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Cycle to the Moon: Celebrating the Menstrual Trinity (Paperback)

By Veronika Sophia Robinson

Starflower Press, United States, 2014. Paperback. Book Condition: New. Susan Merrick (illustrator). 216 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. Cycle to the Moon is a celebration of the menstrual trinity: menarche, first blood of the maiden; menstruation, the cycles of the mother; menopause, the last blood of the wise crone. This gentle contribution to holistic menstruation reaches beyond culture, taboos and maternal conditioning, and touches the heart of what it means to be a woman. We are all connected to Grandmother Moon, and our bodies reflect the lifestyle we choose. In the style of a journal, this book invites the reader to celebrate her body through reconnecting with her cycles. Based on the author's workshops, Cycle to the Moon and Sacred Cycle, this is a practical support for every woman who wishes to bleed consciously.



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