

Moon Rise Resource List

Books

“Taking Charge of Your Fertility” by Toni Weschler

“Wild Power” by Alexandra Pope and Sjanie Wurlitzer

“Balance Your Hormones, Balance Your Life” by Claudia Welch

“Women Who Run With the Wolves” by Dr. Clarissa Pinkola Estés

“Woman Code” by Alisa Vitti

“A Woman’s Book of Yoga” by Mabelle M Seibel, M.D. and Hari Kuar Khalsa



Podcasts

THIS IS A MUST LISTEN - *Free Birth Society* with Emilee Saldaya - **“Herstory: Jane Hardwick Collings**

Writings on the Fall of the Matriarchy”

<https://www.freebirthsociety.com/blogs/the-free-birth-podcast/herstory-jane-hardwicke-collings-writings-on-the-fall-of-matriarchy>

The Belonging Podcast with Becca Piastrelli

Mother the Mother by McLean McGown

Maga Mama by Kimberly Ann Johnson

Fertility App

Lily Fertility Tracker - allows you to track your cycle according to Fertility Awareness Method (FAM). Simple and easy to use. Track your cervical mucus, basal body temperature, and see the natural cycle you are experiencing!

Songs

Shyla Ray Sunshine - “Sacredness - The Blood Song”

Amber Lily - “Woman”

Matya Stark - “Voice of My Womb”