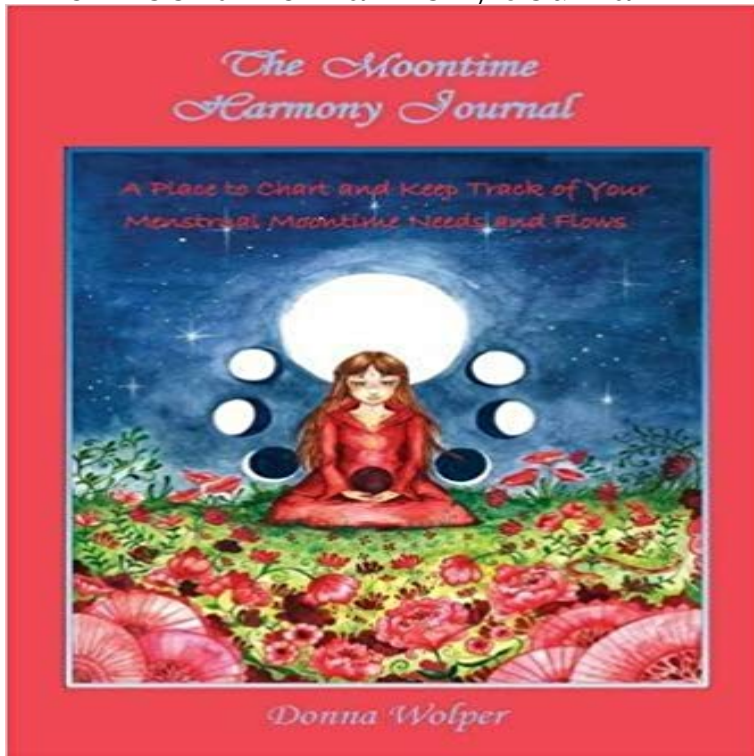


## The Moontime Harmony Journal



Now is the time to come home to yourself and reconnect with the deeper meaning of the Blood Mysteries. This journal is a start. It is designed to be a guide to assist a wombyn of any age to find her path so that she may flow in harmony with lunar wisdom and create moontime order so she can experience a healthy, harmonious and Sacred menstrual cycle or moontime. It is a menstrual guide designed to help a wombyn create both inner and outer moontime balance. It includes a calendar to chart your needs and a series of questions to help navigate ones moontime journey so that you can discover your own moontime rhythms and how they connect to the phases of Sister Moon. When you do, you flow in harmony not only with your self, but with the Divine Feminine and Goddess within, the heart of gift of the Blood Mysteries. About the Author: Donna Wolper grew up on Long Island, N.Y. lived and raised her children in Quebec, Canada and one snowy winter in 1992 she took her children to Mexico. There she discovered a rural, coastal village that existed without cars or electricity. It was through her attunement to the natural world and the lunar phases of Sister Moon that the Divine Feminine revealed herself and guided her to understand the blood mysteries. When she discovered the Native American practice of the moonlodge, she knew she was home and has flowed with this wisdom ever since. This course is the result of flowing in harmony with her lunar cycles and listening to the voice of her Goddess within. For more information visit: [www.moontimeharmony.com](http://www.moontimeharmony.com)

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