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**Menopause A
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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

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show it as a natural part of life.

**Menopause: A
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Journey: Brown,
Colette ...**

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and emotional symptoms. It seeks to show it as a natural part of life.

Menopause: A Natural and Spiritual Journey - Kindle ...

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.

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However, with women 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: A Natural and Spiritual Journey by Colette

...

Menopause book. Read 2 reviews from the world's largest community for readers.

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In the past, menopause was a 'hidden' taboo topic with so much negativity ...

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spirituality can help with physical, mental and emotional symptoms. It seeks to show it as a natural part of life.

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Menopause: A Natural and Spiritual Transformation. Join me for this online (and recorded) workshop on the Natural and

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Spiritual Journey of
Menopause. When I
was 42 I began my
journey into early
menopause.

Menopause: A Natural and Spiritual Transformation | Words ...

Menopause itself can
still be very debilitating
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menopause looking at
it from a spiritual point

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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.

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Perimenopause: A
Spiritual Threshold.
The special powers and
sensibilities of women
(especially menstrual

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powers) are central to the Wise Woman tradition. Men in the Wise Woman tradition find the wise woman within themselves and become her. In the Wise Woman tradition, we nourish.

Perimenopause: A Spiritual Threshold - PaganPages.org

Self-care is so vital at this time as our physical, emotional and spiritual needs are

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more immediate.

Menopause is not a sickness. It is an internal journey, a journey home to oneself, toward self-knowledge. It is from this place within that we find grounding and clarity.

Spiritual Menopause - Life.ca

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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.

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One of the things that

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happens in menopause, that doesn't get nearly enough press, is that you change spiritually (or at least, you can). Not unlike the butterfly, menopause is a full transformation: body, mind, and spirit. The spiritual things tend to come up in unexpected ways.

**We're making our
website better! -
Joanna Meriwether**

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Natural And
**Natural And
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about menopause
which lie at the heart
of the Wise Woman
approach. "Kundalini
[is] the root [of] all
spiritual
experiences...."¹
Kundalini is a special
kind of energy known
in many cultures,
including Tibetan,
Indian, Sumerian,
Chinese, Irish, Aztec,
and Greek. Kundalini

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**Menopause is
Enlightenment -
Kundalini energy
during ...**

Woman's grieving process during menopause is a purification that washes the past from her heart, body, spirit, mind. The cleansing waters of her tears gift her with a profound sense of joy, strength, freedom. Her new life cannot fully emerge until she consciously

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lets go of everything
that she cannot carry
on her journey of
power and wisdom.

The Spiritual Purpose of Menopause by Roslyne Sophia ...

If the physiological
changes of menopause
aren't enough, there is
also a significant
spiritual shift. Many
women recognize this
subtle spiritual shift as
a desire for more

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meaning in their life. But this desire for deeper meaning is often wrapped in a cloud of uncertainty. Confusion arises around one's path in life.

The Spiritual Side of Menopause - Yoga Health Coaching

Menopause is a natural part of life—and full of benefits Menopause isn't as bad as you may have heard, and I

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speak as someone who made it through her own (difficult) menopause. I can assure you that beyond the temporary physical discomforts some experience, there are important benefits to the new stage of life into which you're headed.

Benefits of Menopause | Deborah King

It can go to feeling

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depressed, overwhelmed, irritable, moody, or it can go to feeling joyful, loving, ecstatic, spiritual, and at peace. It all depends on what we do with it and how we approach it. Having positive people in my life who kept saying menopause is natural and an important and welcome change helped a lot.

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**Years: An
Awakening |**

KaliMunro.com

"Menopause: A Natural and Spiritual Journey" is a very personal, intimate book that presents Menopause as a positive experience. It is at all times both uplifting and hopeful and I highly recommend it!

**Menopause: a
Natural and Spiritual
Journey:**

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Amazon.co.uk ...

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