



Guided by the Moon: Living in Harmony with the Lunar Cycles

Johanna Paungger , Thomas Poppe

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For centuries humans have recognized that the moon's cycles influence our lives and the world around us—the ebb and flow of the tides, women's menstrual cycles, and the most beneficial times to plant and harvest. But this ancient body of knowledge—the impact of lunar rhythms on our lives and our surroundings—has become known to fewer and fewer of us, as we have migrated from agrarian to urban living. Now in *Guided by the Moon*, authors Johanna Paungger and Thomas Poppe recapture this wisdom, providing advice to help readers determine the timing most likely to bring them success in anything they do. Paungger and Poppe cover every area of daily life, from health, beauty, and housekeeping to nutrition, gardening, and family outings. *Guided by the Moon* is the most comprehensive, accessible guide to this native wisdom—and will be an invaluable resource for everyone seeking to harness the moon's power to live happier, more harmonious lives. Not simply is this a book on lunar astrology, but a comprehensive guide to the moon's influence on our lives and surroundings—and includes charts, illustrations, and a moon calendar through 2010.

Guided by the Moon: Living in Harmony with the Lunar Cycles Details

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From Reader Review Guided by the Moon: Living in Harmony with the Lunar Cycles for online ebook

Kylie P says

Don't anyone laugh! I am a Lunar fan and do believe the moon controls much in nature we do not realize (ourselves included:) which makes for an interesting read. Especially when trying to decided on a day for good fishing!

L.L. says

Ksi??ka przele?a?a u mnie 17 lat zanim si? za ni? zabra?em :D A nówka by?a, le?a?a sobie i czeka?a na ten moment...

Je?li potraktowa? j? jako ciekawostk?, to bardzo jest ciekawa. Natomiast co do zastosowania... to problematyczne jest o tyle, ?e co chwil? musia?bym do niej zagl?da?, bo wi?kszo?ci si? nie zapami?ta. My?l? wi?c ?e niewiele skorzystam. Ale kilka rad postaram si? zapami?ta?, wszak je?li naprawd? sprz?tanie gdy ksi??yca ubywa daje rezultaty na d?u?ej, to warto chyba spróbowa? :P

Przytocz? tylko jeden cytat za to znowu wi???cy si? z... no wiadomo o co chodzi, ca?y czas o to samo ;)

s.39

"Nasza ?wiadomo??, nasze nastawienie do ?ycia jest tym, co wspó?decyduje o losie naszego cia?a, co wp?ywa na zdrowie, sprawno?? i pogod? ducha. Jednocze?nie ma wp?yw na przysz?o?? natury, ?rodowiska. Stan ?wiadomo?ci jest odzwierciedleniem naszych w?asnnych stanów, zarówno fizycznych, jak i psychicznych."

Fostergrants says

my bible! i love love love this book. it's like a book i would find next to my grandmother's farmer's almanac. not a lot of new age hooley where it doesn't need to be but enough folklore to keep me entertained. i've learned so much about gardening according to the natural cycle of things, like how sap runs above or below ground on a tree depending on the waxing and waning of the moon and how that determines when you trim or transplant etc. if she doesn't know why something works better during a phase she just says so. 'i don't know why it works it just does you can try it for yourself or not' kinda thing. if you don't believe in astrology or have any patience for nature's timing, this is not a book for you.

Inara says

Title in German:

Vom richtigen Zeitpunkt. Die Anwendung des Mondkalenders im täglichen Leben

This reference book explains how to integrate old knowledge of the moon and lunar cycles into your daily

life. It shows the interaction between the position of the moon in the zodiac and your body and health, in garden and nature with weed and pest control without chemistry, household and tips to your body care. It's not always possible for me to live exactly after this rules but I try at least going to the hairdresser's at the right time..

Website of the authors: <http://www.paungger-poppe.com>
