

the Heart of Menopause™

Supporting your Self-Care and Self-Discovery,
so you can meet your Deepest Needs

*By author, educator & women's advocate
Barbara Hanneloré*

WOMEN'S WAY
WOMEN'S WAY MOON CYCLES

Are you ready for a positive approach to menopause, that supports your need for self-care and renewal at mid-life?

Do you feel like things are ending, things are changing, and you have no idea where to go from here, or what the future will look like?

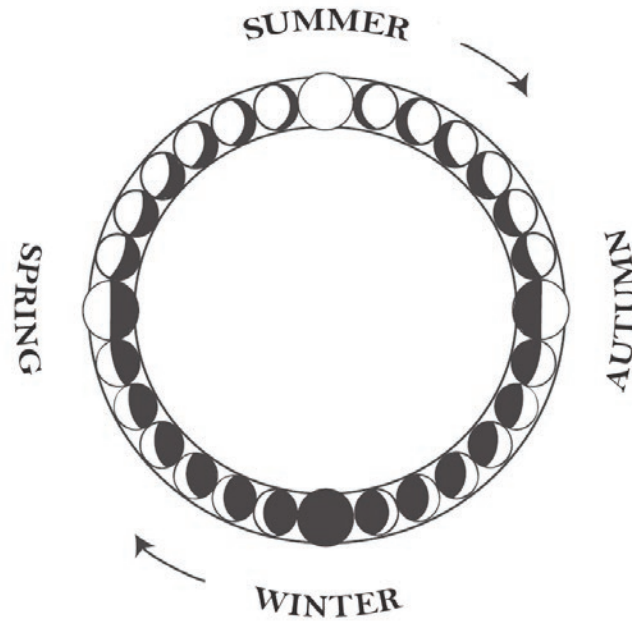
I've been there, and I'd love to share with you what I've learned.

Menopause takes time, care and support. Menopause calls for retreat, trust, and *celebration!* There are stages to this journey, and I'd love to help you navigate *your* way through, and find *your* meaning.

A few key concepts can make such a difference in the way you approach this stage of life. I've found that seeing menopause as the end of one cycle *and the beginning of another*, puts it into a perspective that is nature-based, meaningful and hopeful.

The end of a cycle means several things in the rhythms of nature - it's a time of completion, review, renewal, and rest. It's a time of noticing what's out of balancing and taking steps to correct it!

While it may seem like everything is in upheaval, no longer working right, or that the best parts of you are ending: really your body, your gifts and your inner resources are waiting for you to discover what they are capable of, *now!*



The diagram above shows the cycle of the moon and the seasons. You can overlay *any other cycle* onto this model, and see the similarities!

Women's menstrual cycle has a rhythm like this, with new expanding energy each month, and then a completion and return to oneself as the cycle ends and menstruation nears.

Menopause is at the end of the larger life cycle of our reproductive years, and seeing menopause as a rhythm of nature, like this, helps us to find deep meaning and guidance for this time of life!

The completion of a cycle is a time to address any imbalances before we move on. Menopause, then, is a time to evaluate where we've been, and where we want to go. Our "symptoms" may signal the need for change in many areas of our life.

Self-care, compassionate review of your needs and priorities, and celebration of yourself at this transition time, are keys to making the most of this change. Nothing new can happen without change! So let's make the best of it, and have an attitude of curiosity.

Find some useful perspectives and resources on the following pages.

Menopause and Culture

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

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. We've never been told anything good about our menstrual cycles, and we are not told anything good about menopause! Of course this sets us up for struggle and difficulty.

I invite you, instead, to engage your creative self in a journey of exploration. You can explore nature, history and your own inner guidance, to find a more supportive way!

“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, Dr. Christiane Northrup www.drnorthrup.com

Menopausal Years the Wise Woman Way, Susun Weed www.susunweed.com

Transformation through Menopause, Marian Van Eyk McCain

Creative Menopause, Farida Sharan

The Seven Sacred Rites of Menopause, Kristi Meisenbach Boylan

Menopause with Science and Soul, Judith Boice

Dr. Susan Love's Menopause & Hormone Book

This annual Journal/Calendar has space for insight and reflection:

The Sacred Journey; daily journal for your soul, available at <https://sacredjourney.com/>

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

At menopause you are redefining your own needs and rediscovering your own talents. It may require a **personal retreat and some quiet time.**

Sometimes this is what is needed, in order to reawaken that creative spark. 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.

[Click here to schedule a free consultation.](#)

Our menopause group, scheduled according to interest, is for sharing, practical support, creative activities and simple ceremony. We are honoring menopause as a major life passage and a threshold to the next stage of your life!

We'll explore nature's rhythms for all stages of life, with an empowering look at their meaning for you.

We'll share resources, activities and celebration to honor YOU for all that you are. This is new territory, as we reclaim Menopause as a powerful life passage, worthy of honor and deep care.

Invite your friends and let's get a small group together!

You are welcome, just as you are, for support during this time of change.



Barbara Hanneloré is an award-winning author, speaker, and mentor, helping women re-connect with the rhythms of nature as a feminine way of power. She has been sharing a new paradigm for the menstrual cycle, through the gifts of nature, sacred space and the healing arts for over 20 years.

She invites you to join her regular talks and classes:

- Preparing for your Daughter's Coming of Age
- Harmonizing the Menstrual Cycle
- Optimizing Fertility
- The Heart of Menopause - self-care and self-discovery

She is founder of Women's Way Moon Cycles, and author of *The Moon and You, a Woman's Guide to an Easier Monthly Cycle*. Her recently completed *Mother's MOON Kit* guides mothers in preparing for their daughters' coming of age.

Many years ago Barbara realized that we were entirely missing the gifts that our cycles have for us, and she invites you to join her for a creative re-discovery of this inner wisdom!

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