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Combining storytelling and traditional tales with practical tools and methods (including the 'Moon Dial'), Miranda Gray introduces modern women to their cyclic nature and guides them in expressing a passionate and creative cycle-empowered life. Red Moon helps women to:

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interact positively with
the energies of the
menstrual cycle

**Red Moon, the book
- by author Miranda
Gray**

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Red Moon: Understanding and Using the Gifts of the Menstrual Cycle

Understanding the Lunar Cycle. First, the Moon is on a 30-day cycle when it makes its orbit around the Earth. Actually, the entire trip takes 29.53 days, to be exact, and is measured from one "New Moon" to the next. The Phases

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of the Moon.

Understanding The Phases Of The Moon - Farmers' Almanac

3. Weather Trumps Moon Phase . Even when the moon has a minor effect on deer movements -ex. during the late morning full moon period- the weather has such a major effect on deer hunting movements that a strong case can be made to simply

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ignore the moon. I personally do.

3 Critical Moon Phase Tips For Deer Hunting | Whitetail

“There are a handful of what I call red moon days,” says Hays, “when the moon is peaking overhead or is underfoot right at primetime, within 2-3 hours of dark, and those are the dates when there’s the best

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chance of mature animals moving during daylight.”

How Deer Hunting Pros Use the Moon to Kill Big Bucks ...

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

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to everyday life • re-awaken the cyclic myths for yourself as a personal journey • create rites of passage to bring emotional acceptance and transformation

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**Red Moon: Gray,
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The remaining light

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reflects onto the Moon's surface with a red glow, making the Moon appear red in the night sky. The name "blood moon" is also sometimes used for a Moon that appears reddish because of dust, smoke or haze in the sky. And it can be one of the full moons of autumn when the leaves are turning red.

Supermoon, Blood Moon, Blue Moon

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and Harvest Moon | NASA ...

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Miranda 1994

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