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Moon Time: A Guide To Celebrating Your Menstrual Cycle



Synopsis

A NEW UPDATED AND EXPANDED SECOND EDITION OF THIS BOOK IS NOW AVAILABLE... SEE -Â MOON TIME: HARNESS THE EVER-CHANGING ENERGY OF YOUR MENSTRUAL CYCLE."Life-changing" is the term that hundreds of women around the world have used to describe this book. Moon Time is a book of empowerment to help you to find healing and learn to celebrate yourself as a woman. Personal, wise, gently humorous, warm and welcoming, it opens a dialogue on what is often a taboo subject:menstruation. If you are looking for... - deeper harmony with yourself and your menstrual cycle;- natural ways of dealing with PMS; -a way to balance your hectic life and your body's needs; - how to create a Red Tent or moon lodge; - how to celebrate you daughter's impending womanhood; - positive language to describe your amazing body and its natural functions; - a greater connection to nature's cycles, seasons and the moon... You will find it all here. Lucy Pearce is a teacher of Womancraft and creativity, author of four non-fiction books for women. She is the founder of a Red Tent and women's group and leads women's rituals and ceremonies. She is a sought after speaker on the topic of women's cycles and creativity. Lucy weaves her own personal story of being a cycling woman between the voices of other menstrual educators and visionary teachers from around the world, all dedicated to bringing about greater understanding and self-acceptance for women and their moon time. Supplemented by spiritual insight and scientific research, this book provides a comprehensive, reflective and highly accessible, practical guide to being a cycling woman. The first book to document the Red Tent movement, this practical guidebook shares creative tools to help you celebrate your cycle: - rituals for self care; - nutritional and herbal suggestions for supporting you through your cycle; - wise woman insight into your cycle; - resources for charting your cycle; - books, websites, forums and videos to further your discovery.

Book Information

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Customer Reviews

My first reading of the book Moon Time in 2012 had a profound impact on my personal understanding of the natural ebb and flow of my energy in connection to my body's cyclical nature. Moon Time is written in a friendly, conversational tone and is a quick read with a lot of insight into the texture and tone of our relationships with menstruation. The book contains information about charting cycles and about our relationship to our bodies and our fertility. I especially enjoyed the excellent section on minimizing PMS through self-care measures and how to plan time to nurture and nourish yourself during your monthly moon time. I also appreciate the section on motherhood and menstruation. Moon Time also includes planning information for Red Tents and Moon Lodges and for menarche rituals as well as for personal ceremonies and self-care rituals at home. It ends with an absolutely phenomenal list of resources "suggested reading and websites. Towards the beginning of the book Lucy observes, "We live in a culture which demands that we are "turned on" all the time. Always bright and happy. Always available for intercourse" "both sexual and otherwise with people. Psychologist Peter Suedfeld observes that we are all "chronically stimulated, socially and physically and we are probably operating at a stimulation level higher than that for which our species evolved." It is up to us to value rest and fallow time. We must demand it for ourselves to ensure our health.

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