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# Grandmother Moon: Lunar Magic In Our Lives--Spells, Rituals, Goddesses, Legends, And Emotions Under the Moon



## Synopsis

This spirited guide to "the grandmother of time" includes lunar lore, aspects of the goddess related to the moon, and diet and behaviour suggestions correlated with the moon's cycles. This book introduces the moon as an influence on both evolution and on individual sex lives. The author offers practical advice on how to make it through the moon's phases: waxing, waning and retrograde. The book is organized by the 13 lunations, exploring the moods, goddesses, rituals, and legends that are associated with each cycle.

## Book Information

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## Customer Reviews

I have had this book for 3 years, I love it and it made me an instant fan of her writing style. Religions must relate to the age in which they belong. They need to be every bit as organic as society. There is no universal truth. Witches perhaps are one of the most acutely sensitive groups of spiritualists that will absolutely agree there is no universal path as they had been persecuted for so long by those that would and literally burned them at the stake touting such nonsense. But when I read the reviews on here about this book, some are just abrasive and non-contributory to a forward moving objective review. So here's my shot. About me: I am a male, and Z. pulls no punches that men are not her target audience. But I got into spells by a friend that referred me to her books and they sung out to me. Am I gay and a wonder woman fan who staunchly feels that the can take down superman? YES. Am I also completely masculine human service worker with a history of helping unprivileged mothers and a skilled martial artist who has volunteered his time and assisted women in self-defense programs recover & from the trauma of abuse or rape? Yes. Female role models

have taught me the inherent strength in compassion. In peace through wisdom and strength, not the peace of the prison house that so many abused women and girls live in. Biased? No, just more informed than the average Joe on the legitimate plights of women. That all being said... **FLAWS**

\*Not as user friendly as "Grandmother of Time." I missed the pictures in "Grandmother of time" Z. I missed the spell index as well.

Recently I have gone back in the chronology of pagan and witchcraft literature to examine, to refresh my thoughts and workings as I have reached a plateau in my spiritual progress. I acquired Z. Budapest's revised classic "Grandmother Moon". Organized by the lunar calendar, each cycle includes a Goddess myth, message from an associated deity, a "moontide" section which describes a possible obstacle during the cycle, spells, world lunar festivals, a lunar herb and other folkloric tidbits told in the style Budapest is best known for: through connections in her personal anecdotes. Each moon is named for the energy, coinciding with the common names from almanacs and "old wives tales". The introduction gave me a revelation I was not expecting. Z discusses a possible explanation for the separation of the humanoid primates we once and the up-right, speaking homosapiens we eventually became; suggesting this shift occurred not by the once thought agricultural revolution but when we ceased being entirely solar creatures and transformed into the lunar beings we are now. Something I have never thought of: Why are human women the **ONLY** mammals which bleed monthly? Early humans would seasonally go into heat, much like modern primates. At some point this changed...our bodies began to synchronize with the tidal lunar energy, bringing an ebb and flow of magical energy into the microcosmic world of our ancient ancestors. From a biological perspective this gave our species a better rate of growth, since we could ovulate more frequently. With this came a surge in population growth, which also meant more people to help feed and care for the rest. Whilst women were connected with the mysteries of blood and birth, men were kinda left behind in a physical sense,.

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