

The Future is Cyclic Episode 4

Sarah: [00:00:00] Welcome to the Future is cyclic, the podcast for parents with periods. This is the place to be if you're a parent who's exhausted, overwhelmed, and totally done with the burnout cycle that modern parenting seems to force you into. If you're yearning for another way, a way of life based in ease, connection, and joy, a way of life that actually fills you up so that you can enjoy your life and parent in the peaceful, grounded way you desire, then welcome.

I'm so happy to have you here. I am your host, Sarah Stars, an accredited cycle coach, and I work with parents who have periods and are feeling exhausted, overwhelmed, and like there's never enough time through one-to-one coaching workshops and online courses. I help you feel more energetic, intuitive, and confident that the work you're doing in the world matters.

On this show, I share cyclic intel and powerful [00:01:00] practices for feeling more energetic. More joyful, more connected to yourself and your family using the powers of your menstrual cycles. Yes, they're real, and the other pillars in my proven cyclic parenting framework. I also speak to incredible experts in their fields ranging from cooking and gardening to sexuality and relationships so that we can take a holistic approach to creating a whole new paradigm of parenting together.

Let's dive. Hello and welcome to episode four of The Future is Cyclic. I am so excited to share today's guest with you, but before I do a quick housekeeping note. So you may have noticed that I've switched to a biweekly schedule for this podcast, and that's just. To honor my energy levels and other commitments in a particularly full season of life while staying consistent with this show.

So if you do want more cyclic parenting content in your life, you can sign up for my weekly emails@sarahstars.com [00:02:00] or read my articles on the same site. Today's guest is Nicolette Souder, and she is the founder of Wilder Child and Wild Schooling, representing one of the largest global online communities of nature connected parents and educators.

Her experience as a teacher in a traditional classroom strengthened her resolved to help design nature bonded visceral learning experiences outside of those four. She is committed to furthering the outdoor education movement through her work as a forest based educators at strong roots natural learning community, and she finds her center inspiration and a lot of eggs on her 60 acre farmstead in Michigan where she wild schools, her two daughters.

So in our house, we are enthusiastic members of Nicolette's Kids Moon Club, and we're also passionate proponents of lunar led living. Connecting with the cycles of the moon is such a wonderful way to connect more deeply with our own cycles, with the cycles of the earth and with each other as a family.

[00:03:00]

It can also give non menstruating family members an embodied experience of cyclic living. So we're talking about all of that and so much more in this episode, including some simple tips for beginning to honor the moon cycles in meaningful ways with your family. Let's dive in. Hi Nicola. It's so lovely to have you here today.

Hello,

Nicolette: Sarah. Thank you for having me. I'm feeling very happy to be here. Oh, it's

Sarah: really such a pleasure. And as I've said in the intro, we're just having so much fun in your kids' moon club, so this just felt like a natural extension to be sharing that work and a little bit more about what you do, uh, with everyone here on the podcast.

So I like to start these episodes with a bit of a cycle check-in. Mm-hmm. And hoping that everyone listening along is able to take part in that too, because you absolutely don't need to have a menstrual cycle. You may follow along with the, the lunar cycle. Hmm. Or with your own cycles, maybe in pregnancy and postpartum.

So [00:04:00] let's just take a minute to close our eyes if that is a safe and accessible thing for you to do right now. Perhaps putting a hand on your heart and a hand on your lower belly. And just taking a few deep breaths here. Noticing that connection with the breath as it passes by the heart and into the low belly.

You could use the exhales to get really noisy, letting go of any tension or worries that you can, and this is just a chance if you've not done a cycle check-in before, to tune in to what you're feeling today, what your energy is like.

It's a moment of self connection and reflection, and as you do these check-ins over time, it becomes a great kind of compass and map to your own cyclic experience. Hmm. So [00:05:00] there are lots of ways to do this, but let's just

think of like two or three words that would really sum up that experience for you today.

And when you feel ready, opening your eyes. And you might wanna jot that down if you're listening along. And Nicolette and I will share with you now. So do you know Nicolette where you are in your cycle today?

Nicolette: Yeah, I'm actually premenstrual so I could get, you know, my period any day now. And so my feelings and words that are coming up for me are, yeah, things coming up.

That's where I'm at.

Sarah: Oh, I can, I can relate to that. And so I'm, um, kind of in the other side of the cycle right now, I am, um, ovulating. I'm just at that real ripe blooming phase of the cycle, which feels very synced up with this full moon that we are just moving into and recording Doreen. And so I find that this can be a little bit of a tender time in some ways, but I'm also [00:06:00] just feeling.

Sensual and open to life kind of as it is, which, uh, feels really good. So thank you again for being here. And I just wanted to start. You have really birthed so many magical things into the world, ni, Nicolette, and around Kids' Moon Club, but also the wider wild school movement. And I'd love to know where did your kind of experience and commitment to cyclic living come from?

Is it something you grew up with or something you found as you got older? It definitely

Nicolette: came as a result of. Moving to Michigan when my daughter was one, and for the first time really being dominated by nature. And there I grew up on three acres, so it's certainly not the city, but in Michigan here where where I am now, we have a 60 acre farm and there's just so much more nature and I think.

It was a huge support system for [00:07:00] me when my daughter was young. We had tons of time just her and I, um, to explore. I think it was exploring my inner landscape as much as I would exploring my outer landscape, and just having the time and space and support from nature to do that. Cyclical Li Living just was a natural.

Step after I had really rejoined into that wild circle of just connection, observation, spending time healing, that relationship with the wild, and then the cyclical piece, I think was like a deepening of that. Hmm. Yeah.

Sarah: And you said kind of dominated by nature. I, you know, I assume like fully immersed. I wonder what kinda had to fall away for you to kind of let yourself be in that immersion?

What did, what kind of resistance maybe came up to it and what did that look like to kind of, like you say, heal that

Nicolette: relationship? It's a, a [00:08:00] really powerful question. I think just the ego, you know, that control, um, and a lot of societal norms around me being the parent. And me being in charge and feeling vulnerable in that, you know, we moved and didn't know anybody and really it had a hard winter.

It was the winter of probably y s a dominated too, because it was the, uh, the, the north winds, the cold, I forget like, oh, like the arctic chill or something. It was so cold the coldest year we've ever had here, and we were starting up the farm. Wow. So there's just a lot of late. And us being kind of alone together.

And then my daughters ended up when we tapped the, our first maple here, mother Maple, we call her. Then I had an epiphany around when the smile went in. My oldest daughter went and was like suckling from that tree and I [00:09:00] had a whole epiphany around being really co-parenting with Mother Nature and it Oh yeah.

It was big. It was really big. It was a huge ship. Mm-hmm.

Sarah: Yeah. Wow. That gave me tingles and what a beautiful image to imagine. And so what, if we back up a little bit, what had led you to to move to the farm in the first.

Nicolette: We, you know, remote work wasn't even a thing. This was a, this was, um, 11 years ago, no, 10 years ago.

So we, um, my husband was gonna have to commute into Chicago from northwest Indiana, which is where my parents were. And we started doing permaculture gardening in their yard and it just, we just felt like there just wasn't enough space. It didn't feel like we were, I think ultimately it just didn't feel like where we needed to be.

Yeah. And um, so it was a leap of faith? It was, it was a big shift. Uh, my mom is one of 15 and so all my [00:10:00] cousins and family, so the majority of them are all in northwest Indiana and outside Chicago. So it was a real leaving behind of everything that I thought that I would, you know, where I thought I'd

raise my family, where I thought we would settle down, where we thought, who we thought we'd collaborate with, and it was just a leap into complete space.

And we needed it. Then out of that emerged our desire to homeschool. We had I, I wasn't homeschooled and so I think with that big leap came then all these other opportunities. It just became so expansive. Our life just expanded.

Sarah: Yeah, I, I've also had some of those pivot points in life where you're just like leaping into the unknown, but there's something inside of you that knows that's where you have to go.

And it can be hard to explain cuz you can sound like you're not doing the thing that makes sense to people. But when you really, it's, it's just almost so uncomfortable not to listen to that urge, isn't it? And you just have to see what opens up for you. [00:11:00] Absolutely. Um, and so at that time, did you already have a relationship?

Either or both your cycle and the moon, or is that something that came from your relationship with the land that you moved

Nicolette: to? Oh, it definitely came with the land because as I healed my relationship with the land, it was healing my. Inner relationship with myself, you know, and that landscape, those would just echo back.

Like I would heal something in the landscape and it would heal something with it or bring that, that to my awareness, right? And so, um, having, keeping track of my own cycle and being more in tune with where I was. It made so much sense as I became more in tune with my biome and what's going on seasonally because the connections are just, you can't imagine not having that echo back inside of me.

Sarah: Yeah, [00:12:00] and I think there's such a kind of a feedback loop there that once you start tapping into, it just takes you deeper and deeper, isn't it? All those ways that the land is mirrors for us and we are mirrors for the land and all the healing that can take place there. So were, were there ways you, when you say healing the land, was there work that you were doing to kind of restore wildness there?

What did that actually look like? Well,

Nicolette: I think we, I think we originally had this idea of healing the land and that was, Through, you know, our excitement in permaculture and naivete

around what we were gonna come and do. Um, sort of that, that mentality right of. Fixing something that's not even broken.

Yeah. And it obviously, it, it was the other way around. I mean, it really was an invitation for us to heal and to observe the, the, um, like restoration, a agriculture, which is really just rooted in indigenous [00:13:00] practices of tending to the land. There's such a huge emphasis on observation, so we just. So many things we tried to do when it worked out.

So then we just moved into an observation and a relationship building place. You know, like just space of be way of being with the land. And then that's where everything started to really click W and that's where we started to really. Become aware of our own healing. Like basically we were the ones who had the healing to do.

Sarah: Yeah, and it just, I think, speaks to what is true in so many areas of life, but that bottom up approach, right? Rather than thinking that it all has to come from the mind or our will or that like we need to be in charge and con in control. But when we are in that place of observ, Seeing what's actually needed and how we can give back.

I think that re applies so well to the work that you're doing on your farm, but also to parenting in so many other areas of life.

Nicolette: Mm-hmm. Yes. I [00:14:00] mean, a huge piece that came out of it was in terms of my cycle. You know, I grew up. I think so many women can relate to this. It was just, there was so much shame.

Yeah, so much shame around it. And we do rite a passage ceremonies for the women red tents in our, um, in our community now and have consciously tried to let things. Vitally emerged like in the Vitalist tradition. It's like whatever's emerging in the body just needs to emerge, and in nature there's context for everything that emerges.

If a tree falls, there's a context for that, and I think that was a huge teaching for me was whatever's coming up in my body, there's a deeper context for it, and I can look to the landscape. Find those threads. Like for example, for me right now, there's a lot coming up in my body. I felt some anxiety [00:15:00] last night.

It's good. Well, we would, we would label it in our society as anxiety, but really it was just, I was feeling uncomfortable. There were things that I needed to, to,

to let emerge and right now we're in the worm moon cycle. Where the worms, not in everybody's biome, but in my biome, they're waking up, they're kind of churning.

They're coming to the surface, and so I can look to the landscape and it can, you know, I can find those connections. And how I can, they can encourage me to allow that within

Sarah: myself. That's really interesting. And I think it sounds like a really delicate balance too, of like, of what you said, of like observing your land, um, observing yourself.

Cuz we can get so fixated on what we think is like, I'm, they won't be able to see what I'm doing, air quotes, what's wrong. Right. And so then we need to fix it. And there may be, there may be changes in your life that. Things [00:16:00] that are emerging or calling you to, or there might be processing to do. Mm-hmm.

But often we need to start in that place of observation and like you say, finding those threads of relation first. Mm-hmm.

Nicolette: Yeah. And just recognizing that it's a natural process and. Change and being in the rhythm and being in a cycle is the most natural thing in the, in, in the entire world. It's, it's unnatural not to be in tune with that change and that that flow.

Yeah. And it's a process every day. I think fighting against the societal norm for the prevailing sentiment in our modern society is definitely try to get everything in place so. Nothing will change. Yes. Even the way live in our houses, you know, if we lose the electricity, it's like, oh, we are not built, but, but we are built to change.

So we're in this constant state of [00:17:00] flux and there's so much wisdom there to be able, so much wisdom. It's so deep to be able to really be able to have capacity for

Sarah: change. Yes, and why I was so grateful to my menstrual cycle awareness practice be when I became a parent, because those little babies change constantly, right?

You just get into one kind of rhythm with them and then they've changed and they need something else. And to be able to just kind of flow with that, rather

than thinking, oh, but he's not sleeping as much now, or this has to happen. And I mean, don't get me wrong, I totally like had. Where I'd look up sleep schedules and be like, maybe I should be doing it this way.

I think some amount of self doubt is totally natural when you're thrown into such a big experience. But yeah, like I think there are so many gifts of menstrual cycle awareness, and one of them can be. Our ability to adapt and to move with those cycles and see how natural it is. And I think every experiencing that we are having at any given time, whether it's your homeschooling journey, something with work, [00:18:00] your marriage, anything can, it has its own seasons.

And we can locate ourselves in those seasons just like we can with the menstrual cycle.

Nicolette: Yeah. And those can sync up like we can. See where we are in our menstrual cycle and see how, what wisdom it's bringing into a different area of our life. I think that's what I'm working on really now is um, the wisdom piece.

I feel like most recently I initiated into. Really firmly into the west on the wheel, but also moving into the north, like into elderhood. My, my hair is dye right now, but it, it would be completely gray and that's something that I'm just gonna let happen, you know, which doesn't seem like a big deal, but it is a big deal because it does represent a co for me.

I want it to be a conscious choice moving into the [00:19:00] north. Um, and. How is my cycle? You know, how can I work with the energy that is, I, I know what I'm trying to say is I'm more conscious of my larger journey and where I'm at, and then, and being able to not just be like, again, bold over by cycle, like, oh, this is power.

This is, this is real. There's real energy here, right? And how can I connect that to what I'm going through and what my community is going through my children? Yeah,

Sarah: absolutely. I think the more we come into alignment with it, the more it becomes this energy that we're able to work with and create from.

And I mean, so many of the positive changes in our family's lives have come out of that like real fierce. Premenstrual discernment of like, this is not working and I will not stand for it anymore. And, you know, there might be an uncomfy moment there, but it leads to, to working with change, you know, and, um, yeah,

like you say, it can, it's something that we then need to take into the broader [00:20:00] ways that we're working in community and living

Nicolette: together.

Right? Like, how much capacity do we all have for. What's coming up within us, you know, and, and then that's a question for every human. I think we can reflect that at different points in our cycle, you know?

Sarah: Yeah. And I think if we don't learn to like live with those energetic capacities and within those limits within our cycling years, then that is not going to.

It won't set us up to move with as much ease into the later seasons of life. I think there's a real potential here to nurture ourselves through the cycle in ways that will make those initiations of integrator wisdom as we move forward.

Nicolette: Yeah. We're so lucky that we, and it's also so, um, it's also hard that we had these choice to either surrender or repress every single.

Cycle, and it's like that with the moon too. There's this, you know, where it's going through that [00:21:00] phase and are we able to integrate? Are we giving ourself times to integrate on that other side of the cycle? Are we so that we're being held? I think every human can definitely sink to the feminine in their.

The feminine energy even within themselves and sink to that lunar cycle, and it'll, it'll, it simulates that you. Height celebration like that in breath or that out breath and or the in breath first and then that out breath and that integration. Mm-hmm. And everything's just begging us to surrender and be like, well, you think you've got it?

The, the, then the, then the phase changes.

Sarah: It's powerful. And yes, the, the ability to kind of let go and move on to the next bit, knowing we'll journey with that energy again. Um, but the letting go can be so hard. It's so not what we are kind of [00:22:00] conditioned to do in this society. Right. So yeah, moving more into the way that you work with the moon and the way that your family kind of lives with the moon.

Um, there are different ways that people talk about it, so I'd love to, if you could give a little rundown of the lunar phases and what they kind of mean for you in your life.

Yes,

Nicolette: we, um, we walk with the 1213 full moon. Well, they're denoted by the full moon. So for example, right now we would be in the warm moon cycle and they change depending on if it's a, you know, 12 or 13 moons.

And then within each of those cycles, we run on the lunar phases. So for us, that means in the New Moon, we're really committed to an intention setting practice, and then moving to the full Moon, there's a celebration and we just have that rising [00:23:00] action. So I do try to put our, it doesn't always work, but I do try to put.

Heavier, bigger adventures on the forefront of the cycle. And then when we hit that full moon, give us a full about two weeks to integrate and kind of, um, yeah, just do kind of different kinds of things, maybe slower things. Again, it doesn't always work like that, but it's, it's about. The awareness, what's really important for my kids is that they know where they're at, you know, because that's, uh, I have two girls, so then it will translate, where are you at and where are you at?

Yes. And how is that working together, you know? Um, just that more than anything else. I think drawing that awareness to where we are at and what is happening. So what is the landscape? What's happening on our landscape and [00:24:00] what is the, what are we being held in while these things are happening? So we call this moon, our family calls it the SAT moon.

This is when we always tap. It pretty much aligns like the SAT moon pretty much has always aligned with us and that is such a huge cultural traditional moon for our family that we have built now solidly for years. I mean, the sat moon is huge for us. Everything starts rising. Um, and then it gives us an opportunity to say, well, what's rising within?

Yes. And usually it makes sense to ask that question then, because then I think the, the, the idea is like, oh, are we just trying to shoehorn ourselves into this metaphor? But for us, because the moon cycles are so, um, tied to our biome, we've spent years really trying to get those names right for us. Then it tends to reflect what's going on with [00:25:00] us, because usually we've been.

In ourselves during winter. We really honor that storytelling time and fire time and doing some medicine work and really doing, um, crafts and things like that. And so we're, things are coming up for us usually, like even things like what do we wanna do? We're gonna be a little bit more active in spring.

Our, um, we have a nature school that starts up during that time. And so it's wonderful to have that alignment as. It just feels so reflective and supportive and it deepens where we're at. So we'll drink the sap and it's cleansing. It's a time we clean our house too, so it's beautiful to make these cultural connections with the moon that are held and they deepen every single year.

First, I'm like, oh, this is gonna feel repetitive, but it doesn't. It just feels like we're on that spiral. Going around and

Sarah: everything. Me, like, you [00:26:00] know, a lot of people, if you don't have a, a lunar tradition, you may have traditions around something like Christmas and I just remember like getting those Christmas books out every year.

It wasn't, it wasn't bad to be repeating them. They were like these cozy special friends. Right. Oh yeah. Seasonal traditions and living in alignment with the lunar cycles offer a similar way of keep, you know, coming back to these comforting and supportive rituals and practices. Um, and you know, I every year hears so many people saying, oh, it's New Year and I'm supposed to be doing this, and I just wanna be like, Under the duvet.

And I think once you can actually realize how natural that is, right? That there's actually important regeneration and germinating happening, quote unquote under the duvet or whatever coziness looks like for you. And then we get to this time of year right where the energy is rising, just like. The seeds are germinated, just like the SAP is rising and how linked those inner and outer energies are, and that's absolutely [00:27:00] one of our favorite things in the Kids' Moon Club is the idea of these family moon names.

I have for a long time lived kind of. With the seasonal sabbats from the Wheel of the year, but they really come out of a Celtic tradition, which is where my ancestry is, like in the uk. And that's where we were living when my son was born. But some of them don't really translate to now living in southwestern Ontario.

It's. Still person outside still, huh? Yeah. And so the traditional moon names that we use in Kids Moon Club are great as well, but really creating that connection to the land and to your own family's way of honoring and, um, being in communion with the wild, I think feels like such a special way to connect both with the family, but also with the land itself.

And I do think that weather patterns and the land is gonna change so much right now. And so, Being in that place of observation and creating that personal relationship feels really

Nicolette: powerful. [00:28:00] Yeah, it feels nice, I think, for children to ha to be held by something that's outside, relatively outside of sus human human design and to feel safe there because in our bodies, That's really something that just happens biologically.

So we can write about it and read about it, but we often don't feel safe in our society with natural processes. Mm. You feel a lot safer with unnatural processes. So the more, when my children are being held by the moon, they feel really safe. In a deeper con, like their lives are held in a deeper construct.

Mm-hmm. And a deeper story. And so they're able to go deeper, like with their own personal story, cuz they just feel very safe in that amount of change.

Sarah: Yeah. Yeah. And seeing those inner energies reflected in the outer world, I think makes it feel less [00:29:00] like something that's just happening to you or just within you.

You can see that it's something happening out in the outer world, but then you can start to think, okay, well if my inner world is being reflected here, then other people's are too. This isn't just my own thing. So it's like connecting you to yourself and to something so much

Nicolette: thicker. Yeah. And a story that's easier to connect to.

I think as humans, we're hardwired to connect to. A natural, um, con, uh, story that's based in nature. You know, that, that metaphor of growing, releasing, right? That is really, really calming composting. Yeah, ultimately it's, we're really tuned to that. So it's, it's not a huge leap. It feels very natural. And then as my kids get older, I can then keep reminding them of the support that they have there and how things do always change.

[00:30:00] And there's that scaffolding, you know, but celebrating and getting those traditions and building that culture is, So beautiful in the early years. There's, there's always, there's so much like natural scaffolding that can happen as we incorporate the ideas of the human world overlaid onto that. But I think there just needs to be a solid.

Love and solid relationship at first.

Sarah: Yeah. And so families who are listening to this, you know, they won't be able to sign up for Kids' Moon Club till the end of this year. So would you have any kind of tips or suggestions if they're wanting to kind of connect with the moon and their land and creating those family full moon

Nicolette: names?

Yes. I would say the first step in wild schooling and how. Played out for me was just rejoining. So going in humbly and openly and going it out, I should say. [00:31:00] Going in, going out, I mean, and really trying to just be to just be and be, you know, beginner's mind is something that is brought up a lot in nature study, but to go out with beginner's mind and try to clear, I take a deep breath, you know, going out.

Try to center myself. I'm going out just like I do this, me and my husband do it when we're going to hang out with somebody. Cuz I, I used to get pretty low level, just anxiety, just in social situations. Um, and it was just unconscious. Like I didn't even know I had it, you know? And now we just root ourselves and say, okay, we're going to so-and-so, here's our intention.

Here's what we're, so, we're, we're, we're doing that with Mother Nature as much as I possibly can. Sometimes it's just like, okay, we got out there as a miracle. But when I remember to, I do try to go in. Greeting it as I would greeting her, as I would any [00:32:00] other relationship with intention and with my grounded energy in place, and then communing with nature as much as possible.

And it doesn't sound that exciting, but I think for families who are just starting out, just notice, just start noticing where is Mother Nature? Where am I? Like, where is Mother Nature? Where am I? Um, is something calling me specifically? Listening, you know, activating those senses. And I always talk about going and building relationship with a tree.

People call it sit spots. We tend to call it heart spots. Really build that relationship cuz it's hard with kids sometimes it's just not overwhelm, there's just too much. But to anchor either in your land, in, in your backyard, or in your community, if you don't have a yard, use that tree as an anchor point to build the relationship.

Um, and then the moon comes and the cycles. I [00:33:00] think seeing a cycle through a tree can be, um, A great weight, like a great companion with the moon. Cuz sometimes for little littles it can be a little bit much, but that's why

the full moons work so good because that like everybody gets a full moon. So everybody's got that figured out and I think there's this natural proclivity for having a relationship with the tree.

So just trying to just be and um, leave a lot of the textbook. To decide if possible, there's this tendency to just wanna get the knowledge right? So we see the dandelion, we go straight to the Latin name, we go straight to what its uses are, and it can be overwhelm because it, if we think about it from a relationship, that would be weird to do.

You're gonna go research the person and you, it's more like just get a feel for them. What's, you know, meditate with it, sit with it, and try to always come back to the [00:34:00] relationship. It's a practice. I still have to go back cuz I love herbalism so much and I just have to go back to the relationship. Go back to the relationship.

Yeah.

Sarah: Yeah. I think there's a real, uh, conditioning in our society to kind of want to have ownership over things and to commodify them. And certainly those of us who are homeschooling might always be looking out for that like educational opportunity. But I love what you're saying about. Allowing yourself to be really in intuitively guided first and to really create that relationship.

Cuz there's nothing wrong obviously with seeking knowledge. But if we're not able to be present with our experience and in that relationship, then it does feel more like of a superficial knowledge seeking rather than this deeper wisdom integration that I think can come once the relationship is.

Nicolette: Yeah, it seems if it has, at least for me, it has been the first step and then [00:35:00] we kind of start to see where the cycles start.

The new moon, it's a great second, you know? Okay. This is when it starts for us starting to build the wheel, really starting to orient on the wheel, um, and finding those lunar cycles within the wheel. And it takes time relationally. It starts with relationships, so, Not always easy cuz it's not as glamorous as, and because we're so used to being productive, it doesn't feel like we're doing anything at first.

You know?

Sarah: It's amazing though, isn't it, even, you know, like you say with the, creating a relationship with a tree, having a hotspot, how much change you can notice in one cycle and then I think that can then reflect back. Cuz sometimes, especially with really little kids life can feel like, ooh, a little bit stuck sometimes.

Right? And then, but then when you. Kind of honed that skill of observation actually a lot changes. A lot happens within one

Nicolette: cycle. Oh, and it's such a [00:36:00] more natural way to walk than like a semester or um, months are are weird for kids that just feel, it's hard for them to get. That's why calendar time is such a big thing.

I used to teach in a traditional classroom and they were still teaching calendar time and. It, it, it's just like for kids to orient Cy Cyclically is so much easier because, They, and then they get that fresh feeling every where they're with them and like, oh, the restart. You know, and it's just, it makes sense to kids.

It really doest after the relationship's in placed that is such a natural next step. Like they totally get it. Even when my daughters were, um, two and doing our new Moon intentions, it looked like scribbles, but. They got the concept like, and it was just, here we are. That's why I just come back to, here's [00:37:00] where we are, where are we, we're here.

You know, and that was like those little anchors. I just, I don't know. I think if I could see inside them, I'd just see little moons like holding all their salt altogether, you know, like little safe little anchor points and signs along the way. Yeah,

Sarah: and I love the New Moon intentions too. It feels like another way to kind of, uh, Shift some of the power dynamics in family life where parents always are seen at the top, but like being really clear in every cycle.

Like what are my son's priorities? What is he wanting to do? Who is he wanting to be with? What he is he wanting to create and learn? And really showing him in the way that we put those intentions on the wall and the way we schedule things into our, our cycle that those are priorities to us and what he wants and wants to bring into the world is I.

Nicolette: Yeah, it's powerful to feel like you can make something happen in your own life. [00:38:00] Um, and we always have them put something on that is emotional, like an emotional goal too? So it introduces that like you have

control, like again, these things aren't just, I always thought with my period thing, just something just happened in my body all of a sudden, right?

Cause I used to not know when my cycle was coming and I used to not know where the moon was in the sky. I used to not know if it was waxing or waning, and I didn't know if I was waxing or waning. And I get a little bit heartsick that most people live like that without an orientation to anything that's rooted into the wider wilder story.

And I can't, I mean, that's why my mission is what it is. My passion is to helping people reorient to basically a, a larger narrative. The one that we were born into. It's just so much more fucked billing and it's like, oh, I'm not alone.

Sarah: Yeah. Well, and there's that deep sense of loneliness that I think so many people are [00:39:00] experiencing.

And even just by rooting into your own cycle or into the lunar cycle, there's that sense of belonging and self-compassion that can really just grow so naturally. And I'd love to just circle back. You were saying about setting kind of emotional intentions, and it doesn't need to be a real example. Cause obviously those are personal to your children.

What. What kind of things might they write down there? They have

Nicolette: come up with things like, I want to be less grumpy. And not even, I haven't put those thoughts in their heads. Like I, I enjoy when they're grumpy cuz that means something's coming up. But it is a personal feeling for them that, and this, this is, they're, I mean, my daughter's 10, so, and my youngest daughter is going on eight.

So they would see me do it and then I would verbalize that first. Like, oh, I also want, oh man, I've been, you know, when they were younger and so. They've seen it with me and they've seen me make a commitment to it and come back to it like [00:40:00] it's on our fridge. So I'm like, oh, remember when I wanted to do that?

And I'm, I have worked on that, or, that was hard for me. I think I'll put it on the next one too. So there's just that importance of, and then when we go out, I'm making those connections. So if a dandelion is coming up, I'm like, oh, I wasn't feeling very good and this dandelion is helping me with my intention.

Mm. You know, and there's just this constantly being held within our, not space for change, but, you know, if that was my intention, I can handle a 28 day focus. Like, yeah. It, it gives them a way to also work with things that they want to bring into their lives, and that it does take, it takes some presence and going back to it, right.

Yes. Those things are not

Sarah: linear.

Nicolette: No, not at all. And, and our conversations as they get older will more be towards that. Um, they'll get [00:41:00] stronger in the skillset of drawing on the environment. Like for me now, if I struggle, I've got so many resources. So many resources and I've done a lot of healing around trying to be able to understand like that I'm in my own story and it's of my own making and yeah, that's something I, I really work on every day.

Hmm.

Sarah: What a beautiful thing to be learning, I think as we all should have, but to be learning from such a young age that it's just natural that it's been modeled to them and they're able to grow with it as they grow. Um, so I think so often, either the moon or a menstrual cycle awareness are people's entry points into this experience or to this awareness of their experience of cyclic living.

And then, You deepen in this work, you see that you are in almost infinite cycles and some of them, right, you, you know, you can have those days when you are in your inner spring and spring's just emerging in the world [00:42:00] and there's this sense of synchronicity that's just delightful. And we are going to have points of tension where, for example, like the moon is becoming full right now and your AI.

Mm-hmm. And those are quite different energies in certain ways. And a question that I get from. Is, and I'd be curious to hear your take on it, is honoring those distinct energies or how do you, yeah. How do you honor your menstrual cycle while also honoring what might be a really different energy in the lunar cycle?

Nicolette: Mm-hmm. Um, yeah. Sometimes when that happens, I think it's a really big clue for me that I've been, maybe sometimes, I'm not saying all the time, but sometimes there's a little bit of. That's interesting. I might be out of

sync. I just, I go through some things with that, you know, and eventually I do. I feel like I'm on a bigger cycle with that too.

It, it always comes back, but when I'm synced up with the New Moon, I always feel [00:43:00] like less comes up. Hmm. So, um, more creative. Like, I'll do a lot of poetry as opposed to, like right now when there's this mismatch, I'm using air quotes. There's the opportunity for me to be okay with. And to just be like, okay, this is gonna be a bigger, so I'm noticing patterns then when it, when that happens and it's, it's more like just drawing awareness.

Like having an awareness on it does almost all the work for me. It's like, oh, I'm sort of, this is interesting. I'm feeling this difference in what's happening in my outer environment than what's happening in my inner environment. And there's so much wisdom to be learned there because there'll be situations that require us to be so up.

And I was like, what do we really want? You know, what do I really want? Um, and it's like that sacred dissonance. So I think there's a lot of power in the mismatch. The mismatch and then the alignment. But either way, it's that [00:44:00] being able to know that for me, it's all inside of me. You know? Like I am made of, of the universe, and it is all inside of me.

And how am I able to. Draw wisdom from what's going on in my environments, so there's always wisdom tippy. To be had and what is my capacity for making those connections? It's a skillset. Absolutely. We don't live outside anymore. I think that traditionally and ancestor, those connections were like breathing My God.

That's what it was.

Sarah: And I think it really comes back to what you were saying earlier about observation, right? There's lots that's been written about what bleeding during different phases of the moon cycle could mean, and that can be really helpful. Just like kind of introductory books on the moon or the menstrual cycle can be really helpful, but ultimately it's about noticing what it feels like and what wisdom is there for you.

Yeah. [00:45:00] Um, and that can really vary so much from person to person. And I think we're always. Gonna have to dance with different tensions in our life. And again, our cycle can be such a, such an invitation into

Nicolette: that. Yeah. That noticing is so big. Yeah. And trying

Sarah: not to, I mean, I just wanna put this out as like a disclaimer.

Trying not to make it mean anything about you or you being wrong. Yeah. Or your cycle being wrong. There's like no perfect cycle. And I think just like you were talking about those things kind of. Coming up that are meant to emerge. Mm-hmm. Whatever pattern your cycle is in right now is gonna have so much wisdom for you, and it may be.

Whispering or screaming at you to make certain changes, but doing that from a place that's coming from listening to your body and not because someone on Instagram or this podcast or someone told you to.

Nicolette: Exactly. I I think ultimately doing that communally is so beautiful too. I, I dream of that. I dream of doing [00:46:00] this work in community and I really appreci.

Your perspective and the work that you're doing to invite families back into it, and for us to try to be there together and be able. Help each other become aware and you know, really be with, be with what comes up. And look to the earth. Look to the earth for that. You could call it support. I, I tend to call it support even when it's hard.

Cause I'm like, yes, what's support for me? That's what's not mine. Needed to be able to, you know, see or feel too more.

Sarah: Definitely. And I mean, the words that we use for those kind of things are so important. So I think support feels really good there. Obviously we've talked a lot. Looking to your own experience first, but for people who do love to like pick up a beautiful book or to kind of get into the, the information, do you have maybe one for adults and one for kids?

Obviously they could be for either, but, um, books about the moon and kind of lunar led living that you love. Mm. Well [00:47:00] I love the

Nicolette: moon in you is actually, I wish I had a copy of it right here cuz I would love to show. It is my favorite book. I know you didn't, this, you were talking about the moon, but this is really about the cycles, um, the menstrual cycles.

I love the moon in you. Such a beautiful book and it's, I give it to all the girls when they go through their rite of passage, Alexandria, and I'm gonna find the name because she and her daughter are amazing every time I've interviewed her

several times, and every time I just learned so much. I'll get her name really quick.

So that's, See that's for the kids and yeah, let me just get her name just cuz I feel like it's important. Alexandria King is the name, is the, the, um, author, uh, a dear woman to me. And yeah, so much wisdom. So that's for the kids and for the adults, I would say, not a book, but I have [00:48:00] a website because this woman.

Is incredible when it comes to walking adults through the cycle and being really supportive and seeing the bigger picture. She has an email list called Moon Letters and her name is April and her whole website, the Moon is my calendar. She's got wonderful classes and is just. A great resource.

Sarah: That sounds beautiful.

I will link to both of those in the show notes as well as long along with all of your links. And before we map up here, we've been loving it so much. We already had quite a lunar led cyclic life, as you can imagine. But then. Kids new club this year. It just ended up being the perfect time. We're living on different lands than where my son was born.

We've moved to a different country and it's just been the perfect kind of immersive way to connect a bit more with where we're living now, and also just bring so much joy and celebration to the lunar cycle. So you open up registration once a year. People might wanna have it [00:49:00] on their radar for 2024. So what can people expect from Kids Moon Club?

Nicolette: I think that. My. In designing it was to have a story-based magical way that children could be introduced to lunar living. Um, and that ultimately would lead to them really rooting and tuning to their own bio. So I use the colloquial names that a lot of people think are the indigenous names, but that's.

You know, questionable. Um, every, these n moon, there were moon names all around the world and they all varied based on what was going on in the biomed in the season. So, Yeah, you'll be walked through and it's an entire year, lunar year, se seasonal year. It is the first new moon after the winter solstice is when it starts, and it runs all the way until the winter solstice of that year.[00:50:00]

Um, and so you will, we, we grow with the light and there are 12 to 13 full moon collections that include. The crafts, the recipes for the full moon party and then Luna and O'Brien are in the full moon forest. They are walking you

through, through a story every single lunar cycle, and there's an act of kindness that you are enur, the children are encouraged to do, to have the full moon rise.

So it's a lot of story, a lot of celebration. And I guarantee you they will remember their full moon parties and it, you know, it's, it's a fun, it's a fun way to get them excited about the moon. Once you're a moon lover, I don't think you ever stop becoming a moon lover,

Sarah: right? You're one of those people that's like, look, the moon.

Nicolette: I know. Like once you start to look up, it really starts to have a really profound impact on your perspective. And then, After celebrating [00:51:00] and getting excited about it. Then when, as you grow really tuning to those, like, and like you had said, being co-creative, being able to work with it. I think you said that, I think that's right on.

Is is the next step, right? Mm-hmm.

Sarah: Absolutely. And I have to just say, I'm so fussy about books and things. There are some really badly written books out there. These stories that are in Kids' Moon Club are so well written. They're really engaging and they're so beautifully illustrated, so we. Absolutely loving them.

I'm a big fan of anything that can bring kind of rhythm and joy and delight and celebration, and so having that kind of packaged up for you and doing it as part of this online community is really, really special. So thank you so much for

Nicolette: creating it. I'm always, yeah, it's just always something I'm like, I hope it resonates and it's been a labor of love.

It's gone through something like 18 iterations, but it, it keeps living and wants to live. [00:52:00] So it's such families that really bring it to life and the community. So yeah. Thank

Sarah: you. Well, thank you so much for being here today. It's been such a pleasure speaking with you. Thank you for

Nicolette: asking me and for all the work that you're doing in the world.

I, it's huge. Like I appreciate it so much. It needs, we need it badly. Thank you.

Sarah: Thank you so much for listening. You can find show notes and a transcript of this episode on my website, [sarah stars.com](http://sarahstars.com). I would love for you to subscribe to the show on your favorite podcast app and leave a review. This is such a helpful way to support this work and help more parents find the world of sick with parent.

And I'd love to chat. If you have any thoughts or questions about this episode, please send me an email. I'd love to hear from you and I'll speak to you in the next episode.