

Red Moon is published by Miranda Gray through Dancing Eve  
To order review copies and stock contact: [redmoon@optimizedwoman.co.uk](mailto:redmoon@optimizedwoman.co.uk)  
To contact Miranda: tel (+44) 2380 220218 email: [miranda.gray@optimizedwoman.com](mailto:miranda.gray@optimizedwoman.com)

## RED MOON

*Understanding and using the creative, sexual and spiritual gifts of the menstrual cycle*

**Miranda Gray**

REVISED EDITION

**Publication date: May 2009**

Ancient menstrual wisdom for modern women.

For our ancestors the menstrual cycle was a source of wonderful creative, spiritual, sexual, emotional, mental and physical energies. It was a gift that empowered women to renew themselves each month, to manifest and create the world around them, to connect deeply with the land and their family, and to express deep wisdom and inspiration. This ancient female teaching is still available to us in our mythology and nursery tales.

In Red Moon, Miranda Gray introduces modern women to their unique cyclic nature and guides them in accepting and expressing a passionate and creative cycle-empowered life. She explores the women's wisdom contained in western mythology and traditional stories and offers practical exercises and methods (including the 'Moon Dial') to explore the depths of being a Cyclic Woman.

***Red Moon will transform the way you think about yourself, your cycle and your life!***

*"Red Moon reads like a fairy tale but is actually far more; it is essential reading for all women! It was such a relief and a revelation to realise that I shouldn't expect to be exactly the same person throughout my cycle. Embracing all the diverse aspects of myself and knowing each aspect's strengths and weaknesses has been incredibly empowering."*

*Joanna, UK*

*"Every woman should read this book! It opens doorways into our inner centre of creative power, and entering that place is the best thing we can do for ourselves and the world right now!"*

*Maria, Sweden.*

**Author Information:** Miranda Gray lives what she teaches. She is an author, an alternative therapist and teacher, women's workshop facilitator, women's online life-coach, and an artist. She lives in Hampshire, UK

Red Moon  
Miranda Gray

Illustrated, Paperback; 181pp; ISBN 978184426628-9; **May 2009**