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Thirteen Moons - A Menstrual Cycle Charting Handbook And Journal And Spinning Wheels



Synopsis

Why do I feel like this today? Understand the influence of the cycles on your daily life and become less of a mystery to yourself. Using the menstrual cycle charting handbook and journal Thirteen Moons enables women to see the patterns within the cycles and better understand how and why they feel the way they do. Thirteen Moons teaches you how to chart your cycle and provides charts for a whole year so you can see the patterns. There are journal pages to keep a record of your dreams with specific and revealing questions for you to answer each week of your cycle or the lunation cycle. Menopausal women will see how their moods and energy levels are linked with the moon phases. The Spinning Wheels is a unique and innovative tool, a wealth of information in one handy card that tells you the characteristics of each phase of each cycle - Earth season, life season, moon phases and menstrual cycle. On any particular day you can be aware of all the energies that are affecting you and be more likely to understand the way you feel. This information enables women to be familiar with the complex interplay of the cycles that influences their every moment. Thirteen Moons and Spinning Wheels was created by midwife and woman s blood mysteries teacher Jane Hardwicke Collings in Australia to help women reconnect with the wisdom inherent in the cycles and the magic intrinsic to their menstrual cycle. Women all around the planet have been using Thirteen Moons and Spinning Wheels to help them understand and flow with their cycles.

Book Information

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Customer Reviews

Living in our fast paced world of today makes it easy to ignore our internal voices and needs. We need constant reminders to optimize our health and wellbeing. We need to take a small amount of time everyday to respond to our voices before we stop hearing them altogether. How do we do that

in a flash? We need a simple yet profoundly effective tool that lets us SEE at a glance the patterns of our days, what works for us and what we can make work better for us! Thirteen Moons is such a tool. An easy to use journal for emotional and physical wellbeing that takes mere moments from your busy day, yet provides immense feedback for you to work with, I value tools that work well, this is one for your toolbox! Blessings Catherine Wernick April 06 --Catherine Wernick Thirteen Moons has enriched my life, enabling me to come to know myself more. Through charting my cycle I have developed a deeper 'picture' of how my cycle effects my highs and lows. I love the suggested journal questions included in Thirteen Moons they give me much food for thought and provide me with even more clarity. Thirteen Moons has opened me up to a whole new world and it feels perfect to be connecting with the Divine feminine within myself M. Green The Spinning Wheel is fantastic !!! I use this tool on many occasions and it provides me with an understanding of how the different seasons and cycles effects my energy... This is a great opportunity to look deeper within myself and coming to know the seasons and cycles on this level has been invaluable to my development on ALL levels. M. Green --Monica Green 13 Moons helps me take a few mindful moments each day to reflect on who I am, how I am feeling and the patterns I have in my cycle. Since charting my cycle I have an increased awareness of when I am in sync with the moon and how that enhances my feminine power. I have also had a clearer perspective of my creative patterns, energy levels, food cravings and wellness and been very grateful for what I've observed. April Love --April love

Jane Hardwicke Collings, Mother, Grandmother, lives in Southern Highlands, NSW, Australia. Jane has been an independent midwife attending homebirths since the early 1980's. Jane gives antenatal, birth preparation workshops Pregnancy - The Inner Journey to women, and teaches the Women's Blood Mysteries in her workshops called Moonsong - Reclaiming Feminine Power Through reconnection With The Women's Mysteries. She is author of: Herstory - a womanifesto Thirteen Moons - a menstrual cycle charting handbook and journal and Spinning Wheels Ten Moons - the Spiritual Journey of Pregnancy, Preparation for Natural Birth and her forth coming books Birthing With The Goddess and The Spiritual Practice of Menstruation

I was able to track my moods and my food cravings very well with this. I am now able to plan ahead for when I will want to eat junk food and when I will be in a cranky mood. Really nice. But I don't understand how to use the wheel that is included with it.

I am on to my second '13 Moons' book and I love it! Taking note daily of my emotions, cravings,

body awareness, creativity and tiredness levels, and then following how I am tracking with the moon, has been an awesome experience. The longer I use it the more my menstrual cycle harmonizes with the moon. What I have gained most from it has been an overview of what my cravings are and when. Some days it is chocolate, but around ovulation it is water I crave, followed by salt a few days after. I would never have kept honest track of this in a different format. Something else that it is invaluable for is charting your emotions and putting them into a word. Usually I end up with lots of 'calm' days and the odd 'cranky' or 'flat' dotted in between. This has really helped gain perspective on what is really going on, rather than focusing on the negative parts of the day. I highly recommend '13 Moons' for all women wanting to keep track of themselves. It makes a wonderful gift for maidens entering their menstruation/moon blood cycle.

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