

Menopause as Rite of Passage

Women in various cultures have widely differing experiences of menopause. This is due to the values the culture holds toward women's fertility and aging, and women's place in society, as well as diet and other variables. In many indigenous traditions, older women, who hold their "Wise Blood" inside, are valued as wise women; the keepers of culture and tradition.

In a youth-oriented culture, however, menopause is seen in terms of loss and decline. Many women have no other model than the western medical model of "hormone deficiency" with which to make their way through menopause. I invite you, instead, to engage your creative self in a journey of exploration.

We are creating a new culture of women who live well in our menopausal years, letting our creativity and wisdom blossom.

"As our bodies age, creativity and spirituality awaken. A dynamic motivation arises to move toward regeneration and renewal, to develop new vitality, and to contribute to the greater whole. As female bodies are capable of transformation to give birth to the child, they are capable of this later transformation as women give birth to their essential selves, and extend their life span, education, and creativity."

Barbara Marx Hubbard

Resources

The Wisdom of Menopause, by Dr. Christiane Northrupwww.drnorthrup.com
Menopausal Years the Wise Woman Way, by Susun Weedwww.susunweed.com
Transformation through Menopause by Marian Van Eyk McCain
Creative Menopause, by Farida Sharan
The Seven Sacred Rites of Menopause, by Kristi Meisenbach Boylan
Menopause with Science and Soul, by Judith Boice

Dr. Susan Love's Menopause & Hormone Book
The Menopause Self Help Book, by Dr. Susan Lark

A Journal:

The Sacred Journey; daily journal for your soul, available atwww.pomegranate.com

The first six books consider the deeper aspects of menopause, and all refer you to helpful websites, newsletters, organizations and other support.

Visit my website to join my NEW Menopause Virtual Women's Circles!

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Remember that at menopause you are redefining your own needs and rediscovering your own talents. Sometimes this is what is needed, in order to reawaken that creative spark. It may require a **personal retreat and some quiet time**. If you wanted to be a ballerina when you were growing up, maybe you need to **get out your dancing shoes!** It is never too late to follow your dream.

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