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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

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 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.

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.

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