

Menopause: A Natural And Spiritual Journey

Unprecedented insight into the feminine body and on using its natural rhythms to heal, find balance and reconnect to our emotions. Your power lies in the rhythm of your menstrual cycle. Connect with your body on a deeper level to find healing, balance and wholeness. The menstrual cycle is a vital and vitalizing system in the female body, yet our understanding of and respect for this process is both limited and distorted. Few women really know about the physiology of their cycle, and many do not see it as an integral part of their health and wellbeing, let alone as a potential guide to emotional and spiritual empowerment. Wild Power tells a radical new story about feminine power. It reveals:

- Your inner architecture and the path to power that is encoded in your body**
- How to tune in to the rhythm and changes of your menstrual cycle to realize the fullness and beauty of your authority**
- Three 'maps' to guide you through the energies, tasks and challenges presented as you journey through each cycle**
- How to work with your Inner Seasons to pace your energy, calm your nervous system and gain insight into your overall wellbeing**
- How to work with your cycle to channel spiritual forces, affirm your expression in the world and achieve a deep sense of belonging**

Written with humour, tenderness and practicality, and packed with women's stories and quotes throughout, Wild Power will restore women to wholeness and reinstate the full majesty and grace of the Feminine.

A surprising look at the role of menopause in human history—and why we should change the ways we think about it Are the ways we look at menopause all wrong? Susan Mattern says yes and, in *The Slow Moon Climbs*, reveals just how wrong we have been. From the rainforests of Paraguay to the streets of Tokyo, Mattern draws on historical, scientific, and cultural research to show how perceptions of menopause developed from prehistory to today. For most of human history, people had no word for menopause and did not view it as a medical condition. Rather, in traditional foraging and agrarian societies, it was a transition to another important life stage. Introducing new ways of understanding life beyond fertility, Mattern examines the fascinating “Grandmother Hypothesis,” looks at agricultural communities where households relied on postreproductive women for the family’s survival, and explores the emergence of menopause as a medical condition in the Western world. *The Slow Moon Climbs* casts menopause in the positive light it deserves—as an essential juncture and a key factor in human flourishing. We are familiar with its symptoms: hot flashes, night sweats, and more. While menopause triggers physical changes, it also brings forth spiritual issues that, for many women, mark a redefinition of the feminine self. To address the impact of menopause, Gabriele Kushi has created a practical guide to dealing with this special time. The author first provides a clear understanding of the overall process of menopause, from biological changes to emotional challenges. She then offers research-based nutritional guidelines that can help relieve menopausal symptoms, as well as healthful kitchen-tested recipes based on a natural foods diet. However, it is the stories and portraits of twenty menopausal women that are the heart and soul of the book. Here is a true companion for any

woman who wants to nurture her own spiritual growth, adopt a natural foods diet, and enjoy good health throughout the midlife years. Dr. Christiane Northrup's #1 New York Times bestseller The Wisdom of Menopause has inspired more than a million women with a dramatically new vision of midlife—and will continue to do so for generations to come. As Dr. Northrup has championed, the "change" is not simply a collection of physical symptoms to be "fixed," but a mind-body revolution that brings the greatest opportunity for growth since adolescence. The choices a woman makes now—from the quality of her relationships to the quality of her diet—have the power to secure vibrant health and well-being for the rest of her life. Now completely revised, this groundbreaking classic draws on the current research and medical advances in women's health, and includes:

- a new section on sex after 50—and how, if need be, you can rejuvenate your sex life;**
- updated mammogram guidelines—and how thermography improves breast health;**
- the latest on the glycemic index, optimal blood sugar levels, and ways to prevent diabetes;**
- dietary guidelines revealing that hidden sugar—not dietary fat—is the main culprit in heart disease, cancer, and obesity;**
- all you need to know about perimenopause and why it's critical to your well-being;**
- a vital program for ensuring pelvic health during and after menopause;**
- strategies to combat osteoporosis and strengthen bones for life.**

With this trusted resource, Dr. Christiane Northrup shows that women can make menopause a time of personal empowerment—emerging wiser, healthier, and stronger in both mind and body than ever before.

The Menopause Diet

Awakening Through Menopause

The Slow Moon Climbs

The Inner Journey

Our Bodies, Ourselves: Menopause

**A Guide to Physical, Emotional and Spiritual Health at Midlife and Beyond
An Unexpected Spiritual Journey**

With the health risks associated with conventional hormone-replacement therapy, women are searching for safe and effective ways to reduce hot flashes, prevent osteoporosis, and reduce the risk of heart disease during menopause. In this User's Guide, health writer Kathleen Barnes describes a variety of natural and safe options for navigating the biological changes that come with mid-life. She suggests vitamins, herbs, and other supplements that scientific studies have found helpful in easing a natural transition and for lowering the long-term risk of age related diseases.

Interest in yoga is at an all-time high, especially among women.

Whether readers wish to begin the practice or are already involved in yoga, this innovative book will help them understand the unique benefits yoga provides for a woman's health and mental well-being.

The authors lead women of all ages through the health and life cycles specific to females by illustrating the spiritual and physical advantages of Kundalini yoga, as taught by yoga master Yogi Bhajan. Hari Khalsa

applies ancient wisdom to explain how to determine and enhance one's own special relationship with the mind, body, and soul. Using his expertise on women's health issues, Dr. Siebel reveals the scientific basis for yoga's positive effects on the brain. Together, Dr. Siebel and Hari Khalsa create a dialogue of spiritualism and science, elucidating how every woman can reap the rewards of yoga for a lifetime.

Awakening Through Menopause: An Opportunity To Transform Your Life is about a New Jersey housewife who had a profound spiritual awakening during menopause that changed her entire inner and outer world. Losing her conditioned mind, her true self was revealed and life as she knew it changed forever. Following her intuition and her heart, she then became a certified professional coach, said goodbye to her family and friends, and moved to Hawaii. *Awakening Through Menopause* is an inspirational memoir and guide to how not only to survive an awakening in menopause but also how to thrive in it. The intention is to bring to all women's awareness the importance of recognizing what this period in her life really means and what she can receive. It is intended to remind women that menopause is the natural process of becoming the higher expression of herself, the true self that is infused with wisdom and power.

The best kept secret is this: Menopause is a natural phase in a woman's life, not something to be dreaded. Rather, it is something to look forward to as a time when all kinds of new creativity can be born, bringing joy, satisfaction and meaning to our lives. This book explores a shamanic approach, through connection to all the worlds we live with - the humans, the plants, the animals, spirit, and the minerals, to empower the later phase in a woman's life - menopause and beyond. By celebrating menopause as a rite of passage, we discover what is ours to do now. What is a rite of passage? A moment when great change is afoot. The value of such a transformation is increased when it is acknowledged and celebrated as we move from one role or phase in our lives into the next. In many societies such "moments" are well-known and recognized in our various birthing, marriage, and death rites. In this book, we approach menopause as a rite of passage - a transition from one stage of life to another. It can be an empowered phase in a woman's life, a part of our life development that deserves dignity and honor. We focus on the possibilities and fulfillment that can come with menopause. We can all explore menopause as a time of great potential and power within ourselves. We become matriarchs and caretakers for the coming generations, bringing a different kind of joy, satisfaction, and meaning to our lives and the lives of those around us. But it is also the case that many people still fear and resist menopause. It is not uncommon to encounter beliefs that menopause is the end of

a woman's productive years, and that her fate now is to grow old, become increasingly unattractive, and no longer have value in her world. A recent study found that less than 20 percent of premenopausal women have even moderate knowledge of the biological changes that may occur to them during menopause. It found that even fewer women carry a positive view of menopause - as a natural process that takes us to the next stage in our lives, granting us new opportunities to take our power and open to newfound joys. Most of the time menopause is still considered a decline that requires remedies to cure it. It is an unfortunate approach to a natural phase of life, which, as you will see, holds so many gifts for us. We both learned about rites of passage through the teachings of the Deer Tribe Metis Medicine Society, or the Deer Tribe for short, an organization that supports a spiritual path that provides teachings, ceremonies and tools for our human quest for growth. We are both long-time students of this path, which combines traditional, spiritual, and modern knowledge about the human being. It carries a rich body of knowledge and ceremonies in rites of passage. Razel is a senior teacher on this path. Karin's focus is counseling and teaching about the rites of passage. This book contains common sense and a shamanic approach to a wonderful, though little understood, phase in a woman's life. All over the world there are organizations and initiatives whose focus is to implement meaningful rites of passage back into our society. We encourage all of you to seek out the knowledge that speaks to you from any source that is valuable for you. We hope you also enjoy this book.

Honoring the Cycles of Nature

Wild Feminine

Herbal Remedies, Aromatherapy, CBT, Nutrition, Exercise, HRT...for Perimenopause, Menopause, and Beyond

Discover the Magic of Your Menstrual Cycle and Awaken the Feminine Path to Power

What Your Mother, Doctor, and Friends Haven't Shared about Life After 35

A Witch Lit Novel

Women have made it clear that they desire a broader, integrative approach to their care. Here, for the first time, Integrative Women's Health weaves together the best of conventional treatments with mind-body interventions, nutritional strategies, herbal therapies, dietary supplements, acupuncture, and manual medicine, providing clinicians with a roadmap for practicing comprehensive integrative care. Presenting the best evidence in a concise, accessible format, and

written exclusively by female clinicians, this text addresses many aspects of women's health, including feminine perspectives on aging, spirituality and sexuality, specific recommendations for the treatment of cardiovascular disease, rheumatoid arthritis, HIV, headaches, multiple sclerosis, depression, anxiety, and cancer, as well as integrative approaches to premenstrual syndrome, pregnancy, menopause, fibroids, and endometriosis. Homeopathic, Ayurvedic and traditional Chinese medicine practitioners provide insight into the ways in which these systems manage reproductive conditions. As leading educators in integrative medicine, editors Dr. Maizes and Dr. Low Dog demonstrate how clinicians can implement their recommendations in practice, but they also go beyond practical care to examine how to motivate patients, enhance a health history, and understand the spiritual dimensions of healing.

No woman can escape the menopause. Its symptoms often include weight gain, fatigue, hot flashes, mood swings, poor concentration, low libido and joint pain. Research shows that healthy eating, combined with regular exercise and weight management, is one of the best ways of controlling these symptoms. Based on the latest scientific research, studies of the world's healthiest women, real life stories and expert advice, Theresa Cheung, co-author of the bestselling *The PCOS Diet Book*, offers a groundbreaking plan for nutritional self-help. This practical book explains how to use diet as a powerful self-help tool to:

- Beat symptoms and balance hormones with simple eating plans
- Protect against osteoporosis, heart disease and cancer
- Manage weight naturally
- Boost libido
- Lose weight and slow down the ageing process

A Jungian analyst explores the feminine psyche through stories of "wild women"--the mythological archetype of the strong, primitive woman

Menopause: A Natural and Spiritual Journey
John Hunt Publishing
Integrative Women's Health

Menopause

Flash Count Diary

A Guidebook for Navigating the Journey

Practices for Spiritual and Sexual Renewal

The natural way to beat your symptoms and lose weight

I'm Too Young for This!

Like many women, Fincher had to make her own way through this important transition. In this book she shares her own experiences and her understanding of the patterns of psychological and spiritual change during menopause. The practical guidance she offers for women to create their own rituals of transformation will help bring readers a deepened sense of identity and empowerment.

'A menopausal witch, magic and mayhem...fabulous book I could totally relate to!' Rachel

Patterson ~ best-selling pagan author Minerva is a witch with real-life problems. Her daughter, Rhiannon, is pregnant, but wishing she wasn't. Minerva is menopausal and wishing she wasn't. Under the influence of hormonal horrors and brandy, Minerva's ridiculous attempts to snare the local vicar play out disastrously alongside the turmoil of Ronnie's predicament. Madness descends. So, when a horse-riding accident and one crazy spell after another plunges mother and daughter into further chaos...will magic save the day? Enter the world of Witch Lit and a story alive with laughter, magical possibility and the realities of everyday life...by an author with first-hand experience of modern witchcraft. '...a very enjoyable book with many laugh-out-loud moments...' Collette Brown, author of Menopause: A Natural Spiritual Journey. 'Magical realism at its best.' Harmonia Saille, Hedge Witch and author of Pagan Portals - Hedge Witchcraft. 'Comedy, pathos, human foibles and inebriated witches...this is a rich and entertaining read.' Nimue Brown, pagan author. You don't have to be mad to buy this...but it helps.

Menopause hit Darcey Steinke hard. First came hot flushes. Then insomnia. Then depression. As she struggled to understand what was happening to her, she slammed up against a culture of silence and sexism. Some promoted hormone replacement therapy, others encouraged acceptance, but there was little that offered a path to understanding menopause in an engaged way. Flash Count Diary is a powerful exploration into aspects of menopause that have rarely been written about. It is a deeply feminist book, honest about the intimations of mortality that menopause signals but also an argument for the ascendancy, beauty and power of the post-reproductive years in women's lives.

FROM THE EDITORS OF THE CLASSIC "BIBLE OF WOMEN'S HEALTH," A TRUSTWORTHY, UP-TO-DATE GUIDE TO HELP EVERY WOMAN NAVIGATE THE MENOPAUSE TRANSITION For decades, millions of women have relied on Our Bodies, Ourselves to provide the most comprehensive, honest, and accurate information on women's health. Now, in Our Bodies, Ourselves: Menopause, the editors of the classic guide discuss the transition of menopause. With a preface by Vivian Pinn, M.D., the director of the Office of Research on Women's Health at the National Institutes of Health, Our Bodies, Ourselves: Menopause includes definitive information from the latest research and personal stories from a diverse group of women. Our Bodies, Ourselves: Menopause provides an in-depth look at subjects such as hormone therapy and sexuality as well as proven strategies for coping with challenges like hot flashes, mood swings, and night sweats. In clear, accessible language, the book dispels menopause myths and provides crucial information that women can use to take control of their own health and get the best care possible. Our Bodies, Ourselves: Menopause is an essential resource for women who are experiencing -- or expecting -- menopause.

Basic Health Publications User's Guide to Natural Hormone Replacement

Illuminating Women's Health and Spirituality

The Menopause Myth

"Experiencing Menopause with Empowerment and Joy

Finding Hope in the Midlife

With SEX, No Drugs and Rock'n Roll Through Menopause

A Shamanic Approach

In the past, menopause was a 'hidden' taboo topic with so much negativity associated with it. It was seen as a purely physical process linked with degeneration into old age and ill health. However, with woman living longer it has begun to be perceived as a rite of passage into a new way of living and being, linked with more freedom and energy. Menopause itself can still be very debilitating for many women. This book is personal journey into the time of menopause looking at it from a spiritual point of view first and how

spirituality can help with physical, mental and emotional symptoms. It seeks to show it as a natural part of life. Personal insights are linked into meditations and mantras to help the reader fully embrace this exciting time of moving into her 'wise woman' time. It helps women take possession of their menopause, rather than the other way round. The author bears her soul with both honesty and humor. A must for any woman nearing menopause and partners who are baffled by the whirlwind of change! Why has the time of menopause become a battle against nature? Nature will always win! So wouldn't it be nice to simply work with nature to understand the process and enjoy a new and insightful cycle in our lives? Our moonpause may bring its issues and problems, but it also brings the stunning potential for a new and better version of ourselves. It can be a time of great progress spiritually as we move towards our Wise Woman or Spiritual Grandmother years. In Natural Spiritual Menopause and Beyond, author Colette Brown is open and vulnerable about her time of change. She not only will have you nodding along at her symptoms but will have you laughing along with her as she fights to keep sane as each wave of heat, mood swing, or new chin hair knocks her over. She explains how to use a simple plan of questions, meditations, and mantras to stand back up and move forward with determination and chutzpah! Colette moves through her menopause in a way that helps her evolve spiritually. She advocates for natural menopause but realizes that this isn't possible for everyone. Her book offers a technique to explore and develop coping strategies for moonpause and beyond. Colette also tells of her personal choices after menopause up to her sixtieth birthday. She firmly believes that her method of working with, rather than against, menopause has led to the happy life she now lives. Colette is a retired pharmacist, clairvoyant, and author who lives in contentment with her loving husband Jim and her two dogs in Scotland. Praise for the 1st edition Dr Julie-Anne Sykley This book is a unique and beautiful GIFT! Simple yet effective, emotional yet practical, deep yet easy to read, written with exquisite sensitivity, it is empowering to the max. With reference to the most powerful symbols in history - moon, circles, blood, spirit, smoke, fire, plants, bees and more - this book reclaims modern society's tragic disconnection from nature and myth. The book invokes spiritual and feminine power to the point that you will experience the resurrection of the powerful Goddess within you while you're reading if you dare!!! If modern medicine were geared to the spiritual ways of thinking that Ms Colette Brown suggests, then there would be no negative views and experiences of menopause in our spiritually lost society. As a Psychologist with 20 years of professional experience, I assure you that if you want to be truly happy and healthy, then don't miss a book that acknowledges the empowering spiritual side of menopausal health, OK? Rachel Patterson Author of Moon Magic I downloaded it to my Kindle on Friday...and read it cover to cover in one sitting. I then ordered the paperback copy because I am going to work through it properly and I prefer to do that from a 'real' book. When I had finished reading, it was as if a light

bulb had been switched on and was followed by a huge flood of relief that someone else had experienced what I was going through and had come out the other side relatively unscathed. This book is going to be my lifesaver, I just know it. Colette takes you through her very own personal journey and I found myself nodding the whole way through - "yep I have that, yep I feel that yep that's happening to me". But then she provides the reader with the framework and structure to deal with each symptom and issue from a spiritual perspective. I say framework because she shows you how she dealt with it from her shamanic perspective but encourages you to make it your own. There are meditation and mantra suggestions and the idea to find your own goddess to work through it all with. I cannot tell you how relieved and happy I am to have remembered about this little gem, I haven't even started working with it properly yet but already I am feeling better!

Menopause is a natural and inevitable time in a woman's life that has the capacity to bring chaos to our physical, mental and spiritual condition. Walking victoriously through menopause is possible. As you journey through the pages of this unique book, you will soon discover that a season of perfecting and an abundant life is waiting for you. Don't walk alone. Discover the grace and peace through Pausing With God.

Turn menopause and midlife into a positive experience Dealing with the Psychological and Spiritual Aspects of Menopause examines the emotional toll of menopause, offering help for the worry, anxiety, stress, and depression women can face during the midlife years. Instead of focusing on estrogen, hormones, and osteoporosis, the book shares up-to-date research findings on the link between spiritual and emotional health. Women from different backgrounds and spiritual traditions will find hope in the healing power of the mind/body/spirit connection as they gain a healthy perspective of the changes taking place and restore balance to their lives. Dealing with the Psychological and Spiritual Aspects of Menopause goes beyond the traditional medical approach to examine ways women can make peace with the changes they face at midlife. This unique book informs, empowers, and enlightens women about the opportunities for personal and spiritual growth during menopause, offering strategies for exercise, meditation, prayer, and counseling. The authors offer a new perspective on menopause that offers hope in the face of the stress, worry, hot flashes, and often-overwhelming responsibilities women face at the midlife. This book demonstrates that women can do more than just "make it through" menopause. The authors show that menopause can become a positive experience for women as they discover new avenues for finding peace and hope to sustain them through the challenges of mid-life—and beyond. Dealing with the Psychological and Spiritual Aspects of Menopause examines alternative aspects of menopause, including: dealing with emotional loss on top of physical and psychological changes moods, attitudes, and depression the benefits of counseling and group support exercise as a treatment for anxiety and depression the work experience spiritual issues special challenges of the perimenopausal period and much more! Dealing with the Psychological and Spiritual Aspects of

Menopause is a vital resource for physicians, counselors, therapists, and psychologists, and especially for the women they treat.

Weegie Tarot

Sex, Meaning and the Menopause

New Menopausal Years

Tantric Sex and Menopause

A Woman's Book of Yoga

Finding Power, Spirit & Joy in the Female Body

The Wise Woman Way

A tantric guide to discovering the hidden gifts of menopause • Explains why Tantra works for menopausal women and how their bodies are naturally entering a more tantric phase focused on creative, spiritual energy • Details tantric practices and tools to connect with the body's inner intuitive wisdom, remove the "performance pressure" of conventional sex, and set the stage for passion and pleasure to thrive both in the bedroom and beyond • Explores what to expect physically, emotionally, and spiritually, and in relationships As women, we live so closely to the body--through menstruation, pregnancy, birthing, motherhood, and then menopause. Each of these transitions changes a woman in a multitude of ways, most of which are celebrated. Yet menopause often causes women to feel despondent, as if our bodies are broken or deficient, especially when it comes to sex and intimacy. However, as tantric teachers Diana Richardson and Janet McGeever show, menopause has many hidden gifts to offer if we learn to embrace rather than suppress the changes this natural transition brings. Shining the light of tantric intelligence on menopause, the authors reveal how to explore and experience menopause in a radically positive fashion, suffused with a sense of vital awakening and "re-wilding" of a woman's sexuality, creativity, and spirituality. Explaining what to expect physically, emotionally, and spiritually, as well as what it means for relationships, they detail tantric practices and tools to connect with the body's inner intuitive wisdom and heart energies, remove the "performance pressure" of conventional sex, and set the stage for passion and pleasure to thrive both in the bedroom and beyond. They explain why Tantra works for menopausal women and how their bodies are naturally entering a more tantric phase focused on creative, spiritual energy. They explore how, in Tantra, sex is practiced not for the sake of sex itself but as an instrument for going "beyond" sex, for better health, improved relationships, enhanced self-control and emotional balance, and even higher states of consciousness. They also offer many self-help practices, exercises, and meditations to reinforce a positive attitude toward menopause and overcome many

of the physical and sexual problems, such as pain, dryness, loss of interest, and loss of libido. Providing a guide for women who are approaching, experiencing, or have gone through menopause, the authors show how a more informed, tantric approach to menopause allows each woman to deepen her trust in the perfect functioning of the female body, embrace her natural sexual response, and reconnect with her inner self.

Menopause is a dramatic but largely overlooked developmental window to the second half of life. Although today's women are more aware of and actively involved in mapping their menopausal journey than generations before, many still do not see menopause as a time of important psychological and spiritual transformation. This book goes far beyond hot flashes and gets to the very heart of the midlife journey, helping women find their unique voice and speak their truth in an era of #MeToo and #ChurchToo. Coming alongside readers as a wise spiritual guide, pastor and theologian Cheryl Bridges Johns identifies seven key developmental "tasks" of menopause and gives practical ways women can embrace each one. She encourages women to view these tasks as gifts as they experience the remarkable physical, emotional, and spiritual transformation that occurs in this stage of life. Written in a warm and conversational tone, this book helps women chart a course for the future, leading them to a renewed sense of identity, a more focused vision for life, and a deeper spirituality. Each chapter includes guided questions for personal reflection and study questions for group discussion.

Includes a preview of *Mothering from Your Center*, the next book from Tami Lynn Kent. *Wild Feminine: Finding Power, Spirit, & Joy in the Female Body* offers a unique, holistic approach to reclaiming the power, spirit, and joy of the female body and to understanding its connection to creative energy flow. By restoring physical and energetic balance in the pelvic bowl, women can learn to care for themselves in a nourishing and respectful manner, heal spiritual fractures, and renew their relationship with the sacred feminine. Although the feminine body is an access point to the greater realm of the spirit, many women have lost their connection to this source. Author Tami Kent, MSPT, has an answer. Drawing from her experiences as a woman's health physical therapist who works with the physical body and female energy system, Kent provides a framework for healing the body and navigating the realms of feminine spirit. Through pelvic bodywork, healing stories, visualizations, rituals, and creative exercises, women can explore the deep and natural wisdom inherent in the female body. *Wild Feminine* reveals the amazing potential of the female body: the potential

to create, to heal, and to transform the energy of a woman's everyday life. Journey deep into the heart of your body. Travel the terrain of feminine wounds. Go to your root place, the center of all womanhood and radically shift your relationship with your body and spirit. Wild Feminine gives you the tools to awaken and retrieve your ancient wild self, restore your creative energy, and reconnect to your sacred center.

Women are Lifegivers who understand the feminine because cycles of life and death run in our blood. All things in Nature move in cycles, yet women's cycles have been ignored, dismissed, or pathologized, affecting our place in society and preventing us from truly being who we are. Premenstrual Syndrome, a culturally induced condition resulting from a suppression of women's emotional vision, has led us to stop listening to the wisdom of our own cycles, and caused us to approach Menopause in a welter of confusion. This book explores the cycles that define our lives, offers ways to heal our relationships, and beckons us to return to Nature. It is time to awaken to the value and power inherent in another way of seeing the world, through the eyes of feminine vision. It is time to return to the feminine and heal our relationships through living in harmony with Nature. "This rich timely work clearly rises from the depths of a woman's soul. It is, indeed, an invitation into Life's Mystery. This work is a "must" for all those who seek the healing of the human condition." -Kenneth Hamilton, M.D., author of The Circle of the Soul

"The minute I started reading this book, I got chills. My body said a big "yes" to this information. Yours will too!" -Christiane Northrup, MD, author of Mother-Daughter Wisdom, The Wisdom of Menopause, and Women's Bodies, Women's Wisdom "Rebecca Orleane is a talented researcher and writer with a feel for people and their lives. I strongly encourage you to consider her book. Here is a strong, unusual, and inspiring study valuable for many. Rebecca helps open magic to us." -Ruth Richards, M.D., Ph.D., author of Everyday Creativity "Dr. Orleane writes with passion and conviction. The Return of the Feminine is an antidote for the stress and depression so prevalent in today's tattered cultures." -Stanley Krippner, Ph.D. co-author,

Extraordinary Dreams and How to Work with Them
Myths and Stories of the Wild Woman Archetype

Stories, Portraits, and Recipes

A Journey Through Menopause

Natural Wellness Strategies for the Menstrual Years

The Return of the Feminine

Menopause with Science and Soul

A Natural and Spiritual Journey

Understand the menopause with all its changes and challenges

and choose practices and treatments, brought to you by a team of experts, to make this next stage in your wellness journey healthy and positive. Find the right combination of resources for you - to stay physically, mentally, and spiritually well throughout the menopause. Your journey is unique. This insightful e-book will help you find the right combination of resources that work for you. It includes: - Specialist expert writers for each section of the e-book - HRT, Natural Remedies, Exercise, Nutrition and Mental Wellness - Practical strategies on how to manage menopause naturally and make it a more positive, empowering experience - Symptom Finder in the introductory pages to help direct you to the correct section in the e-book Coping with menopause can be tough, draining and sometimes utterly debilitating for women. For years it has been seen as an illness that needed to be cured. Natural Menopause takes a different approach. Throughout the pages of this calm, authoritative, beautiful reference book, you'll be able to learn about the natural process of menopause. Explore an extensive collection of natural menopause remedies and complements to hormone replacement therapy. Adopt yoga poses to reduce stress and help you sleep. Use essential oils to manage mood swings and soothe headaches. Discover detoxifying foods that aid weight management and regulate hormones. Find the best exercises to boost your mood and energy levels. Finally, use CBT and mindfulness to relieve anxiety and calm hot flushes. Embrace the Change Filled with a wealth of invaluable information, this book will help you stay physically, mentally, and spiritually well throughout your menopause journey. It's perfect for women over 40 who are already invested in natural wellness and want to apply the same principles to their menopause.

The tarot is the story of The Fool and his journey through life, learning, gaining knowledge, becoming wise and spiritually aware. Then he starts it all again in another life. Some lives are easier than others! Eddie Reilly was born in the East End of Glasgow in 1961 into a life of poverty, crime, Old Firm rivalry and smoked sausage suppers. It was also a life of love, friendship, family and Paradise. The Fool was born a Weegie! It could have gone better..... Colette Brown is an author who writes both fiction and non fiction. Karma City: Weegie Tarot is a mixture of both! It can be read as contemporary urban fiction or as an insight into the Fool's Journey of the Tarot. Either way, this book will have you laughing out loud and crying a few

tears. What people are saying about Karma City-Weegie Tarot: Colette's warmth, wit, love of the people and intelligence are demonstrated wonderfully in this book. Colette has dragged up old memories and new ideas and painted pictures of them with such wonderfully descriptive words, effortlessly melding a very real sense of Glasgow and its people with the world of Tarot. She uses her words skilfully and concisely, poking fun at, showing the strength and the weaknesses of; but always displaying the warmth and heart of her characters. Colette has managed to avoid the usual Scottish-isms that usually annoy me in Scottish books. She's kept her narrative Scottish in tone, without alienating her non-Scottish readers. This is not easy to pull off, just ask Irvine Welsh. I suppose the best thing I can say is that I loved it, and I think other people should read it; Scottish or not, Mystical or not; you won't regret it. Mark Wilson Author of the dEadinburgh series I laughed, sometimes inwardly, sometimes out loud and I even found myself close to tears. I won't spoil anyone else's enjoyment by saying anything else other than READ IT! I loved the book and know that in order to absorb some of the important messages it contains I will go back and read it again. Yvonne. Eddie Reilly had me laughing out loud (sometimes at inappropriate times) and also sobbing my heart out. So well written and obviously very cleverly done too! I advise anyone who likes a good down to earth story, to read this wonderful book. Mary Colette Brown has taken the story of the tarot and given it new life, new meaning and new understanding - follow 'the fool' on his journey but not the fool as we have known him but the fool as a Glaswegian (Weegie) on his path through his own trials and tribulations, each step echoing the next card in the tarot. An inspired idea brought to life beautifully. Rachel Set in Glasgow this book will have you laughing and crying as you follow Eddie Reilly's life through his ups and downs. Meet the people who Eddie has connected with and the effects they have had on his life. A brilliant book and a must read. Susan Ms. Brown writes as I believe Eddie would speak and the flavour of his experience is in every sentence. I loved the stories. I loved the grittiness and the lessons...the potential for healing in each one. I felt like I was being tucked into bed by my father who's only wish was to make me feel better. I would recommend this book to anyone looking for a heart-warming, intelligent read. It's just so good. Danielle (Ontario)

Menstruation, or moontime, is special for a woman and shifts

in mind, body, and spiritual energy can cause both challenge and opportunity. This practical health guide reconnects women to the experience of an important stage of human development. The book examines and teaches how to work with the different menstrual energy patterns through natural self-help strategies that include nutrition and herbs, the Triple Goddess, meditations and imagery, vibrational healing using quartz crystals and flower essences, and hand reflexology. Using a down-to-earth, nature-connected approach to menstruation, women will learn to embrace this essential process of their womanhood.

Integrating modern medicine and ancient spiritual wisdom, MENOPAUSE WITH SCIENCE AND SOUL is an intelligent and thoughtful companion to navigating the menopausal journey. Drawing from the latest medical studies, naturopath Dr. Judith Boice advises women on practical concerns such as bone health, phytoestrogens, diet and exercise, and hormone replacement therapy, and offers stories, interviews, and rituals to nurture women's mental and emotional health. Essays and poetry from sixteen prominent writers celebrate the broad spectrum of women's menopausal experiences and honor diverse spiritual approaches to this significant life passage. Whether you're struggling with hot flashes or reveling in an unexpected rebirth of creativity, this comprehensive guide provides the scientific and soul-centered support you need. Features contributions from: Clarissa Pinkola Estés, Carol Lee Flinders, Brooke Medicine Eagle, Marlise Wabun, Vicki Noble, Carol Bridges

Creating Physical and Emotional Health and Healing During the Change

Learn how Safe Dietary & Herbal Supplements Can Ease Your Midlife Changes

Natural Spiritual Menopause and Beyond

The Seven Sacred Rites of Menopause

Seven Transforming Gifts of Menopause

Natural Menopause

The Natural Hormone Solution to Enjoy Perimenopause

The information in this book will change a church, a ministry, and the individual reader himself. Understanding spiritual warfare is as important as a country knowing how to fight and survive the attacks from another country. We are in an epic war for our lives, our marriages, our ministry, our relationships, our country, our cities and states, and the list goes on because Satan, the enemy of our souls, is strategizing assaults against us, and he aims at striking every aspect of our lives. If it can affect us, he will strike at it. This book has great insights into the spiritual realm, Satan's war room tactics, God's war manual, and our position in Christ. We get

a glimpse into the unseen world through the eyes of the Holy Spirit. We must no longer suffer defeat and remain in bondage. This book is an eye-opener because the information it contains are Holy Ghost inspired.

An unconventional mind-body approach to women's health after menopause discusses the impact of hormonal changes, the myths and realities of menopause, and ways to prevent long-term health problems.

From THE AGE OF MIRACLES Sometimes what we appear to have lost is simply something it was time to leave behind. Perhaps our system just lets something go, our having moved through the experience and now needing it no more. A friend of mine was sitting once with two of his best friends, a couple he'd partied long and hard with during the 1960s. At about ten in the evening, the couple's twentysomething daughter came home, saw them on the couch, and admonished them, "You guys are so boring! You never go out!" To which all three responded in unison, "We were out, and now we're in." The mind is its own kind of dance floor. If in fact the highest, most creative work is the work of consciousness, then in slowing down we're not doing less; we're doing more. Having slowed down physically, we're in a better space to rev up psychically. We are becoming contemplative. We are shifting from the outer to the inner not in order to begin our demise, but to reseed and regreen the consciousness of the planet. And that's what is happening now: We're going slower in order to go deeper, in order to go faster in the direction of urgently needed change in the world. - Marianne Williamson

At this very moment over fifty million women are going through menopause. Pharmaceutical companies are mass marketing hormones as fast as doctors can prescribe them, and menopausal seminars sponsored by these companies are crisscrossing the country in an effort to educate women on easing the physical pains of hormone deficiencies. Books like *The Silent Passage*, *What Your Doctor Won't Tell You About Menopause*, and *Listening To Your Hormones* are flying off the shelves because women are desperate to learn even more. And yet, these doctors, seminars, and books still haven't addressed what every transitional woman instinctively knows: Menopause is much more than just a list of physical ailments, menopause is a spiritual journey. *The Seven Sacred Rites of Menopause: The Spiritual Journey to the Wise-Woman Years* is a groundbreaking work that will usher in a new way for women to cope with the emotional and physical challenges of menopause. Venturing into uncharted territory, Kristi Meisenbach Boylan takes an intriguing and original look at the seven rituals that menopausal women move through on their voyage to the wise-woman years. Author Meisenbach Boylan believes that these seven ceremonial milestones should be viewed as celebrations—not as symptoms of an illness—and that the menopausal life passage isn't just about a woman's body fighting to correct hormonal imbalances, but is really about the soul trying to find its spiritual balance.

Women who Run with the Wolves

Creative Menopause

The Age of Miracles

Pausing with God

Embracing the New Midlife: Easyread Large Bold Edition

The Spiritual Journey to the Wise-woman Years

An Opportunity to Transform Your Life

Hormone Treatment Is Called Harmful- Washington Post, 7/10/02 Estrogen Use Linked to Higher Cancer Risk-Boston Globe, 7/17/02 31.2 million women facing menopause in America are concerned by these headlines. Most women today will live over one-third of their lives post-menopausal, but what about the age-old solution of hormone replacement therapy? In 2002 the U.S. government halted a major study of hormone therapy because it increased the risk of invasive breast cancer. Now, millions of women are left wondering whether they should

approach menopause without hormones, suffering from hot flashes and low sex drive or take hormones and live in fear of being another statistic. Suza Francina has a simpler solution: Yoga. In this practical book, Francina, a leading yogi and author of The New Yoga for People Over 50, shows how yoga can be a powerful tool to help women turn menopause into a positive and empowering experience, both physically and spiritually. Included are easy-to-follow, indexed photos of yoga poses that alleviate key menopausal problems including: hormonal changes; hot flashes; irregular bleeding; fibroids; stress and anxiety, mood swings, depression and fatigue; bone loss; heart disease and cancer. Francina delivers a timely and truly heartening message to women: you don't have to get weaker or depressed when facing menopause, it can truly be an empowering, restorative time.

Why Wait to Feel Good Again? If you're in your thirties or forties, your body is changing, and so are your moods, sleep, health, and weight. Tired of being at the mercy of your hormones? Armed with the knowledge in this book, you don't have to be. Perimenopause can be enjoyable if you know what to do. I'm Too Young for This! details how you can get your body and mind back on track, safely and without drugs, including: - How our bodies transition hormonally—from puberty through perimenopause. - The common complaints of perimenopause—and hidden factors that may keep you symptomatic. - What are the minor and major hormones, and the important role they play in feeling good and staying vibrant and healthy. - What to eat—including Perimenopausal Power Foods—as well as other lifestyle shifts that are critical to your successful transition. - Cutting-edge research that proves the safety and efficacy of bioidentical hormone replacement (BHRT). - The Symptom Solver: a state-of-the-art guide to immediate relief for your hormonal complaints. Plus, how to find the right doctor as well as get your most frequently asked questions answered by expert hormone specialists. Your life is about to change for the better. You can feel great, be vibrant, healthy, thin, and sexy! This book shows you how.

Called "my menopause bible" by half a million women, the best book on menopause is now better. Originally published in 1992 and still a top best-seller. Completely revised with 100 new pages. Susan S. Weed (author of the best-sellers Breast Cancer. Breast Health! the Wise Woman Way, Wise Woman Herbal for the childbearing Year, and Healing Wise) has completely rewritten this classic after listening to over 20,000 women talk about menopause and what works for them. All the remedies women know and trust plus hundreds of new ones. New Sections on thyroid health fibromyalgia, hairy problems, male menopause, and herbs for women taking hormones. Recommended by Susan Love MD and Christiane Northrup MD. Introduction by Juliette de Bairacli Levy. Beautifully illustrated, superbly indexed, wrapped in the healing cloak of the Ancient Ones, this is a book for owen of all ages who want strong bones, healthy hearts, and a long, joyous life without hormones.

With Sex, NO Drugs and Rock'n Roll is a self-help guide focusing on life during and after menopause, including natural remedies, a guide to Tantra, and chapters for men who support menopausal women. Fear, dread, and uncertainty often surround menopause. Many women feel as if their best years are behind them - but this not true! This book will guide you through menopause naturally and offers a range of advice for physical, mental, spiritual, and even sexual health. It isn't only ideal for women going through menopause, but also for those who are near- and post-menopausal. In addition, this book makes a great gift for the men in your life, with chapters tailored just for them and how they can help and support you! Exchange fear for confidence, dread for hopefulness, and uncertainty for excitement as you begin this new, beautiful chapter of your life! Provides simple strategies and cutting-edge information

on: - Tests you really need to know about and questions to ask your Doctor - To HRT or not to HRT? - Common Challenges and what really helps - Which Supplements and Homeopathic remedies to take and why - The emotional impact of Menopause and what to do - How you can keep your symptoms as bay with Hypnosis - breathe - and mind-control - A Low Tox Life for your Body and Home - Essential Oils for menopause - Addressing brain fog naturally - A whole chapter for the BOYS - how your man can help - How to finally make peace with your body - Let's talk about sex, baby! Tantra is not a dirty word! Additional Resource: A full 7 Day Meal Plan to kickstart your weight loss naturally with real and yummy food With this trusted resource, Susanne McAllister shows that we can experience natural menopause in JOY and community so that we feel empowered, wiser, happier and stronger in our body, mind and spirit living our best and most joyous life.

Holy Hormones

Yoga and the Wisdom of Menopause

Understanding Spiritual Warfare

A New Story About the Menopause

The Wisdom of Menopause

Dealing with the Psychological and Spiritual Aspects of Menopause

The Science, History, and Meaning of Menopause

Combining medical facts and real-life experiences with a healing sense of humor, Holy Hormones! encourages women to choose a healthier lifestyle. More importantly, Dr. J. Ron Eaker will show how God's plan, written in nature and the Bible, challenges women to live more joyfully and with greater purpose.

Wild Power

Embracing Menopause Naturally

Karma City

The Madness and the Magic