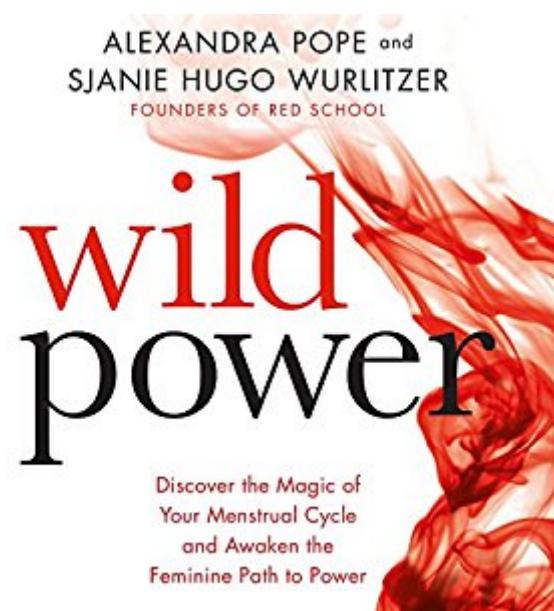


The book was found

Wild Power: Discover The Magic Of Your Menstrual Cycle And Awaken The Feminine Path To Power



Synopsis

The menstrual cycle is a vital and vitalizing system in the female body, and yet our understanding of and respect for this process is both limited and distorted. Few women really know about the physiology of their cycle, and many do not see it as an integral part of their health and well-being, let alone as a potential guide to emotional and spiritual literacy. Wild Power is a book about feminine power - the power of the menstrual cycle. This book reveals the inner architecture of a woman and the path to power that is encoded in her body. This unique force tutors us in the sacred tasks of each phase of our journey, from our first period to menopause, the perils and the pitfalls, as we grow into our authority and eldership as creators and leaders in the world. In this book the authors explore the three maps of the menstrual cycle that guide women through their inner landscape to meet themselves, get to know their own nature, and develop the psychological muscle to channel the creative and spiritual forces within them. Written with humor, tenderness and practicality, and packed with women's stories and quotes throughout, Wild Power will restore women to wholeness and reinstate the full majesty and grace of the Feminine.

Book Information

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Customer Reviews

This book changed my life and my experience of my cycle. It's written with beauty and passion and has brought such clarity to my menstrual cycle awareness. Thank you!

This book is what I have been looking for for almost 8 years now. I have been tuning into my cycle very purposefully for a couple years now, but this book is allowing me to take it to another level.

There is so much dense information in this book - it is definitely not just an overview like some books. There have been parts of my cycle that I have been struggling with, or just not understanding, and this book cleared up a lot of mysteries for me and turned them into something I can use for personal growth. I want all the women in my life - and in the world - to read this book, and that's not something I would say about just any book.

Sometimes there's a book that knocks you off your seat and forces you to PAY ATTENTION TO YOUR LIFE in a totally new way. This extraordinary book is one of them. I never hated my period before, I just didn't pay it much attention. But after hearing the authors talk about the "extatic states" they experienced during bleeding and the incredible power that could come from living into one's cycle, I was intrigued. As per their instructions, I've now been tracking my cycle for a while, and it's an understatement to say that it's changed my life. I have much more understanding of myself as a cyclical being, more compassion for my ever-changing abilities/moods/needs and an ability to plan my life around such changes that makes the questions of when to create, when to socialize, and when to cocoon myself a lot more manageable and, dare I say it, magical. This book is up there for me with Brene Brown, Tara Brach and the Big Book of AA in terms of how much of an impact it's had on me. Thank Goddess that these women wrote it.

Some books carry a unique kind of alluring magic. This is one of those books. My grandmother called a woman's period 'the curse' but in this book we discover the opposite... that it is a phenomenal gift, a precious treasure, a cherished key that can open us, as women, to our wild power. Menstrual mysteries are unraveled here in all their glory. The authors write with an emotional sensitivity that is profound and they offer practical and tested ideas on how to open to your power as a woman, using the menstrual cycle as an inner compass. I loved that they emphasise that every woman's cycle is different and that they refer to everyone that they have taken ideas from in the book. There was also a section specifically for men that my husband enjoyed reading. I think 'Women's Mysteries' should be a subject in all schools & this would be a key text. I highly recommend 'Wild Power.'

This is not a book to read in one sitting, as it takes some time to absorb the many layers of insight and new levels of understanding, but it is a must have to come back to over and over again. If you want to understand yourself better, to take pressure off yourself (especially in this fast paced world) and to enrich your understanding of the energy ebbs and flows that accompany the menstrual cycle,

get this book! It is full of evocative language and dashings of humour to keep it real and applicable to daily life. The section on the chambers of menstruation is the first I've read on the idea, and it has helped me view the often negative view of bleeding with much deeper respect and understanding (I'm starting to look forward to these times - wow!). I'd recommend this to those just beginning to learn about their cyclical nature, and those wanting to go deeper with their understanding too.

Share with everyone. So many Aha moments. Power and knowledge that you will grrrr at - because you weren't told this before. Power and knowledge that will help us all have a smoother life in alignment with ourselves. Great for counsellors, coaches, therapists, teachers, doctors, health professionals - anyone who works with women! I am on my third read through and third purchase - as I keep lending out and not getting it returned! :)

What I am hearing and learning and revelling in, is this incredible, so expertly so professionally so divinely developed language, such a fantastic framework and detailed structure to make this so easy and accessible for us all.... 'newbies' and 'ancients' ... young, mid and old women I can't wait to get the Charts and other resources to share... firstly with my daughter, and then my friends and how excited I feel to use them in my work.

Alexandra Pope has long been an inspiration in my life and her writing marked a turning point after which it was never the same again. This book is of the powerful and practical variety, one to read and pass on in the hope that over the next few months it'll reach all of your friends and friends of friends and make a change in their lives.

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