHT NOW? KEEP IT SIMPLE!

3. in the left side of the symbol write down your most physical symbol you may be experiencing. As this guidance focuses on hormone and fertility healthy I suggest you focus on this area of your physical being although you can use this exercise for any presenting issues in your life. Examples are PMT, conception, hot flushes, weight gain, abdominal fat, miscarriage, diabetes, breast cysts, acne, hair loss, endometriosis, fibrocystic breast, finance, insomnia, constipation, digestion, smoking, drug abuse, alcohol etc etc. Take a moment.

Before you complete any more let me ask you this **HOW CAN YOU RETURN TO BALANCE?**

4. Take your time – there is no rush but consider what is needed to bring it back into balance and write this into the right side of the symbol. – nourishment, better food choices, more water, quality rather than quantity,

OK. We will go back to this later but for now let's repeat the exercise working with the Emotional so turn your paper over! Let's begin with these questions –

EMOTIONALLY – HOW ARE YOU GROWING?

WHAT IS FALLING AWAY TO REVEAL A TENDERNESS IN NEED OF PROTECTION AND NOURISHMENT?

ARE YOU AWARE OF ANY EMOTIONAL INTERNAL CYCLES?

5. Take a moment to identify any emotional imbalances you may feel are presenting right now. Maybe there's over work, frustration, anxiety, grief, worry, divorce or partner issues, loneliness, boredom, fear, stress, lack of confidence or self esteem, self-neglect, etc . You can either write many or choose one. Personally, I think one at a time works best for me but this is your exercise so do what suits you.
6. Before you complete any more let me ask you this **HOW CAN YOU RETURN TO BALANCE?** Take a moment and consider what is needed to bring it back into balance and write this into the right side of the symbol – maybe it's fun, self care,

So now we have identified a few aspects let's start putting it all together!

Nutrition: Seasonal foods: MAY

Veggies: Asparagus, broccoli, carrots, jersey new potatoes, lettuce and salad leaves, peas, radishes, rocket, spinach, spring onions, watercress, wild nettles, samphire

Fruit: Bananas, kiwi fruit and rhubarb

Herbs: Basil, chervil, chives, coriander, dill, oregano, mint, nasturtium, parsley (curly), rosemary, sage, sorrel, tarragon, dandelions

Proteins: Lamb, wood pigeon, cod, coley, crab, haddock, langoustine, plaice, prawns, salmon, sardines, sea trout, shrimp, whelks, whitebait

Seasonal trees: Birch - Birch is regarded as a feminine tree and deities associated with Birch are mostly love and fertility goddesses. It is one of the first trees to show its leaf in Spring and causes lots of hayfever issues! If you suffer with hayfever – the birch may be the problem so consider reducing the oral birch foods in your diet this month – they are Birch pollen: apple, almond, carrot, celery, cherry, hazelnut, kiwi, peach, pear, plum

Lifestyle: Self nurture: focusing on diet, balancing your lifestyle, using the infinity symbol for stress reduction and healing, visualisations, being outdoors, dancing, caring for Mother Nature, vagi steams, herbal vinegars, herbal teas and sacred baths

Exercise: As May is the month of the Maypole I think we all need to dance to encourage hormone balance! Here are some ideas: dance to a tune in your house daily – go to a chakra dance or 5 rhythms event – go to a music concert which encourages dance, attend a Zumba class

Using the infinity Symbol for healing:

1. When we need something, for example, peace and love in our lives, we can draw an infinity symbol and inscribe these two words in each of the loops. A single loop can contain more than one concept. The lemniscate will bring dynamism and balance to whatever is important or of interest to us. It will help us to find harmony and equilibrium in every way, bringing balance to opposing forces.
2. The infinity symbol can also provide help with healing. By visualizing or drawing the lemniscate as a symbol, we can use it on any part of the body where balance and harmony are needed. If we feel under the weather, we can write the word “health” on an infinity symbol and carry it with us.
3. The infinity symbol is often engraved on wedding rings, symbolizing everlasting love but it can be used to restore harmony in problematic relationships, restoring the connection to promote peaceful relationships. Picture yourself in one of the two loops and the other person in the other loop. In your mind, keep tracing around the infinity sign that now links you together until you feel that everything has reached an equilibrium and any negative emotions or thoughts have been laid to rest again. If you are arguing with your partner, mentally place yourself in one loop and your partner in the other. Keep tracing around the line of the symbol in your thoughts until you feel a harmonious connection.
4. You can also use the infinity symbol to help make decisions. Draw a figure-of-eight on a piece of paper and write one option in one loop and the other option in the second loop. Then take a pen and trace along the infinity symbol until you feel better. Repeat this tracing exercise for a few days until a way of approaching a solution emerges. The infinity symbol, a closed loop with no beginning and no end, can provide you with unlimited energy if you find yourself in a debilitating situation.

Using the Infinity Symbol for physical exercise:

5. A powerful tool in occupational therapy, physiotherapy and kinesiology it is used to integrate the left and right halves of the brain to restore balance.
6. Physically to restore balance: Draw the infinity symbol in the air in front of you. 8 times each way. You can increase this but changing hands and repeating. Very good way to help polarise the brain. You can add in the chant Sa Ta Na Ma as you draw the symbol. Sa Ta Na Ma means Sa = the beginning, Ta = creativity that manifests infinity, Na – change and transformation Ma: regeneration to experience the infinite,
7. Draw the infinity symbol on the roof of your mouth with your tongue- again both ways.
8. Walk the infinity symbol (look at youtube for this).

Using the Infinity Symbol as an analyst:

9. Draw the infinity symbol on a piece of paper as a continuous flow – going over the sign 8 times. Make it large (alternatively print off the template). The left side relates to your symptom and the right what needs to happen to return to balance.

Lifestyle and Goddess Support:

Rose Elixir Recipe (based on a recipe from Sacred Year, by Anni Daulter). This elixir is intended to offer support with anxiety or emotional stress. It can be dropped under the tongue, stirred into water or tea, or added to a bath)

2 ounces of dried rose petals

4-6 oz honey

10-12 ounces of vodka or brandy

1 pint canning jar

Mix together in the jar and let infuse in a cool place protected from sunlight (you might also like to charge up your elixir under the full moon or new moon).

Traditionally Beltane began when Hawthorn blossomed. Hawthorn is the tree of sexuality and fertility and is the classic flower to decorate a Maypole with.

Hawthorn Brandy. - Hawthorn is renowned as a tonic for the heart.

You will need a bottle of brandy and at least one cup of hawthorn flowers, plus a little sugar to taste. Mix the ingredients together and leave away from direct light, for at least two weeks. Shake occasionally. Strain, bottle and enjoy. Just drink no more than a “shot” per day.

Sacred Bath

Here is one possibility for an individual sacred bath for you (full bath, not footbath):

1 cup milk any kind (I like to use coconut milk, but you can even use powdered milk)

1/4 cup local honey

10 drops essential oil ([Creation Essence](#) springs to mind!)

Handful of rose petals and if you want you could add some nasturtiums or lavender, rosemary, sage or parsley for additional hormone support

To make a Milk & Oatmeal Bath also add ½ cup of powdered oats or oat flour. I personally find that it's best to add the oats to a sock, then tie the sock and let it float in the bath or use it as your sponge as you immerse yourself into your sacred bath

Herbal Vinegars:

This month I suggest you make either a nettle or a dandelion herbal vinegar to help absorb your nutrients. Use as a condiment. Mix 1 teaspoon of the infused vinegar with 1 teaspoon honey and 8 oz of water.

Dandelion: Use flowers, leaf and root: chop us well and add to “Mother apple cyder vinegar” in a jar with a lid. Have 3 teaspoons per day in hot water as a tonic to support hormone balance. If you wish to use them specifically then the root supports liver, the leaves kidneys and the flowers the pancreas but together they support the endocrine system.

Nettles: Use new growth leaves and stems. Pick with gloves on!. Wash and chop finely then add to “Mother organic apple cyder vinegar” in a jar with lid. Again up to 3 teaspoons daily to nourish the immune system, digestive system, promote healthy skin and hair and emotionally encourages healthy boundaries. Safe in pregnancy as a tea rather than vinegar and also useful when breast feeding to promote breast milk. Again useful for fertility.

Vagi-steams and herbal teas for hormone balance:

Vagisteams are super simple to make. Just like making a herbal tea really but for the uterus! In fact you can use all the herbs below for teas too this month!. All you need is a pot of boiling water with your blend of medicinal herbs. The warmth of the water releases the medicinal properties from the herbs, creating a healing steam. Wait until it's cooled down enough to be comfortable and then

Herbal Tea: drink (if you are making a herbal tea)

Vagi-Steam: Sit over the pot (I use my toilet actually) wrapped in a blanket or cover to encapsulate the steam, which helps to soften the tissue and open the pores of the outer lips of the vagina, allowing the healing herbs to be absorbed into the bloodstream and uterus. (Please don't do this if you are pregnant or may be pregnant or during assisted conception procedures). Sit here (10-20 minutes)

Why vagi-steam?

Often, issues involving the uterus are related to leftover material from previous menstrual cycles that has hardened along the uterine wall. Following a steam, you may notice some of this release via spotting or discharge the next day, or along with your upcoming period. Think of this process as kind of like a steam cleaning for your uterine wall so this is a great therapy if you have hormonal disturbances, are menopausal, have endometriosis, PCOS or are peri-or post menopause.

Some common herbs during May/June/July include:

Basil: May reduce painful menstruation or bring on menstruation. It is also great to help reduce hormonal stress. Cortisol is the main stress hormone and if it's out of balance (too high or low), then it can have a huge impact on all your other hormones. So you can either drink Basil tea or add some leaves to your vagisteam! By rubbing a few drops of basil oil against your forearms or against the adrenal gland in your ear, it can act as a relaxant, aiming to reduce anxiety and stress

Calendula: This cleansing herb is great for activating the lymphatic system. It's also very healing for scars or irritated skin, making it ideal for those who are postpartum or after prolapse surgery.

Lavender: Known for calming the mind, lavender also helps to calm the body, reducing inflammation and nourishing the nervous system. This is another herb that can be a daily tea.

Mint: Perhaps most well-known for its powerful stomach-soothing properties, mint can support hormone imbalances – in particular spearmint and peppermint. So if you suffer with PCOS then spearmint herbal tea or using in your vagi-steam can reduce oestrogen or testosterone imbalances or if you have bacterial issues.

Mugwort: One of the most commonly used herbs during vaginal steaming, mugwort is very helpful in balancing female hormones. It promotes circulation and can help bring on your period. Its antifungal properties also help maintain uterine health and protect against uterine ulcers etc.

Nettles: This mineral-rich herb helps reduce stress, calms inflammation and is a powerful uterine tonic plus helps reduce fluid retention during the moon cycle. It aids in strengthening bones and nourishing the adrenals. So add to your vagi-steam, eat in soup and drink!

Parsley: The impressive health benefits of parsley which include phenolic compounds, antioxidant flavonoids, and various nutrients like vitamins K, C and A make it an all-natural and safe plant to include in your diet. It's a free radical scavenger, hormone balancer, heart protector, brain protector, antidiabetic, antibacterial, antifungal, and even a digestion soother plus it helps regulate bowel movements and decreases bloating. Excellent for PMS, fertility and urinary tract disorders, the liver, pancreas and kidneys. Drink daily or add a handful to your vagi-steam!

Red raspberry: This herb is helpful in toning uterine muscles, calming cramps, normalizing menstrual blood flow and can aid fertility. You can also drink red raspberry tea as part of your daily routine.

Rose hip: This can help ease constipation sometimes associated with a woman's cycle. It's also a great source of vitamin C and helps reduce stress in the body so suitable for everyone.

Rosemary: Steaming with rosemary helps increase circulation to the pelvis and can assist in clearing out old blood and fluids that have built up along the uterine wall.

Rose petals: Both relaxing and uplifting, this herb is said to help release stuck emotions that can burrow into any part of our body (including the uterus).

Sage: Another great herb for oestrogen imbalances is sage. It has been used since Medieval time and has amazing effects. Don't use if you are pregnant unless it's time for birth but otherwise you can add a handful of sage leaves to your vagi-steam or drink as a tea to support menopausal flushes, menstrual cramps, and encourage a healthy endometrium lining..

Yarrow: This herb can relieve painful cramps associated with hormones. Along with its cleansing and antibacterial properties, this powerful herb is very helpful for those with heavy menstrual bleeding.

