

# Spirituality meets Menopause

Written by Jayne Porter (who is tired, irritated and hot)

Amongst the brain fog, memory loss, mood swings, hot flushes and insomnia there isn't much to smile about during this time of a woman's life. Her hair is thinning on her head, and seems to be sprouting in other, unwanted places, and her joints are feeling like she has run a marathon when, in fact, the thought of going to the gym is enough to leave her feeling drained.

Her thermostat is on the blink, and the duvet is getting worn out from being thrown on and off all night. Her brain can't remember what she had wearily climbed the stairs to collect from the bedroom, and she really can't think who the joker was that thought adding the word 'Men' to Menopause was a good idea. The only thing men have to bear is the irritated woman in his life snapping at him for leaving the dirty teaspoon on the worktop again...

She's spent years navigating all the symptoms and she's tired. Tired of trying to work out what all these new feelings are, how she's going to get through another day feeling exhausted, and hoping she's not going to snap unnecessarily at anybody today for breathing or chewing too loud.

She's feeling bad enough, she doesn't need to add guilt to the list of negativity going on in her life...



## **So, let's think about reframing Menopause (yes, I am affording it a capital 'M').**

Let's say it's a transformation into the 'Wise Woman' phase of a woman's life. And now let's just try and adjust our mindset.

### **That midriff that wants to keep expanding?**

- As long as we are eating healthily and drinking plenty of fluids, why don't we learn to love ourselves the way we have become? We are wise women, we've been here a long time! The collection of scars, lumps, bumps, stretch-marks? All the marks of a woman who should allow herself to celebrate each part as a landmark of our experiences and award our bodies the respect they deserve.

### **Those hot flushes?**

- See them as clearing and purifying. Do some cooling breathwork. "Breathe in cool air, and breathe out the hot"  
Meditate and visualise cooling blue light filling your body.  
Ask yourself - "What is this heat asking me to release?" Listen to your intuition.

### **Those Mood Swings and Irritability?**

- This could be from suppressed truth rising to the surface.  
Yoga and Meditation are great for your mind-set and your mental health too.  
Find a Laughter Workshop! As Chen says, "Laugh Every day"! And there's a good reason why he says it!  
Find ways to clear stored anger, grief or resentment that can surface. Talking is healing, but try and find someone to talk to who doesn't love you and vice versa - talking to a stranger can, oddly, be much more therapeutic than opening up to someone who cares for you.

### **Anxiety and Insomnia?**

- Make sure you have a very grounded routine at bedtime.  
A warm bath is relaxing, or a foot soak is just as therapeutic.  
Make sure you do your protection visualisation before bed, and drop some lavender drops on the pillow.  
If you are kept awake by noise through the night, try using a 'Sound Machine'. I have mine set to white noise, but the machine has about 100 different settings to choose from!  
Ask your guides to help you to sleep - let them take you through a sleep meditation.

## That annoying Brain Fog and Forgetfulness?

- Your brain is going through a 'Reorganisation' process.  
Make sure you have a good balance between work and play. Work pays the bills, we all know that. But having hobbies, something you look forward to is equally important.  
Connect with Nature. Listen to the sounds around you, take in the fresh air.  
Practise Mindfulness techniques, and keep up your grounding rituals.  
And don't worry about forgetting things - worrying will make it worse, and it's a natural part of our transition.

## And oh, the *Fatigue*...

- Pace yourself, and stop and rest! There is absolutely no shame in stopping when you are tired. Give yourself permission to read a book or have a nap.  
Stop before you get exhausted... being burnt out will only encourage all the other symptoms to put in an unwanted appearance!  
Make doubly sure you cut the cords you pick up when you're out and about, they can be draining.  
Stop putting yourself and your body through the pressure of ticking every single box. There's no prize for the tired woman who has just exhausted herself trying.  
Keep your "To Do" list short.  
You don't need to be a people pleaser! Do you have a habit of over-giving? Stop!  
You'll get tired!! Lol.



## So, what have we decided?

We need to protect ourselves from stress, and erect those all important boundaries. These are very important as they help you feel empowered at a time in your life where your confidence is at an all time low, and you have less tolerance for nonsense!

Everyone goes through stress in daily life, and sometimes it is difficult to discern whether the way we feel is because of the situation, or if it's heightened because of the Menopause! But keeping our boundaries standing proud can help.

We should call it out and normalise Menopause! All women go through it. It shouldn't be a 'taboo' conversation that anybody is embarrassed to discuss.

How can we help ourselves if we can't talk about it?

It's the same with monthly cycles, that should not be a subject that has to be kept 'hush hush' - girls as young as 10 are starting them, and the fact they can't talk about it may cause them to feel shame and confusion.

I think it's fair to say that when Menopause hits (feels like that doesn't it!) we would rather withdraw and simplify life. Overwhelm feels like it's just under the surface of fatigue levels (and patience) and it starts to feel VERY important to keep life as simple as possible.

Discernment is important - pick your battles, is this problem really important enough to get stressed about? Could somebody else in your household pick up the slack on it?

Which brings me to ... are the people you live with understanding about your phase of life? Do you feel you can tell them when they are going to have to cook their own dinner because you are tired/feeling low/joints are aching/feel like screaming?!?

TELL THEM! And they had better understand! This is not an easy ride, and they need to go easy on you.

And if they aren't, talk to someone who does understand. That will be another woman of a similar age. Lol.

If you have a partner in life but your libido seems to have rushed off to the same place as your hair went, make sure they still feel loved - it's not their fault that you no longer feel as sexy. And it's not yours either. Arrange date nights, or cosy nights in with the fire. Love doesn't have to be about sex. Loving each other is about respecting each other and loving one another enough to want to do special things - buy flowers, book a table at a nice restaurant, or walk in the park hand in hand. Just simply love each other enough.

Write things down - it's a great therapy that I partake in regularly.

Find a pretty notebook and ask yourself these questions -

1. What symptom do you find most tricky? And how are you helping yourself through it?
2. Can you remember what age you were when you had the onset of symptoms? What were you noticing?
3. If you could fore-warn your younger self about the Menopause, what would you say? This may come in handy for your younger friends!

4. If you were going to give a public talk, what advice would you give for women who are struggling?
5. What are you able to enjoy about your transition into becoming a Wise Woman? At this stage in our lives we have seen and learnt so much along the way - some paths were trickier than others, but none have been without lessons.
6. How have you grown?



## **Are you taking supplements to support your mental and physical health?**

I take 'Menopace' which has most things in, but here is what Sarah Begin, from Earth Alchemy in Kentucky advises on helpful nutritional aids -

*"Some of the herbs that help would be maca root, Chaste berry (vitex) or black cohosh. I tend to recommend trying them in that order as we are all different..but I find the results for most fall in that order.*

*I also suggest drinking a tea blend throughout the day to help (red raspberry leaf, red clover) Remember 2-3 a day, as 1 cup is just considered a beverage. 😊*

Here are two blends I make in the shop -



And here are some supplements that Sarah recommends



## **Anthony William - the Medical Medium (Recommended by Kathryn Miller)**

There is a guy called Anthony William who is known as the Medical Medium. He has different ideas on what causes some symptoms, and suggests that many of them may not necessarily be blamed on the Menopause entirely.

He says that hot flushes, night sweats and weight gain may not be down to hormonal changes alone, but could be 'overburdened' liver, toxic heavy metals, and dormant viruses. These include the Epstein-Barr virus which causes Glandular Fever.

So, majorly speaking, he suggests 'Anti-Bug' cleanse by way of detox, and suggests avoiding eggs, dairy, corn, soy, and pork, which he claims feeds the viruses.

He also suggests introducing high-antioxidant, antiviral foods into the daily diet.

Food for Thought!

I hope this PDF has helped you in some way, however small, and that you have laughed a little over our 'situation'!

We'll all emerge on the 'other side' feeling strong, robust, and happy with our beautiful selves. We will have built our self worth with our boundaries up, our shields in front of us, and a whole new range of swear words that we didn't know we would ever have the courage to utter before becoming a **'Wise Woman'**!



