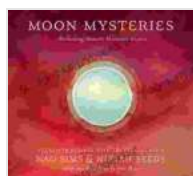
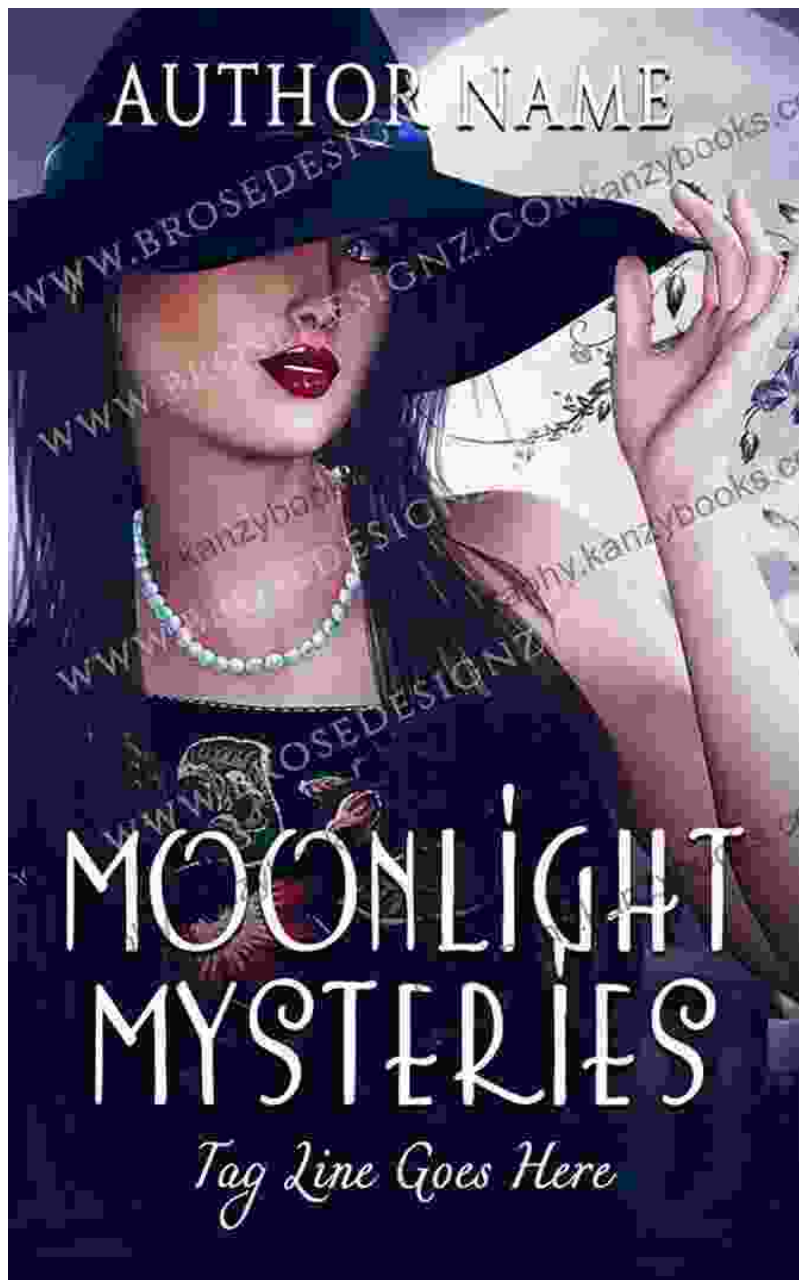


Moon Mysteries Reclaiming Women Menstrual Wisdom



Moon Mysteries: Reclaiming Women's Menstrual

Wisdom by James A. B. Mahaffey Jr.

★★★★★ 5 out of 5

Language : English

File size : 33945 KB
Screen Reader : Supported
Print length : 72 pages
Lending : Enabled



I have been a practicing midwife for 25 years and have witnessed the transformative power of menstrual wisdom. In my work, I see how women are disconnected from their bodies and their cycles. This disconnection leads to a lack of understanding and appreciation for the power and potential of menstruation. Women are taught to fear and shame their periods, rather than to honor and celebrate them. This needs to change.

My hope is that Moon Mysteries will inspire women to reclaim their menstrual wisdom and to use it as a tool for healing, transformation, and empowerment. This book is a journey of self-discovery and empowerment that will help you to understand your cycle, connect with your body, and tap into the power of your menstrual blood.

In Moon Mysteries, you will learn about:

- The four phases of the menstrual cycle and how they correspond to the seasons of the year
- The physical, emotional, and spiritual changes that occur during each phase of the cycle
- The power of menstrual blood and how to use it for healing and rejuvenation
- The connection between the menstrual cycle and the moon

- How to use your menstrual cycle to track your fertility and optimize your health
- The importance of self-care during menstruation

Moon Mysteries is a rich and comprehensive guide to menstrual wisdom that will help you to deepen your understanding of your body and your cycle. This book is a must-read for any woman who wants to live a more connected and empowered life.

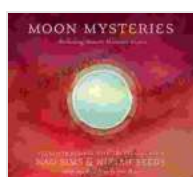
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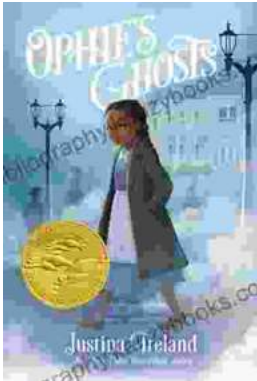
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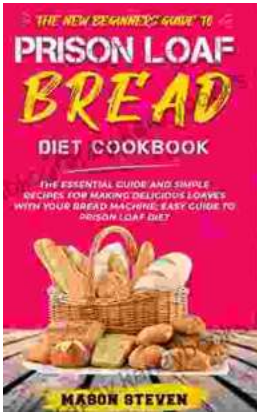
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