



Secrets of the Eternal Moon Phase Goddesses: Meditations on Desire, Relationships and the Art of Being Broken

Julie Peters

Skylight Paths (May 16, 2016)

Softcover \$16.99 (176pp)

978-1-59473-618-6

Breaking up with her partner, the enforced stillness of recovery after being hit by a car, and memories of a past sexual assault by a close friend brought Julie Peters into her own personal experience of being broken. Nothing, not her faith, her yoga practice, or her friends, could help. Moved to write, she chose to write about the art of being broken.

In the Buddhist and Hindu tradition of Shakta Tantra, Peters found something that Western culture had not been able to provide: acceptance, the value of loneliness and solitude, and space in which to be “something other than whole.” Not for the faint of heart, her *Secrets of the Eternal Moon Phase Goddesses* introduces sixteen beautiful, fierce, playful, and even horrible goddesses that take us out of our comfort zones and into our shadow selves to learn about desire, connection, and separation. The story and meaning of each goddess is followed by deep practices, including meditations, journaling prompts, and more, designed to follow the moon’s cycle.

“These goddesses champion empowerment,” writes Peters. “Empowerment doesn’t only live in places where we feel whole, beautiful, or successful.” Inviting us to explore and embrace the full spectrum of being human, with all its confusion, tumult, loneliness, anger, and despair, as well as its beauty, joy, and hope, Peters calls us to see that life, all of it, is a gift.

KRISTINE MORRIS (Fall 2016)

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