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## Red Moon

*By Miranda Eve Gray*



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**Red Moon** By Miranda Eve 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!

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