

CONTENTS

FOREWORD	ix
INTRODUCTION	xi
HOW to USE THIS BOOK and CALENDAR.....	1
IDEAS and SUGGESTIONS to FOLLOW	6
Focus #1 LET'S GET STARTED-MENARCHE	9
<i>She Dances With the Song of Her Moon</i>	12
<i>Calendar 1</i>	14
<i>Ideas and Suggestions to Follow</i>	15
Focus #2 OUR BODY IMAGE	17
<i>Calendar 2</i>	20
<i>Ideas and Suggestions to Follow</i>	21
Focus #3 FEMALE SELF-IMAGE	23
<i>Calendar 3</i>	28
<i>Ideas and Suggestions to Follow</i>	29
Focus #4 SEXUALITY.....	31
<i>Calendar 4</i>	34
<i>Ideas and Suggestions to Follow</i>	35

<i>Focus #5 CREATION and CREATIVITY.....</i>	37
<i>Calendar 5</i>	40
<i>Ideas and Suggestions to Follow</i>	41
<i>Focus #6 PSYCHIC ATTUNEMENT.....</i>	43
<i>Calendar 6</i>	46
<i>Ideas and Suggestions to Follow</i>	47
<i>Focus #7 RITUALS.....</i>	49
<i>Calendar 7</i>	52
<i>Ideas and Suggestions to Follow</i>	53
<i>Focus #8 PAIN.....</i>	55
<i>Calendar 8</i>	62
<i>Ideas and Suggestions to Follow</i>	63
<i>Focus #9 PMS.....</i>	65
<i>Calendar 9</i>	70
<i>Ideas and Suggestions to Follow</i>	71
<i>Focus #10 SISTER MOON.....</i>	73
<i>Calendar 10</i>	78
<i>Ideas and Suggestions to Follow</i>	79
<i>Focus #11 THE MEDICINE WHEEL.....</i>	81
<i>Calendar 11</i>	86
<i>Ideas and Suggestions to Follow</i>	87
<i>Focus #12 THE MOONLODGE or RED TENT</i>	89
<i>Calendar 12</i>	94
<i>Ideas and Suggestions to Follow</i>	95

<i>Focus #13 BECOME an EMPOWERED MOONTIME WOMBYN.....</i>	97
<i>Calendar 13.....</i>	102
<i>Ideas and Suggestions to Follow</i>	103
<i>AFTERWORD</i>	105
<i>REFERENCES and RESOURCES</i>	106
<i>ABOUT the AUTHOR.....</i>	112
<i>ABOUT the ARTIST for the BOOK COVER</i>	114
<i>ABOUT the ARTIST for the CALENDAR</i>	114
<i>THANK YOUS.....</i>	115