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"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

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an advocate for the recognition of the cyclic nature of women.

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Combining storytelling and traditional tales with practical tools and methods (including the 'Moon Dial'), Miranda Gray

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introduces modern women to their cyclic nature and guides them in expressing a passionate and creative cycle-empowered life. Red Moon helps women to: interact positively with the energies of the menstrual cycle

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Red Moon by Miranda Gray - Goodreads

I decided to buy the Red Moon because I had just seen the last blood moon / eclipse- the title was a real invitation to me. When I realized it was by Miranda Gray, I knew I could trust the quality of the writing! I noticed before my different

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mood swings, my creativity phases due to the moon phases or my menstruations.

Red Moon by Miranda Gray (2009-06-01): Amazon.com: Books

Miranda Gray is an advocate for the recognition of the cyclic nature of women. She is an artist, designer, writer,

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and alternative therapy teacher. She lives what she teaches. Reviews of the Red Moon Thus far concerning the ebook we have Red Moon comments people never have however remaining the report on the action, or otherwise make out the print but.

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The introduction track from this album of teachings and meditations from Miranda Gray, Nicola Haslett and Samantha Redgrave. ... Red Moon- Enchantress Goddess Phase - Duration: 6:44. Miranda Gray ...

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Meditations for Female Spiritual Awakening

In 'Red Moon' author Miranda Gray presents a detailed exploration of the spiritual and emotional wisdom of the menstrual cycle, as originates from ancient cultures all over the world. This book is a must-read for any woman who is interested in discovering the deeper

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meaning of menstruation as it relates to all aspects of her self and her life.

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and unique collection of teachings and meditations, designed to help women everywhere awaken the Goddess within and develop a deeper, more spiritual understanding of the female cycle.

Miranda Gray

Menstrual cycle articles by Miranda Gray, author of Red Moon. Be passionate

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about the gifts of your menstrual cycles.

Red Moon - About Miranda Gray

Miranda Gray in her book Red Moon says: "A woman with the White Moon cycle, bleeding with the dark (new) Moon, becomes linked to the deepest levels of her awareness, reminding her that there exists more than just the

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world she sees, because she is the carrier of the seed of life. A woman with a Red Moon cycle, bleeding with the full moon, brings the energies and mysteries of her inner darkness out into the world around her as a gift and an offering of the depths of her learning.”

Spiritual monthly Flow: Cycle

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aligned with New Moon or ...

"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

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Red Moon - Understanding and using the creative, sexual and spiritual gifts of the menstrual cycle by Miranda Gray

Discover the cyclic powers of women

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Red Moon introduces you to the four phases of the menstrual cycle through images from myth and legend and then, with the help of the 'Moon Dial', guides you to discovering the unique energies which lie in your own cycle.

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Red Moon : Miranda Gray : She is an artist, designer, writer, and alternative therapy teacher. She lives what she teaches. Red Moon Understanding and using the creative, sexual and spiritual gifts of the menstrual cycle by Miranda

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Gray. Workshop calendar See below for dates of workshops from Miranda Gray.

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Nicola Haslett and Samantha Redgrave, from Aluna Moon, have had the pleasure of working with international women's author Miranda Gray, who gifts us her

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knowledge and wisdom around the spiritual aspects of the menstrual cycle and the four Goddess archetypes that all women embody: the Maiden Goddess, Mother Goddess, Enchantress Goddess and Crone Goddess.

Red Moon (Audiobook) by Miranda Gray, Samantha Redgrave ...

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An introduction to the 'Enchantress Goddess' phase of the menstrual cycle, as described in the book Red Moon by Miranda Gray

Miranda Gray - YouTube

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Now don't be disheartened when this is your cycle because Miranda Gray says that this particular cycle is being followed by women whose energies are being channelled to other means other than childbearing. The women doctors of old are said to have a Red Moon cycle. So are the women wisdom keepers of society.

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