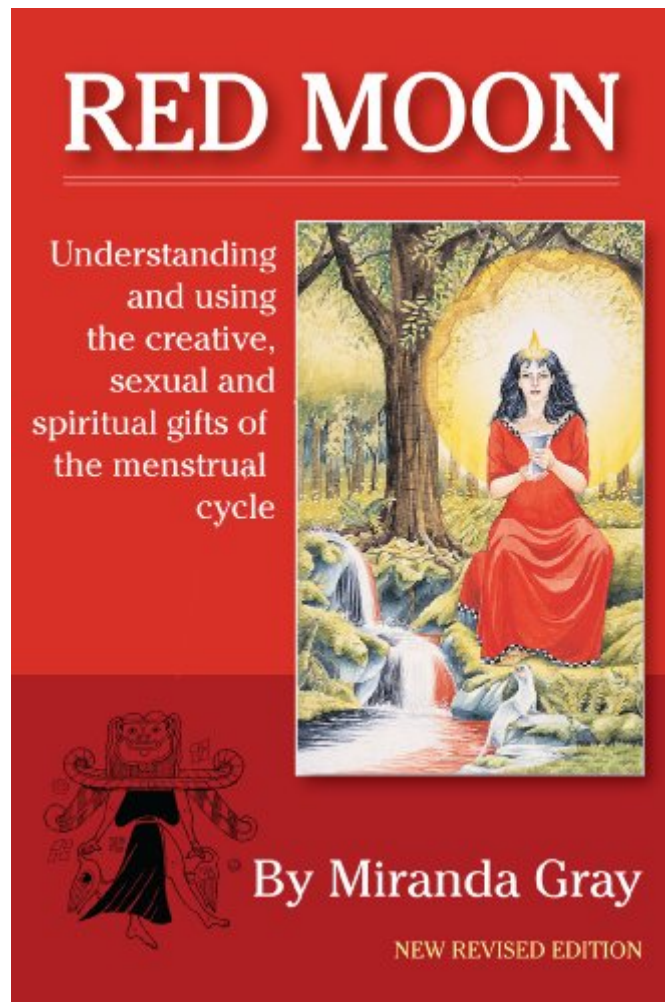


The book was found

Red Moon



Synopsis

"Ancient menstrual wisdom for modern women! For our ancestors the menstrual cycle was a source of wonderful creative, spiritual, sexual, emotional, mental and physical energies. It was a gift that empowered women to renew themselves each month, to manifest and create the world around them, to connect deeply with the land and their family, and to express deep wisdom and inspiration. This ancient female teaching is still available to us in our mythology and nursery tales. Miranda Gray introduces modern women to their unique cyclic nature and guides them in accepting and expressing a passionate and creative cycle-empowered life. She explores the women's wisdom contained in western mythology and traditional stories and offers practical exercises and methods (including the 'Moon Dial') to explore the depths of being a Cyclic Woman. Red Moon will transform the way you think about yourself, your cycle and your life!"

Book Information

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Fitness & Dieting > Sexual Health > Women's Sexual Health

Customer Reviews

This book is absolutely wonderful and filled with wonderful women's wisdom. I truly believe that every young girl that starts her period should be gifted this book. The same goes for all the women that have lost their connection to their most sacred part and identity - their moon cycle. Miranda Gray

beautifully commences the book with story telling - weaving women's wisdom and powerful totems / symbols through the tale and therefore subconsciously opening you to receive the explanation of the symbols. The book has become one of my top 10 most favorite and inspirational books and I can highly recommend it.

In 'Red Moon' author Miranda Gray presents a detailed exploration of the spiritual and emotional wisdom of the menstrual cycle, as originates from ancient cultures all over the world. This book is a must-read for any woman who is interested in discovering the deeper meaning of menstruation as it relates to all aspects of her self and her life.

I just got this in the mail, and I have only skimmed through the book (was looking at the gorgeous art pieces!!) and read her preface, but I am so eager to dig into the book! It is a beautiful book, perfect size, and I really like Miranda Gray's voice! I will definitely be recommending/lending this book, saving it for my future daughter(s)

A must read for all women.... this is the missing information that we're not taught in schools... our mothers, unless from the most recent generation of mothers, and even so, still very rare, probably weren't allowed to have this conversation.... knowing that the power of the Divine Feminine pulses her wisdom, power and strength through your body every month is the single most important conversation women can have right now. If there is to be a future it will wear a crown of feminine design - said Sri Aurobindo..... if we, as western women, are going to be that crown, then we have much work to do..... this book and others like it are the foundation from which that education may now come from. Deep bow to Miranda Gray for being on this path so persistently for so long....www.KaliCathie.com/SacredSHE

I'm so glad I stumbled on this book in my search about our cycles and what is the norm, having our menses with the full moon or the new moon? Turns out this book covers it. I ordered it intrigued and convinced from the reviews I read and I'm so glad I did. I started reading it last night and it's so rich and beautiful, I felt my body resonate with all it's wisdom... a relief, a knowing, some things I already intuited about the cycles of my body but it was lovely to read validation and confirmation of this here. I agree, every young woman coming of age should read this, I wish I would have had access to something like this back then. I find it very valuable now too, sacred and makes me look at my cycles and honor my energy in a deeper way now. So excited to share with all my friends. Thank

you to Miranda for putting this together!

Miranda Gray has created a fascinating resource for woman. This book is empowering and full of folklore and mythology about women's menstrual cycles. All women should read this book. It clears up some of the mystique surrounding menstruation and yet makes it a magical time for women

I found this book very helpful for understanding more levels of how to work with the menstrual cycle from a spiritual perspective. Lisa Michaels Author, Creation Coach, Speaker Natural Rhythms: Connect the Creational Dance of Your Life to the Pulse of the Universe Nature's Success System: Secrets to Energize Your Health, Wealth and Passion with the Feminine Power of Creation Elemental Forces of Creation Oracle Cards Prosperous Priestess Handbook: A Guide to Unlock the Secret Riches of Your Inner Creation Goddess

Already loving this book and its content. So inspired by my societal "role" as a woman and by my "reversed" menstrual cycle. Totally explains my desire to create new work and ideas and art as opposed to creating new life. Love that I bought this. I'll be sharing this with my roommate who directed The Vagina Monologues with me.

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