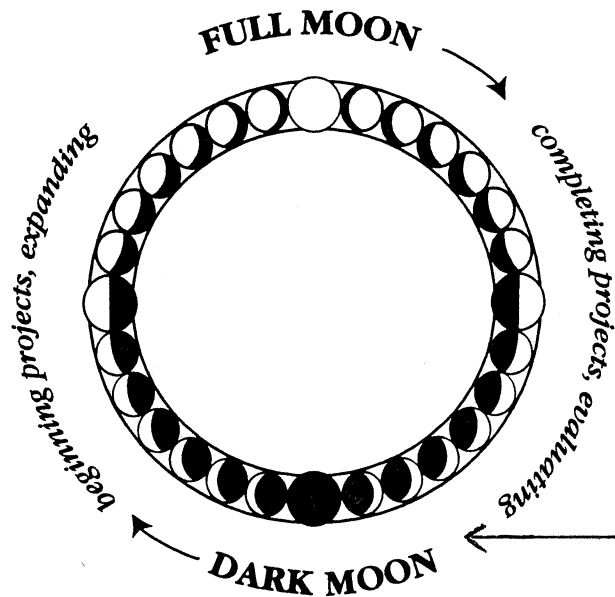


The Cycle of Balance



ovulation

*focused outward,
radiant, social, active,
ideas bloom*



menstruation

*focused inward
introspective, cloaked,
ideas take root*

Menopause: Coming Back to Yourself

This diagram shows the similarities between the cycles of women and that of the moon.

The moon, and other cycles of nature, balance radiant outer activity (day, full moon, summer) with time for turning inward (night, new moon or dark moon, winter).

This concept, used as a guide by each woman in her own way, can be a means to help you find personal meaning in your cycles as well as address any imbalances in your life.

At the time of menopause, we are completing the reproductive cycle of our lives. It is a natural time of change as priorities shift and inner needs become louder.

Menopause is similar to the PMS and menstrual time of the monthly cycle, as a time of review and evaluation of where we have been and where we want to go. Menopausal symptoms, like premenstrual symptoms, are signals of imbalance that can go well beyond the physical, signaling the need for change in many areas of a woman's life.

PMS (or "premenstrual reality check," in the words of Dr. Christiane Northrup) would go here in this diagram, at the end of the cycle.

Menopause, also, would go at the bottom of the diagram, at the completion of the cycle.

We will settle into a new balance as we move forward into the Wise Woman cycle of our lives, carrying all that we have learned into what we have to offer.