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## Moonmagic for girls

Have you noticed that at certain times you feel like hanging out with friends, and at other times you just want to shut yourself in your room and hide from the world?

Do you find it easier to concentrate some weeks, and other weeks you are really dreamy?

Do you find yourself feeling gentle and happy some weeks, and bitchy and snappy the next?

These are all effects of the moonmagic flowing through your body!

During adolescence, your body develops a monthly bleeding cycle, or 'moon' bleeding. Moonmagic can affect the way you feel, think and behave throughout your cycle; and if you know what is happening and why, it can be a lot less confusing.

Moonmagic manifests as the magic of four different women, each linked to a different phase of the moon and a different type of moon animal.

### New Moon Warrior:

Imagine a warrior woman with her hunting dogs and bow and arrow! Her moonmagic makes you feel strong and confident, with loads of energy, and you find it really easy to concentrate and absorb information. This moonmagic is like a strong and protective **unicorn**. It comes after you stop your monthly bleeding.

### Full Moon Companion:

She is the beautiful fairy godmother, gentle and loving. Her moonmagic makes you feel caring, and happy to help your friends and family. You are easy to have fun with, you are never off the mobile, and you'll help out without being forced. Imagine this moonmagic as a fun-loving and caring **otter**. This magic occurs around the time your body releases a small egg inside.

### Old Moon Enchantress:

Imagine the good witch or enchantress who helps the heroine in fairy-tales. Her moonmagic makes you very emotional, as well as being very sensitive. You may feel snappy and irritable, but you can also experience psychic moments and bursts of creativity. In folk stories, the good witch often turns into a sensitive and psychic **cat**. Her magic occurs in the week before you start your monthly bleeding.

### Dark Moon Wise Woman:

The Wise Woman likes to be alone and quiet. You may find her moonmagic makes you feel less sociable, and very dreamy. You may feel peaceful and gentle. You know within yourself the right things to do and really hate the idea



of physical exercise! Imagine the Wise Woman moonmagic as a wise old **owl**. Her magic comes with your bleeding.

Try noticing when you feel the moonmagic of these women.

As your moon cycle develops you will start to feel as though you experience each of the four types of moonmagic in each cycle. You could find pictures of the different types of animals or women, and make an area in your bedroom to display them. Show images of the moonmagic you are feeling and you may like to welcome it saying the following.

**"Warrior / Companion / Enchantress / Wise Woman**  
*(choose the appropriate name)*

**be welcome**

**Moon's flow  
Life's glow**

**New moon  
Full moon  
Old moon  
Dark moon**

**Shower your blessings on me!"**

*It is fun to do this at night when you can see the moon in the night sky.*

*Find more articles and resources from Miranda Gray on her website:*

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