



# Red Moon

*Miranda Gray*

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## **Red Moon** Miranda Gray

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! 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. "Red Moon has helped me to gain a whole new positive vision about my menstrual cycle. The wonderful combination of stories, inspirational information and practical exercises makes this a handbook for women's transformation." Sophia Style, Menstrual Cycle Educator, Spain. Miranda Gray is an advocate for the recognition of the cyclic nature of women. She is an artist, designer, writer, and alternative therapy teacher. She lives what she teaches.

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