

## Honoring Our Cycles A Natural Family Planning Workbook

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This is a time when we need to honor our need for solitude and contemplation to the greatest extent possible. To begin to work with these phases and cycles, spend some time contemplating where you are, first in your overall life phase, and then within your monthly cycle of outward/intentional and inward/intuitive movement.

~~Honoring Our Sacred Cycles | Mommy Mystic~~

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Honoring Our Cycles in Africa presents information about reproductive health for African women and men. FORM FOR NGOs WANTING BOOK . This project started in Spring, 2006, when a handful of African women who work to stop female genital cutting received copies of Honoring Our Cycles: A Natural Family Planning Workbook by Katie Singer. They asked Katie to write a reproductive health manual for African couples.

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CLIMATE change is a natural phenomenon, according to a shock new report which

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throws a spanner in the works of those who say global warming is a result of man-made activity.

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