

# Red tents and Moon Lodges

Creating sacred female space for moon time  
retreat



*Lucy H Pearce*

Cover image courtesy of Soulful Media. Copyright 2011. "Things We Don't Talk About: Healing Narratives from the Red Tent" a documentary by Isadora Gabrielle Leidenfrost.  
<http://www.redtentmovie.com>

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This e-booklet is an excerpt from Lucy H.Pearce's book:

**Moon Time: A guide to celebrating your menstrual cycle**

which is available to buy in paperback from online retailers.

**Signed copies** are available from  
**The HappyWomb.com**

**Other books by the same author:**

Moon Time: a guide to celebrating your menstrual cycle

Reaching for the Moon: a girl's guide to her female cycles

Moods of Motherhood

The Rainbow Way: Cultivating Creativity in the Midst of Motherhood – #1 Best Seller  
on Amazon.

*At her first bleeding a woman meets her power.*

*During her bleeding years she practices it.*

*At menopause she becomes it.*

Traditional Native American saying

***“At best, the Red Tent Temple times are like homecomings for us”***

**ALisa Starkweather, foundress of the Red Tent Temple Movement**

***“A place where women are allowed to Be rather than continually Do...”***

**DeAnna Lam, red tent leader – *The Red Tent.net***

Around the world a new consciousness is springing up, a yearning to honour our female experience and to create new rituals to replace those long ago lost.

The red tent is one such idea that seems to resonate strongly with many women. In sharing the concept of red tents and moon lodges, I hope to inspire you to create your own. With that in mind, I will share with you variety of voices from around the world, brave women who are visioning a more beautiful, creative, empowered way of being a woman.

The idea of the **red tent** was introduced by Anita Diamant in her book *The Red Tent*, published in 1997. It tells of the old Judaic ways, in the time of Abraham in Canaan, where women who were bleeding or about to give birth, were secluded for a few days in a red tent. Here they would bleed onto the earth and be relieved of all domestic responsibilities. This was where they shared their wisdom and cared for themselves and each other and initiated girls into the rites of womanhood.

**The moon lodge** is a similar idea, but comes from the Native American tradition. It is a place that a woman goes to descend into her depths in the first days of her bleeding. Women go (often in silence) to be still and experience the magic available to them in this time.

***“When women started to bleed, they left their homes and families to go to the sacred introspective space of the Bleeding Lodge. The Lodge was honoured and respected by the entire community, for the dreams and visions of the bleeding women brought vital survival information such as planting and healing knowledge and guidance on community relations. When there were questions that needed to be answered, the women would go to the Lodge and ask the Ancestors. All questions were always answered by the Ancient Ancestors. The entire community benefited through the powerful gifts of the women's bleeding cycle.***

***Since our Ancient Grandmothers probably all bled together, many women shared the Womb Lodge at one time. Ceremonies to honour our womb cycles, celebrate***

*the cycles of the Earth and Moon, and rites of passage were developed by these women from visions and dreams during their bleeding times in the Sacred Lodge. These traditions were passed down in the initiatory rites of the Blood Lodge from mother to daughter.”*

*Songs of Bleeding by Spider*

#### Red tents

Since ancient times women have gathered together at the dark moon to dream mystical dreams, share wisdom and renew sexual power. Sitting in circle within The Red Tent, they are relieved of their daily responsibilities and cared for by other women. All working and doing aside, together they explore the secrets of the cosmos through the gateway of their wombs. They feed their femininity and emerge, three days later, refreshed, renewed and empowered by what they have shared and witnessed.

Sisters, it is time to deepen. We will gather together at the dark moon to dream a potent dream of womanhood. We will be fed by the rich stores of nature; nourished by the fullness of our life's journey.

In the warm, cosy space of The Red Tent, you will be nurtured by ancient restorative practices, giving the body, heart, and mind space to rest in stillness, revitalizing your receptivity to life, love and lovemaking. You'll be enchanted by stories, old and new, of Woman and her mysteries. You'll be fed warm soups, vibrant greens, aphrodisiac teas; you will be loved from the inside out. You will have the space, the time, the encouragement to simply Be.

Dawn Cartwright <http://www.chandrabinaturantrainstitute.com/>

*“The dark moon phase, 3 days a month when we cannot see the moon in our night's sky, was once considered a blessing. In traditional Native American culture, women gathered together in their special moon lodges, and menstruated all together. They were allowed 4 days a month to rest, meditate, heal, let go of*

*the unwanted, celebrate womanhood. They were considered very powerful and they were expected to vision for the whole tribe, helping the Elders with decision making and foresight into the future. This was honouring the feminine. This gave women a purpose. This gave men an understanding and respect for women and the earth.”*

*Jane Anderson <http://www.moonandearthconnections.com/moonwomanmenstruation.html>*

OOO

**It is my understanding that there is a vital difference between a moon lodge and a red tent:**

**A moon lodge** is an introspective experience and one which honours and allows introspective practices: dreaming, trance work, visioning and journaling. It can be undertaken with women together, but is often done alone.

**A red tent** is a more communal activity and experience – one which whilst allowing for rest and introspection, allows a forum for sharing knowledge, creative activities, ceremony and interaction.

A further difference is that whilst the red tent is a modern re-invention of an ancient tradition purely by modern women within the US (and later beyond), the moon lodge has been in continual use within the Native American tradition for generations, with distinctive Native American language, myths and even physical framework, and now tends to be honoured and taught by male chiefs to communities beyond their own.

### **Creating a red tent**

*“My heart like yours probably, has been aching when I look into my local area, my world, and see such a great need for the sacred. I see an unmet need in our young to have a place they can count on for mentoring, initiation, and coming into their womanhood with other women. I see an unmet need in our lives to connect deeply, rest and take time to simply be. I see an unmet need for our elders where they can gather to be honoured and share their wisdom.[...] And I wondered what would happen in our societies of local places if women were to have a place we could count on where we are respected, supported and held. I understood from the work that I do that to empower women of any age means to bring health back into a community. And the Red Tent Temple Movement is a means to support us. “*

**ALisa Starkweather, at the founding of the Red Tent Temple Movement**

*The Red Tent* book has been a catalyst in the recent uprising of red tents around the world. It has spoken to a yearning which many women had, but had no way to articulate or frame to put on it. Perhaps it speaks to you to, and you are curious about how to create, or join one.

### **What happens at a red tent?**

“It is very important that we don't shame or hurt one another in the Red Tent Temples by our judgements about what we think "should" happen. With time, with focus, with learning, with dialogue in our circles, with experience, trust that we are going to find our way. At the same time we help the situation with an orientation sheet about what this is. It helps to invite them into a quiet space. Soft music, a place to close one's eyes and centre, a welcoming that invites each woman to let go of her nervousness, her work, her need to belong and be accepted, and simply come home to herself wherever she is. It is okay to ask women as they enter to have some quiet time first before getting involved with talking. Talking happens. In the RTT in my home, there is quiet talking, nap taking, sometimes tears and often laughter. If you have a crystal bowl or gentle bells that can be struck every once in a while as a way for the room to go within, quiet for a few moments, you can interrupt the pattern in a gentle way of it becoming louder and louder. Women are not going to be comfortable at first with the idea of doing nothing. I have had very powerful women friends who are very active come into the RTT and look like a cat in water. The look says, "what am I doing just sitting here? I should be home DOING something." But that is the point. We are learning the undoing and for that we look like drowned cats momentarily. Soon those same women are stretched out on the pads or receiving energy work or are journaling, sipping tea, and breathing more deeply. It is really a learning experience here.”

**[www.Alisastarkweather.com](http://www.Alisastarkweather.com)**





Image courtesy of Soulful Media. Copyright 2011. "Things We Don't Talk About: Healing Narratives from the Red Tent" a documentary by Isadora Gabrielle Leidenfrost. <http://www.redtentmovie.com>

## A Red Tent

- creates a supportive community of women
- creates a much needed retreat space
- honours our bodies with time and self-care
- provides a venue for sharing women's wisdom and celebrating rites of passage
- creates a woman-centred sacred space within our lives and the world

The red tent movement seeks to support women around the world in creating sacred places of seclusion where they can take care of themselves during their blood time.

They are springing up around the world in sitting rooms, yurts, tents in festivals, garden gazebos, women's temples and purpose built rooms. Often draped in red, with beautiful embroidery, fabrics, prayer flags, carpets and paintings, they seek to create a soft, welcoming womb where women can come. Alone or together. Some take the form of more structured women's circles and even educational projects, others are open to come and go as you please, where you can speak, cry, sing and laugh, where women share healing, body work, energy work, nourishing meals and herbal tea.

They are generally held on the new moon, as this is the traditional time of women's bleeding. But you do not have to be bleeding to go to one, if your own moon time is on a different cycle. The new moon is often a time for sowing the seeds of intentions for what we want to manifest later as the moon waxes, so whether or not you are bleeding it is a good time to go. Other women choose to hold them at the full moon, which is another auspicious time for gathering women together.

Check on line, perhaps in a local health food shop if there is a red tent near you. Check the resources at the end of this section – the groups on Facebook will be able to let you know of any in your area.

ALisa Starkweather hosts a monthly teleconference to support women wanting to establish a red tent in their neighbourhood, and is in the process of writing the Red Tent Temple handbook.

Copyright issues and the black and white format of this book prevent me from sharing images of red tents with you. But I urge you to seek them out. Many are exquisitely beautiful. I suggest you Google for images, there are so many on-line which will, no doubt, inspire you.

### **Red tent planning sheet**

So you want to create a red tent? Next you need to brainstorm – perhaps by yourself, or more fun with a few like-minded women:

#### **Grand visioning:**

- Who is it for and why – what is your grandest vision?

- And what is your simplest first baby step?
- What do you/ don't you want? What is crucial? What is a deal breaker?
- What is your one overriding priority? Community? Retreat? Beauty? This will help to steer you when you feel confused and at sea.
- What do you like from the pictures and ideas here?
- What don't you like/want?

### **Practical visioning:**

- Where to hold it
- What date
- What time
- How long it goes on for
- What will you use to decorate it – where will these things come from – use what you have, borrow, get creative refashioning old bits of fabric
- Invitation only or posters
- Who to invite – do they need to RSVP?
- What do they bring? Refreshments, cushions
- Ensure at least two to set up and two to clear up
- Any activities for the tent
- Any formal leadership structure?

### **Decorating a red tent**

As you have seen from the illustrations in this chapter, most women try to recreate the look and feel of a red tent in an internal room. You can do this with:

- **curtains**
- **sheets**
- **drapes**
- **blankets**
- **sari fabric**

### **You can get these from:**

- your own cupboards, attics, drawers
- friends, family and neighbours
- dye old sheets red
- buy cheap red sheets from thrift stores, charity shops, retail discounters
- eBay has a great choice of very affordable sari fabric - £5 for 5 meters (about \$7 for 10 foot)

Or you can have an **actual tent space** – in a **yurt, tepee or a dome tent** (which are much more affordable than yurts, and quicker to put up, but have the same feel) or a cheaper option still, and one which is quick to put up, and can be used inside or out, is a

**gazebo** – and you can use it as is or with added drapes.

## **Creating and adorning a space**



Equipment you might need includes :

- Candles, incense, essential oils, smudge stick
- A portable self-care kit – lavender eye mask, hot water bottle or barley bag, a couple of favourite oils and base oil, keep in a foot-bath
- A creative bag (journal, pens, paints...)

## **Creating an altar space**

Most red tents choose to have some sort of altar space with images or statues of goddesses/ feminine figures, references to the moon, a beautiful cloth, perhaps each of the four elements, a candle, crystals, a sacred instrument – such as bell, singing bowl or rattle and natural items which are meaningful to you and help you to connect with your feeling of sacredness.

## **Setting the scene**

Ideally to create a sacred space, one marked out from your mundane bedroom you need to alter:

- Lighting

- Scent
- Visuals

## **Ensuring your red tent is sustainable**

I just want to take a moment, if you are excited about starting a red tent of your own, to caution you to make it sustainable – financially and energetically.

A red tent is a labour of love – but should be of many women's love, not just one. Do not work yourself to the bone creating a perfect retreat space for others. After all, you are creating it not just for your community – but for you as well! So ensure that you have support or shared responsibility for:

- set up
- clean up
- finances
- any admin involved
- hosting
- refreshments

## **Guidelines**

Do not do it all yourself and wear yourself out. Allow others to help in serving your community, and in serving YOU!

Don't worry about making it perfect. Just make it with love, and aim for beauty and it will be wonderful. Consider it a work in progress which will grow with you all, using the skills and energy of all its members – as it sustains you, so you sustain it.

Ensure your decorations are quick, or at least pleasurable, to set up!

Make sure not to try to cram in too many activities or ideas – remember first and foremost a red tent is a place to BE.

Be gentle with yourself in its creation. There are many who may sneer or denigrate your sacred project. I have many of these people around me. They do not need to know, whilst you still feel tender and vulnerable. If you feel concerned, keep it private and discrete.

It is a sacred space, share it with only those who will honour it as such. Request at the beginning of each session that women let what emerges in the tent, to stay in the tent – ensuring the emotional safety of all who enter it.

Be clear on how new women are invited – will you put up posters, or simply have it amongst a closed group of friends? If it is in a person's home then the size of room, and people's privacy might demand that it is invitation only and that people RSVP.

## **Creating your own moon lodge**

The original moon lodges looked like this: a woven hazel branch frame with a canvas cover in the Native American tradition of sweat lodges.

I have visions of creating a moon lodge in the tea house where this book was written, and where I was married. It is a beautiful hand constructed womb like space – with thick plastered walls, a thatched roof, round fire place, panoramic views over the marsh and sea. Being just one room, it feels like a safe womb. It smells of sweet cedar and incense. There are lots of big cushions, comfy chairs and warm woollen blankets. In short it spells comfort and retreat for me. But when I can't get there in person, I recreate this in my own life.

A dear friend is creating one in an abandoned woodland hut. She will let other trusted women know of this space, so that they too can retreat to it when they need. Lodges which are used by many women often keep a lodge book where any woman can share her insights, visions or dreams – these may support another woman in her own process, as well as give material for contemplation.

Most of us do not (yet!) have a moon lodge or red tent space in our neighbourhoods. And for many of us our moon time is private – we have no desire to step outside our front doors or be sociable. Perhaps setting up a red tent is not for you, or not feasible right now. Perhaps we do not yet have a circle of likeminded women to share in creating one. Perhaps we feel we do not have the resources. Or perhaps we just need the courage to act on our dreams.

## **Creating an informal moon lodge space**

Your aim is to create a safe, sanctuary space apart from everyone, where you are uninterrupted. This means picking both the right time of day, and a place that you can shut a door to. I usually use our bedroom, either when the younger children are sleeping and then again in the evening as soon as they have gone to bed. I must point out at this juncture that I have had a baby co sleeping in my bed for the past six years, so if I do a moon lodge in the evening time, it is done with baby in there. Or perhaps you can tempt your partner to head out with friends to the bar or cinema so you can use your main living area below.

**Do what you can,  
with what you have,  
where you are**

Which ever space you use be sure to make it feel safe. That you will not be burst in upon or have demands made upon you or judgements made. Your set up can be as simple or ceremonially intricate as your heart desires.

Shut the door, draw the curtains. Make your space feel womb-like, safe and contained.

I suggest **gentle lighting**, like that which you might see in any sacred space: church, birthing room... either a single lamp, or candles. This lowering of light levels has a direct impact on brain function and hormone levels. This helps you to shift into a more relaxed, peaceful and intuitive space and helps you to feel like you have had a real rest.

Perhaps you might like to **burn incense or essential oils**, or massage your hands and feet with a sweet smelling cream. Scent is a powerful way to set a sacred space.

Get a hot water bottle, hot pad or just a cosy blanket to keep you cosy and soothe your aches.

Cover up anything which is messy or distracting – with a sheet or beautiful throw – TVs, kid's toys, general mess.



A simple bedroom space made with drapes <http://www.shawndelljoyce.com>

**For mothers or busy working women**, these acts alone, the conscious delineation of your own physical space, which you so rarely have, is a powerful tool in taking back your own energy and power. It teaches you, and those you share your life with, about your desire to set limits on others demands on you during your moon time. Setting out your space is a conscious way of signalling that you are setting out time alone and that it is sacred, to be respected.

**Take a big glass of water or herbal tea.** Hold it in your hands and take a few mindful swigs of it. This will help to get you back into your body, and to replace the fluids you are losing through your menstruation.

**Consciously breathe to centre and settle yourself.** Allow yourself to settle back into your body. To stop the whirl of the day and to get back in touch with you and your inner world. To allow the two spheres – the inner and outer selves to come into alignment. Otherwise you will be coming from a place of mental chatter, or emotional turmoil. Sit for as long as it takes to allow this to settle.

If it helps you, do a guided meditation ( perhaps the happy womb visualisation on

## Activities

**Journaling** – either free journal what comes up in your head. Perhaps write in free verse. I find quite often that the “voice” which emerges during my moon time is a voice rather than rational linear thought. It speaks directly, poetically, I sit and transcribed this.

**Moon lodge book** – lodges which are used by many women often keep a lodge book where any woman can share her insights, visions or dreams – these may support another woman in her own process, as well as give material for contemplation.

**Moon letters** – a dear friend and I wrote moon letters over the course of a year. Every moon time we would sit and write a handwritten letter – we shared our dreams, visions for the month ahead, reflections, quotes from books, poems we had written. These were our way into reconnecting with our own cycles, sharing our wisdom and insight, learning to take time out from the demands of being a mother to young children, and deepening our friendship as we both struggled to find the time, space and energy to talk on the phone.

**Tarot/ angel cards/ runes-** tap into your heightened intuitive powers at this time

**Dream journaling** – our moon time is often a time of powerful archetypal dreams which can stay with us through the day. By keeping a journal we tap into this wisdom, we find messages from a deeper level of consciousness, and begin to be able to interpret the symbols and themes of our own personal dream language.

**Self-care regime-** now is a great time to set nourishing self-care practices – perhaps a face mask or manicure.

**Meditation/ trance** – meditation needn't be a formal practice, simply slowing the mind, whilst watching a candle flame, or spiralling steam coming from a cup of tea, gazing at the moon out of the window, or listening to the wind whistling -- all of these bring us into a meditative state, a receptive state where we just are, and our mind can let go of control . Meditation is seen as listening to the divine whereas prayer is active, talking to the divine. The divine might be your god or goddess, or your highest sense of self.

**Creative doodling, imaginative painting, collaging or other creative activities** that can be done in a dreamlike state which do not require deep concentration or planning, but are rather an exploration of colour, materials and mood – creative work which is expressive and non-productive – this is especially important if you are a working artist – this is not a time to finish your latest commission



## **Our ways part here...**

What a journey this has been for me, and for you. What learning, what courage and insight we have unearthed on our travels together. What wisdom we have in our bodies and in ancient women's cultures that we can bring into our lives today.

Thank you for your companionship on the journey. I wish you well as you travel onwards. I would love to hear your insights and responses to this book, to see your creations and hear of moon lodges and red tents that you have made or attended.

I am grateful to have you here with me. If you have enjoyed this book do consider buying one for friends, daughters or sisters. And why not try one of my other publications?

Please do stop by [www.thehappywomb.com](http://www.thehappywomb.com) often. Visit me at [www.dreamingaloud.net](http://www.dreamingaloud.net) and email me at [lucy@thehappywomb.com](mailto:lucy@thehappywomb.com)

Blessings to you moon sister.

Lucy Pearce,

The Pink House, Shanagarry, Ireland, December 2011

## **Moon time resources**

This list is by no means exhaustive, but I have found them to be of use both in my personal life and in researching this book.

### **General on-line moon time resources**

The HappyWomb.com

<http://www.menstruation.com.au/fertility/example.html> example of fertility chart  
Blank chart <http://www.menstruation.com.au/fertility/mychart.html>

Free fertility predictor software

<http://www.menstruation.com.au/menstrualproducts/hormonalforecaster.html>

Fertility awareness from the original discoverers of The Ovulation Method – free e-books and charts (go to their resources section)

<http://www.thebillingsovulationmethod.org/>

### **Some of the leading mothers in the field of menstrual education**

<http://www.womensquest.org/>

<http://www.mirandagrays.co.uk/>

<http://alisastarkweather.com/>

<http://www.deannalam.com/>

### **Suppliers of women's books and courses**

<http://www.herbalmedicinehealing.com>

<http://www.moonandearthconnections.com>

### **Personal blogs which celebrate moon time**

<http://www.dreamingaloud.net>

<http://meztlicihuatl-english.blogspot.com/>

<http://aiyanawoman.blogspot.com/2010/09/red-tents-and-bleeding-cycles.html>

<https://lorithemidwife.wordpress.com>

<http://www.redtenttempleatmotherroots.blogspot.com/>

[www.spiraltraditions.blogspot.com](http://www.spiraltraditions.blogspot.com)

### **Women's websites**

**The HappyWomb.com**

**www.dreamingaloud.net**

[www.crimsonwisdom.com](http://www.crimsonwisdom.com)

[www.redwebfoundation.org](http://www.redwebfoundation.org)

[www.optimizedwoman.com](http://www.optimizedwoman.com)

[www.yoni.com](http://www.yoni.com)

[onewoman.com](http://onewoman.com)

[menstruation.com](http://menstruation.com)

[www.goddessguidebook.com](http://www.goddessguidebook.com)

<http://www.crimsoncampaign.org/>

### **Mothers and daughters**

The text of a whole menarche book on line

<http://www.moonandearthconnections.com/menstruationbooklets.htm>

[www.moontimes.co.uk](http://www.moontimes.co.uk) – a good guide on menarche

<http://www.joyw.org/redthreadcircles.htm> places for mother and daughters to connect in community and creativity

<http://www.theredboxcompany.com> for gifts and free menarche resources

## **Red tents and moon lodges**

For detailed insight in to the what and how of red tents this is the best resource I have found

[http://alisastarkweather.com/index.php?option=com\\_content&task=blogcategory&id=38&Itemid=56](http://alisastarkweather.com/index.php?option=com_content&task=blogcategory&id=38&Itemid=56)

Red tent movie: <http://www.redtentmovie.com/>

<http://www.sacredmoon.com.au/CirclesofWomen.htm>

<http://theredtent.net>

## **Facebook community pages**

<http://www.facebook.com/pages/Moon-Lodge/119489838085304#!/pages/RED-TENTS-MOON-LODGES-RED-TENT-TEMPLES-Sis-Star-Circles-World-Wide-/276998048628>

<http://www.facebook.com/pages/Moon-Lodge/119489838085304>

<http://www.facebook.com/pages/Moon-Lodge/119489838085304#!/themoonwoman>

<http://www.facebook.com/pages/Red-Tents-in-every-neighborhood/122438694447745>

## **Red Tent Videos on-line**

### **On the red tent and celebrating menarche**

<http://youtu.be/1enWN7n8l3E>

### **A Red Tent being set up in a living room**

<http://youtu.be/nnFjMlxui7o>

### **DeAnna L'am's Red Tent in California.**

<http://www.youtube.com/watch?v=CQ39pZC6DRs>

[http://wn.com/The\\_Red\\_Tent](http://wn.com/The_Red_Tent)

## Sources of moon diaries

We-moon [www.wemoon.ws](http://www.wemoon.ws)

Earth Pathways Diary [www.earthpathwaysdiary.co.uk](http://www.earthpathwaysdiary.co.uk)

Beautiful annotated and illustrated moon dial mandalas are available from <http://www.earthlightcollective.com/silver.htm>

Moon bracelets, dials, diaries and calendars: [www.moontimes.co.uk](http://www.moontimes.co.uk)

## Books

### Moon Time

*Red Moon: Understanding and using the creative sexual and spiritual gifts of the menstrual cycle* – Miranda Gray

*The Red Tent* - Anita Diamant

*Thirteen Moons* – Rachael Hertogs (available from [www.moontimes.co.uk](http://www.moontimes.co.uk)) full of goddess wisdom, astrology, native American wisdom, reusable sanitary protection and articles from most of the major authors noted here. A compendium of wise woman wisdom.

*The Wise Wound* – Penelope Shuttle

*Your Body Speaks your Mind* – D. Shapiro

*Grandmother Moon: Lunar Magic In Our Lives-Spells,Rituals,Goddesses,Legends and Emotions* – Z. Budapest.

*Women Circling the Earth* - Beverly Engle

*Sister Moon Lodge: The Power and the Mystery of Menstruation* - Stepanich Kisma

*The Optimized Woman* - Miranda Gray

*Her Blood is Gold: Celebrating the Power of Menstruation* – Lara Owen

## Menarche

*Menarche: A Journey to Womanhood* - Rachael Hertogs (available from [www.moontimes.co.uk](http://www.moontimes.co.uk))

*Celebrating Girls* - Virginia Beane-Rutter

*A Blessing not a Curse: A mother daughter guide to the transition from child to woman*, Jane Bennett

*Puberty Girl* - Shushann, Movsessian,

*The Thundering Years: Rituals and Sacred Wisdom for Teens* – Julie Tallard Johnson

*The Seven Sacred Rites of Menarche* – Kristi Meisenbach Boylan

*First Moon* – Maureen Theresa Smith

*Becoming Peers* – DeAnna Lam

## Women's herbals

*Herbal Healing for Women* – Rosemary Gladstar

*Neal's Yard Natural Remedies* – Susan Curtis

*Holistic Women's Herbal* – K. Campion

*Wise Womans' Herbal for the Childbearing Year* – Susun Weed

## Women's health

*Women's Bodies, Women's Wisdom* – Dr Christiane Northrup

*Woman's Health in Woman's Hands* -D. Cooper

*New Menopausal Years: The Wise Woman W – Alternative Approaches for Women 30–90* - Susun Weed.

*The Pill: Are you sure it's for you?* Jane Bennett and Alexandra Pope

*Taking charge of your fertility* – Toni Weschler

*Read my Lips: A Complete Guide to the Vagina and Vulva* – Debbie Herbenick and Vanessa Schick

### *Self-care*

*Succulent Wild Woman: Dancing with your wonder-full self* – SARK

*You Can Heal Your Life* – Louise. L. Hay

*The Woman's Comfort Book* – Jennifer Louden

*The Woman's Retreat Book* – Jennifer Louden

### *Women's Wisdom*

*Women Who Run with the Wolves* – Claudia Pinkola Estes

*Ix Chel Wisdom* – Shonagh Home (<http://shonaghhome.com/>)

*Keys to the Open Gate: Woman's Spirituality Sourcebook* - by Kimberley Snow

*The Woman's Quest—unfolding women's path of power and wisdom.* A thirteen-session self-guiding course, self-published, Pope, A. 2006. Available from <[www.wildgenie.com](http://www.wildgenie.com)>

*The Vagina Monologues* – Eve Ensler

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## ABOUT THE AUTHOR



Lucy Pearce is a teacher of Woman-craft and creativity and a women's group founder. She is mama to three young children. She lives on the East Cork coast in Ireland.

The author of four books: *Moon Time: a guide to celebrating your menstrual cycle*; *Reaching for the Moon – a girl's guide to her female cycles*; *Moods of Motherhood*; *The Rainbow Way – Cultivating Creativity in the Midst of Motherhood*.

She works as a free-spirited freelance writer and is contributing editor at JUNO magazine and a regular contributor to *Modern Mum* magazine, *The Irish Examiner*, JUNO in print, and online to *Rhythm of the Home*, *The Anti-Room* and *Wild Sister* magazine.

She blogs at [www.dreamingaloud.net](http://www.dreamingaloud.net) on living philosophy, moon time, everyday Zen and gentle parenting. Her website [www.thehappywomb.com](http://www.thehappywomb.com) features Woman-craft: honouring moon time, women's circles, creativity, rites of passage, natural pregnancy, holistic birth preparation and so much more.

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