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Red Moon: Understanding and Using the Gifts of the ...

Red Moon by Miranda Gray. Red Moon – Understanding and using the creative, sexual and spiritual gifts of the menstrual cycle – is a practical and inspirational book introducing ways to be and work with our Moon Cycle. £12.99. Red Moon by Miranda Gray quantity. -.

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Red Moon Understanding And Using The Gifts Of The ...

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.

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...

Editions of Red Moon by Miranda Gray - Goodreads

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.

Dark, moving and original, a story of family, survival, and getting on with life... Flynn Sinclair understands pack loyalty – for years as his Alpha father's enforcer, he has done things in the name of duty that he can't ever forget. But the vast expanse of Alaska offers him a peace he's never known. Alone, removed from pack life, he can focus on his research and try to forget his life before. But duty has a way of inviting itself in, and Flynn finds himself doing two reckless things in one week: leaving the safety of Alaska to save his brother Connor's life, and unwittingly falling in love with Evie Thompson, a woman who doesn't deserve to be drawn into his terrifying world. Connor carries news of their father's descent into madness, and it looks like neither geography nor Flynn's attempts at disengagement will put off a confrontation. Flynn had finally begun to believe that he might deserve something good in his life – something like Evie – but to move forward in the light, he must first reconcile with the dark.

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.

Wisdom, magic and creativity inspired by the menstrual cycle for readers of all ages. This wonderful album, inspired by Miranda Gray's classic Red Moon, accompanies the reader on a journey to discover the biological aspects and mystical secrets of the menstrual cycle from a playful, cheerful and demystifying perspective. Together with the free-spirited Maiku, you will explore different aspects of the menstrual cycle, from fascinating anatomy to suggestions for how you can best adjust to the energies that influence each phase of the month. You will get to know the four archetypes that live within us - the Crone, the Maiden, the Mother and the Enchantress. You will learn how to enjoy certain exercises to loosen up and relax. Finally, you will explore your creativity though painting, colour, crafts and decorations and much more... A powerful tool to share with daughters, sisters and friends, aimed at breaking down taboos and encouraging them to consciously and creatively experience the naturalness of the menstrual cycle.

Originally published: Element Books, 1994.

It begins in 1964 with the sudden and unexpected death of Sergai Korolev, the man who ran the Soviet Space Program. Young Yuri Ribko, an engineering student working for one of the Korolev's bureaus, is either fortunate or unfortunate to have an uncle who is a high ranking member of State security. Yuri's uncle recruits him to spy within the Bureau, to assist in identifying possible threats to the Space Program. In return, Yuri is set on a fast-track of promotion, from engineering assistant to cosmonaut. From the earliest work on Russia's lunar lander, through a devastating string of exploding launch vehicles and deadly landings, Red Moon gives us an insider's view of Russia's gallant but doomed Moon Shot. At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

Red Moon is a magnificent novel of space exploration and political revolution from New York Times bestselling author Kim Stanley Robinson. It is thirty years from now, and we have colonized the moon. American Fred Fredericks is making his first trip, his purpose to install a communications system for China's Lunar Science Foundation. But hours after his arrival he witnesses a murder and is forced into hiding. It is also the first visit for celebrity travel reporter Ta Shu. He has contacts and influence, but he too will find that the moon can be a perilous place for any traveler. Finally, there is Chan Qi. She is the daughter of the Minister of Finance, and without doubt a person of interest to those in power. She is on the moon for reasons of her own, but when she attempts to return to China, in secret, the events that unfold will change everything -- on the moon, and on Earth.

If you want to get ahead, get a cycle. The menstrual cycle consists of Optimum Times - days of heightened performance skills and abilities. When we 'match the task to the time' we have the opportunity to excel beyond our expectations. We can achieve goals and success more easily, get ahead in the workplace, and enhance our feelings of fulfilment. In The Optimized Woman, Miranda Gray presents a flexible plan of practical daily actions for self-development, goal achievement and work enhancement, aligned to the phases of the menstrual cycle. This book will totally change how women think about their cycles. It will change how they live their lives, achieve their goals, plan their work and careers, and create happiness and well being. The reader will be amazed that this is the one self-development method that they can apply month after month without losing the commitment and motivation to achieve their dreams, and bring fulfilment and success.

This inclusive, unapologetic, and humorous guide to menstruation quashes stigmas and provides us with the latest research and information on periods. Filled with information and free from cultural hang-ups, this gender-neutral book is directed at anybody that's ever dealt with having a period. Writer and influencer Tara Costello has been writing about menstruation for more than a decade and, here, she pulls together her research and experience into a book that's wide-ranging, inclusive, and fun. Boldly illustrated by Mary Purdie, Red Moon Gang tackles every aspect of the menstrual cycle--from the biology and science behind why you bleed every month, to the latest findings on hormonal fluctuations (aka, why you're PMSing so bad). It takes a deep dive into the different types of menstrual products available, including their pros and cons, and covers various period conditions such as endometriosis and polycystic ovary syndrome. Drawing from her own experience, Costello explores how having a period shaped her relationship to her body and her place in the world. And she discusses topics that aren't generally covered in health class too--such as how periods are a particular challenge to those experiencing body dysmorphia, individuals living in poverty, and disabled people. Finally, she offers up a Period Toolkit, listing products and retailers she loves, tips on how to make menstruating easier, and resources for further education.

The only thing Avery Hood can remember about the night her parents died is that she saw silver - deadly silver, moving inhumanly fast. As much as she wants to remember who killed her parents, she can't, and there's nothing left to do but try to piece her life back together. Then Avery meets the new boy in school - Ben, mysterious and beautiful, with whom she feels a connection like nothing she's ever experienced before. When Ben reveals he's a werewolf, Avery still trusts him - at first. Then she sees that sometimes his eyes flash an inhuman silver. And she learns that she's not the only one who can't remember the night her parents died. Part murder mystery, part grief narrative and part heart-stopping, headlong romance, Low Red Moon is a must-read for teen paranormal fans. As breathless as Twilight and as spooky as Shiver, this is a book to be devoured in one sitting - by an acclaimed YA author making her paranormal debut under the pseudonym Ivy Devlin.

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