

DEMYSTIFYING MENOPAUSE CHEATSHEET



Menopause is seen as something to avoid as long as possible in our culture. We see it as an illness or a deficiency. There is so much fear surrounding the topic as women are often scared they will lose youth, vitality, relevance, or femininity. To change your perceptions means that you begin to see it more like a birth canal – helping you to become more of who you truly are.

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Changing perceptions

For thousands of years women were revered, and the MOST revered were the women holding their blood inside of themselves, the menopausal women. So, what are the truths, gifts, and opportunities in menopause that our current society hides from us?

- 01 A woman is officially in menopause when she hasn't bled for a year.
- 02 Perimenopause, or menopause transition, lasts from 5-10 years, typically. This gives us an opportunity to ask ourselves if we'd like to A) Thrive, or B) Begin to degenerate.
- 03 After about 40 years of cycling, our cycles become predictable. Menopause changes that and invites us to replace advanced planning with real-time presence. This gives us an opportunity to reassess our relationships, work, kids and money and ask – Am I living my highest truth in each area of my life?
- 04 According to Christiane Northrup, menopause is the most creative time of your life.
- 05 Many women experience higher levels of pleasure when they are older.
- 06 Wisdom culture turns to elders, often women, as spiritual leaders.
- 07 We are living much longer than our ancestors, which means that we have more menopausal years to choose to thrive and experience pleasure, creativity, spiritual leadership and real-time presence.

