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Synopsis. Using a combination of storytelling, folklore and legend, with practical tools and methods such as the "moon dial", this book offers women an understanding of their cyclic nature and its need for expression through creativity, sexuality and spirituality. It suggests ways of interacting with the energies of the menstrual cycle and how to apply these energies in everyday life, with a view to greater fulfilment and an increased harmony with the monthly phases.

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Red Moon eBook: Gray, Miranda Eve: Amazon.co.uk: Kindle Store
In 1994 Miranda wrote her first book Red Moon – Understanding and using the gifts of the menstrual cycle which has since been translated into six languages. Red Moon helps women to understand who they are, explains why they feel and act like they do and guides them in how to be true to their cyclic female nature in a very masculine, linear world.

Miranda Gray
Editions for Red Moon: 1852304960 (Paperback published in 1994), 8488242301 (Paperback published in 2000), (Kindle Edition published in 2018), (Kindle Ed...

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Red Moon helps you to: • accept your cyclic self and connect with each of the different powerful energies of the four phases of your menstrual cycle • enjoy and apply these energies creatively, sexually and spiritually to everyday life • re-awaken the cyclic myths for yourself as a personal journey • create rites of passage to bring emotional acceptance and transformation Contains revised and new content and illustrations.

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