

# In the Shadow of 13 Moons: Embracing Lunar Energy for Self-Healing and Transformation

By Kimberly Sherman-Cook

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## **In the Shadow of 13 Moons: Embracing Lunar Energy for Self-Healing and Transformation** By Kimberly Sherman-Cook

Coursing deep within every witch are currents of magick that ebb and flow along with the moon's rhythms. When you combine this powerful energy with your inner shadow, you can create real, positive change and transform your life through the mysteries of the dark moon.

*In the Shadow of 13 Moons* offers a rich variety of new, in-depth ways to practice dark moon witchcraft. Kimberly Sherman-Cook guides you step by step through the process of dark moon magick and ritual work while taking you down the path of self-discovery. She seamlessly blends the art of shadow work with magickal practice to form a gentle yet empowering journey. Learn the sacred dance of the shadow as you follow a 13-moon cycle of meditations, rituals, spellwork, craft projects, and other practical exploratory techniques, which will connect you with your inner self and deepen your understanding of shadow craft.

**Bring about self-healing and inner balance**


**Confront your shadow • Cast a circle of power**

**Work with dark moon deities • Draw down the dark moon**

Ideal for solitary practitioners as well as coven members of all skill levels, *In the Shadow of 13 Moons* evolves with you on your path of personal transformation and spiritual growth.

"*In the Shadow of 13 Moons* takes you on a journey into the shadow and back out again, helping you face what is unseen in a thoroughly open and non-dogmatic way. Kimberly is an excellent guide, continuing the tradition of torchbearers in this important work of the psyche."?Christopher Penczak, author of *The Temple of Shamanic Witchcraft* and *The Witch's Coin*

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