



How to use the Lunar enhanced fertility chart.

Cycle day

Day 1 of your menstrual bleed is the first day you experience full menstrual flow, not just spotting. This is cycle start day. Count each day from the first day of your flow as Day 1, Day 2, Day 3, and so on. The last day of your cycle is the last day before your next flow starts.

Date

Enter the date as the day of the current month. Example - September 18th, 2023, will be charted as "18". The month is at the top of the chart.

Time of Temp

Take your temperature as soon as you rise from at least 3 hours of consecutive sleep. It is best to take your temperature at the same time every day, but it is not necessary. Temperatures tend to rise about two-tenths of a degree for every extra hour you sleep in. Take note, if you sleep much later than usual, it may result in a reading that is outside the range of your usual pattern. Enter the hour and minute "7:15"

Temperature

You will need an oral digital thermometer that can read your basal body temperature (BBT). You can get one for under \$10. Every day upon rising, ideally before getting out of bed or doing any physical activity. Place the thermometer under your tongue, keep your mouth closed. Record the temperature on the chart. A sustained rise in BBT of about 0.5 to 1 degree Fahrenheit after ovulation indicates the end of your fertile window. Circle the 10th of the degree above the whole degree.

Yoni fluids*

Yoni fluid changes throughout the menstrual cycle, and these changes can provide valuable information about a person's fertility and ovulation. Here's a breakdown of the typical cervical fluid changes during the ovulation cycle:

1. Bleeding Phase: your menstrual blood may or may not contain mucus. Take note of the color and quantity.
2. Dry Phase: After bleeding, there is often a few days of a dry or low mucus phase.



3. Sticky or Creamy Phase: As you approach ovulation, mucus becomes more noticeable. Initially, it may be sticky or creamy in consistency. It's not very stretchy and may feel like lotion when rubbed between your fingers.

4. Egg White or Stretchy Phase: (Peak Fertility, Around Ovulation): This is the most fertile cervical mucus. It has a clear, slippery, and egg white-like consistency. It can stretch between your fingers without breaking easily and may resemble raw egg whites. This type of mucus provides the best environment for sperm survival and mobility, making it ideal for conception.

5. Post-Ovulation Phase: After ovulation, mucus typically becomes thicker and less fertile. It may become sticky or creamy again, and eventually, it dries up as you approach your next menstrual period.

Mark the box that fits the description the best.

Additional notes on yoni fluids

You can give more description in the "additional notes on yoni fluids" You can also use this space to indicate anything that is out of the ordinary.

Thick, white, odor-free discharge with a cottage cheese appearance is a sign of a yeast infection. A milky, thin discharge or a heavy, gray discharge with a "fishy" odor is a sign of a bacterial or other infection.

Cervix

1. bleeding Phase:

Position: During bleeding, the cervix is typically low in the yoni canal and feels firm and closed.

Hardness: It is generally hard and not easily movable.

Not necessary to check position and hardness until bleeding has stopped.

2. Post-Menstrual Phase (Early Follicular Phase):

Position: After menstruation, the cervix gradually begins to rise and move upward in the yoni canal.

Hardness: It remains relatively firm but may start to soften slightly.

3. Pre-Ovulatory Phase (Approaching Ovulation):

Position: As ovulation approaches, the cervix becomes higher in the yoni and is easier to reach with the finger.

Hardness: It starts to soften and may feel like the tip of your nose.



4. Ovulation Phase (Peak Fertility):

Position: The cervix is at its highest point in the yoni canal during ovulation.

Hardness: It is at its softest, like touching your lips, and may be more open.

5. Post-Ovulatory Phase (Luteal Phase):

Position: After ovulation, the cervix begins to lower and move back to a lower position in the yoni.

Hardness: It gradually becomes firmer again, feeling like the tip of your nose.

Ovulation sensation

Some people can feel when ovulation happens. It can range from just a painless sensation, mild discomfort and cramping to pain. It is usually felt on one side where the egg is emerging from the follicle. Chart it as “L” or “R”. Not everyone feels ovulation. Chart it as “L” or “R” if you do.

Physical signs

There can be a range of physical symptoms trough out your cycle. Charting an help you see a pattern.

Tender breasts	Bloating, fluid retention	Muscle aches	Joint pain
Headaches	Feeling foggy	Acne	Abdominal cramps
Diarrhea/constipation	Lower back pain	Sleep disturbances	Low energy, fatigue
Feeling energetic.	Increased libido	Good sleep	Clear mind
Overall wellbeing	Heightened senses	Change in appetite	













Moon Phase

New moon: **NM** | First quarter **Q1** | Full moon **FM** | Third quarter **Q3**

Moon Sign

You can write the symbol or just the first 2 letters of the sign. An example is Pisces would be Pi.

You can find the moon sign and phase on my website. <https://www.magicalmoongarden.com/>

Aries 	Taurus 	Gemini 	Cancer 
Leo 	Virgo 	Libra 	Scorpio 
Sagittarius 	Capricorn 	Aquarius 	Pisces 



Lunar Fertility

This is your personal lunar fertile time. It is based on your birth chart. You can get a free Lunar Fertility chart at Astro.com.

Once there, go to

- Free charts
- Charts and data
- Extended chart selection
- Add your birth data and under “sections” choose “special.”
- Under chart type, scroll all the way to the bottom until you see “Lunar Phases Fertility Calander.” Your lunar fertility days are marked in red.

The closer your lunar fertility is to your ovulation, the more likely you are to conceive. You should abstain or use a barrier method during your lunar fertility days as well as your ovulation days if you are trying to avoid conception.

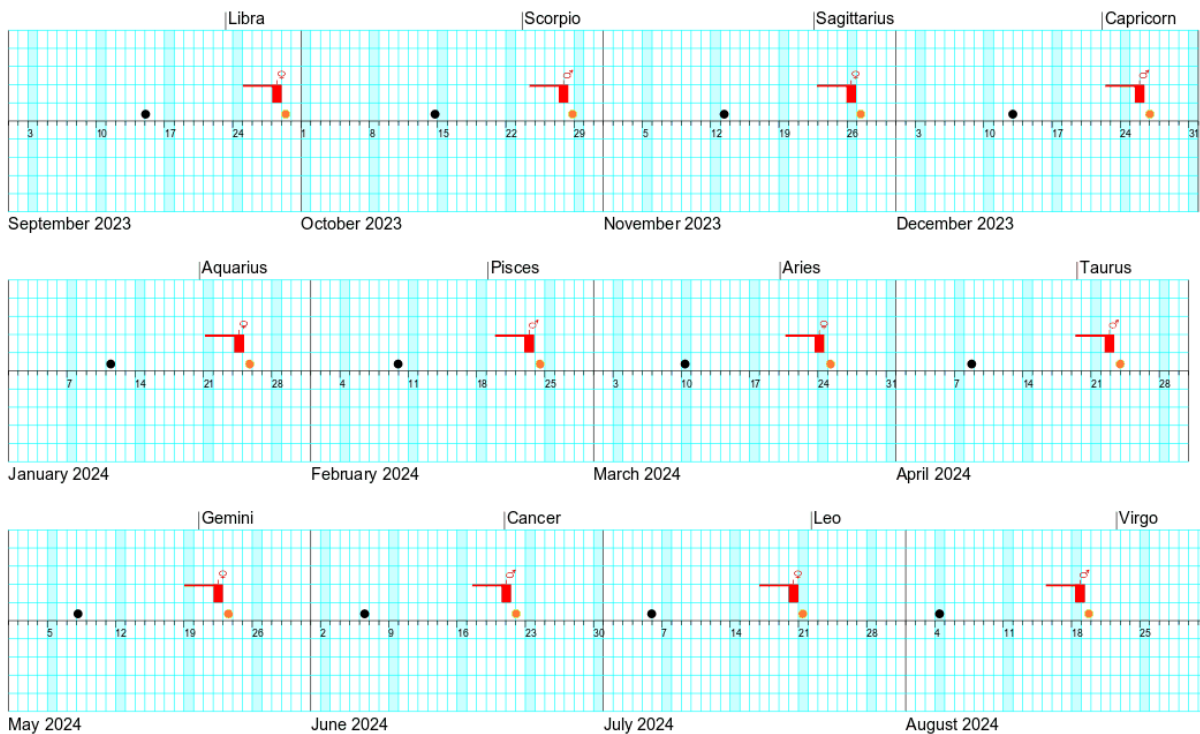
Lunar Phases Fertility Calendar

for ♀ Lunar Fertility
born on Fr., 1 January 1999

Time 12:00 midn.
Univ. Time 5:00

Phase of the Moon 167°42'

Type 95
Method J. No. 0.1-253 19 Sept. 2023



Time scale: tick marks for every day at 0:00 UT; day numbers are given for Sundays. The fertile days according to Dr. J's theory of lunar phases are marked in red. Please, regularly mark the beginning and end of menstruation (blue) and ovulation (green). The diagram can be used for the categories 1, 2, and 3 of the Lunar Phases Fertility method.



Lunar and solar eclipses

Mark the box on the days we are having an eclipse.

Sat	Oct 14, 2023 at 18:00	Annular Solar Eclipse	♎ Libra 21°10'
Sat	Oct 28, 2023 at 20:15	Partial Lunar Eclipse	♉ Taurus 5°03'
Mon	Mar 25, 2024 at 07:13	Penumbral Lunar Eclipse	♎ Libra 5°13'
Mon	Apr 8, 2024 at 18:18	Total Solar Eclipse	♈ Aries 19°22'
Wed	Sep 18, 2024 at 02:45	Partial Lunar Eclipse	♊ Pisces 25°47'
Wed	Oct 2, 2024 at 18:46	Annular Solar Eclipse	♎ Libra 10°02'
Fri	Mar 14, 2025 at 06:59	Total Lunar Eclipse	♍ Virgo 23°58'
Sat	Mar 29, 2025 at 10:48	Partial Solar Eclipse	♈ Aries 8°53'
Sun	Sep 7, 2025 at 18:12	Total Lunar Eclipse	♊ Pisces 15°24'
Sun	Sep 21, 2025 at 19:43	Partial Solar Eclipse	♍ Virgo 28°59'

If you are unfamiliar with natural fertility awareness methods and you need help, sign up to receive notification about upcoming classes. www.magicalmoongarden.com

Words matter

* Yoni is used instead of the medical term vagina. The word "vagina" comes from the Latin word "vāgīna," which means "sheath" or "scabbard." In its original Latin usage, "vāgīna" was used to refer to a sheath or covering, often for a sword or a similar object. The word "gladius" was used when referring to a penis. A "gladius" refers to a type of sword that was used by ancient Roman soldiers. It is often called a "Roman short sword" or "Roman sword." The gladius was a short, straight sword with a double-edged blade and a pointed tip, designed primarily for thrusting and stabbing rather than slashing.



Swords are meant to wound, cut, and destroy. The word “vagina” is violent and disempowering.

Yoni is a Sanskrit word that has become widely accepted in North America by those who wish to take back their reproductive power. It’s true meaning is more than just the muscular canal. It describes the entirety of female reproductive and sexual organs. It means source and creation and was considered sacred in ancient times.