



For When It All Seems Impossible

Sage Shift

Navigating Menopause with Wisdom and Grace by Penny Green

‘Thank You for your purchase of my Bespoke Essential Oil Blend ‘Here to There’ This information has been provided so that you can get the most from your oil and achieve the best outcomes for yourself.’

The term sage is never more relevant than during this time of transformation. The sage is someone revered for their wisdom and insight.

It emphasises the shift in perspective and priorities that often accompanies menopause, highlighting the journey towards a deeper understanding of oneself and the world. The term also conveys a sense of grace and dignity, suggesting an empowered approach to embracing this phase of life.

Navigating menopause is very much akin to embarking on a profound journey—a transition into what can be considered a woman’s second peak of biological vitality. With the coming of this next phase of our being we naturally need to significantly reevaluate some of the perspectives and values that have guided us thus far. But does that necessarily hold a negative connotation?

In my mind the answer is a resounding no.

The emotional landscape of menopause is deeply and perfectly intertwined with the intricate chemistry of our bodies. Concurrently, profound physiological changes are underway, transitioning our bodies from their reproductive baby making phase to a newfound sense of independence and self-discovery.

While the journey through menopause is inevitable, learning to harness and redirect our energy can significantly ease the physical, psychological, and spiritual aspects of this transition. Influences, that have been for a large part been created over time portraying this passage from the decades of menstruation, pregnancy and motherhood to one of independence and freedom as something we should be in fear of.

Contrary to historical portrayals, menopause need not be tumultuous. Through targeted exercises and supportive strategies—such as the incorporation of certain oils and energetic repatterining—we can navigate this phase with greater ease, emerging healthier, happier, and more empowered, the way nature intended.

The period between ages 45 and 55 often serves as a pivotal juncture, determining whether you will enter into a vibrant second prime characterised by strength and heightened self-esteem, or experience a rapid decline into early ageing. Those that have a deep belief that they are in fact not in control of their body, that their cells and energy systems are separate from the whole will usually experience a more profound sense of ageing and powerlessness. But with all aspects of our life a shift in our thinking will make a positive shift to outcomes.

My own personal experience of menopause at around 50 was one of a swift transition from the chaos of mothering, self sacrifice and self doubt to one of power strength and better health than I had ever experienced at any time in my life. Engaging in the things I had only believed were far off possibilities became realities swiftly.

At 50 I became a personal trainer spending 25 hours a week in a pool teaching weight resistance training, finally wrote that book, entered a new world of much better love than I had ever experienced and created 5 new businesses over a 5 year period

A very bewildered close friend, who by chance was also my gynaecologist took endless tests, punched holes in my relevant girly bits to examine and quizzed me about symptoms he felt I should be experiencing. I had in fact baffled medical science by choosing not to participate in any of them.

Even amidst medical scrutiny, it became apparent that allowing the natural transition of menopause to unfold without intervention held its own wisdom—a wisdom that benefits the body in myriad ways

I firmly believe that the post-menopausal phase heralds a renaissance of sorts. It is a time when women emerge as more self-assured, intuitive, and unencumbered by societal expectations. Freed from the roles of mother and caregiver, we become architects of our own destinies, our experiences merging into a reservoir of wisdom that enriches not only our lives but also those of others.

As women, we possess an unparalleled capacity for resilience and adaptation. Our bodies, attuned to rhythms both celestial and internal, embody a complexity and depth that defy conventional understanding. Menopause, with its unique challenges and rewards, serves as a testament to the remarkable journey of womanhood—a journey characterised by evolution, empowerment, and enduring strength.

But as the monthly biochemistry of releasing that egg and preparing our body for conception is left behind and our newfound freedom appears the change can feel confronting.

The prevailing societal narrative surrounding menopause perpetuates the notion that it signifies a decline in productivity, relevance, and desirability—a belief deeply ingrained in our collective consciousness for generations. Once revered as embodiments of feminine wisdom within our communities, the relentless influence of pharmaceutical and medical industries driven by profit motives has transformed menopause into a condition laden with negative connotations. Rather than recognising it as a natural transition brimming with newfound insights and growth, menopause is often characterised as an illness or disability, overshadowing its inherent potential for personal evolution and empowerment. We may even begin to feel unheard and unseen, as ghosts of who we were.

The profit driven narrative also introduced pharmaceutical fixes that have the potential to do more harm than good.

I have since very early on in my life believed that the family story will inevitably alter our view of the world and its pitfalls in every aspect of our being.

Our memories very much influence our futures, even those memories that are deeply buried and hanging in limbo somewhere in your energetic matrix that you aren't consciously aware of. This is of specific importance with family relationships and others who have strongly influenced us.

As we collect these memories and the more impactful or the more scary they feel at the time of collection, the more likely they are to become those anchored foundation blocks that build who we are.

My Energetic View

How we experience our menopause, in my mind, can easily be based on those stories and experiences of your youth. If your predecessors experienced the weight of a tumultuous menopause then you will know without research the expected symptoms, pains, discomfort, and correct length of the transition, because they lay in your subconscious memory. You may choose to relive your mothers menopause with the rigidly held belief there is no other way. That it is in your 'genes'

This belief of how this transition should be experienced can be heightened by the past in more than just the mother daughter relationship.

Not only do our memories influence our future behaviour, they heavily influence our health and wellbeing. It has been my experience over thousands of healings that disruptions in the body are caused by those same memories blocking our energy systems and creating physical outcomes. Early sexual experiences, deceit, abandonment, abuse, perceived rejection, all of these play a part in our how our bodies react over our time here. Bad periods, disease of the reproductive organs,

miscarriage, infertility, and yes challenging menopause are influenced by those same experiences.

Science is doing its best to catch up with this theory, but not quick enough and not loud enough for those currently in the midst of these disruptions.

New found freedom and relief can be gained by taking the time to reflect on past relationships, how you were left feeling when they ended or were under stress. You may have consciously dismissed them or felt you had 'got over it' but your body does not forget. These experiences have to be corrected for your to truly energetically heal.

A different approach to entering the Age of Sage.

Raise that energy.

The higher your energy is vibrating, the more your energy is flowing freely, the better, stronger and healthily you will be. Not just in terms of your menopause but in every aspect. Your wealth, relationships, mental and emotional health, your career and creativity.

There is that hour conversation that should be had around the workings of energy, but visiting my website and reading through a few of my blogs and videos will at least introduce you to that aspect of life.

But the higher vibration is always signalled by you 'feeling good', If you are doing that then you know things are already going to be better.

Things that affect that vibration

1. **Food** - this is why they tell you to eat green, eat raw. These foods carry a high vibration, and as with all energy the high vibration heals the lower, so you eating well will assist you in feeling good. This does not mean you have to deny yourself the things you love. In my mind your vibration will benefit from you having that much craved sugar burst, or hotdog. As in all things it is the attitude you connect to it. If you feel guilty while scoffing the ice cream then your vibration will match the emotion. If you bless it and love it while wiping the drips from your chin, then your vibration and your spleen will metabolise it beautifully.. making you feel wonderful.
2. **Essential Oils** - The highest possible vibrations are within these drops of liquid gold. Rose Oil is the epitome of perfect healing with its 320 MHz Emotional lift and release. Your grandmother knew to keep this oil on and in her energy. Frankincense holds infinite healings within it. Diffuse, sniff, dilute and rub onto

your body... (always patch test) but these bottles of liquid gold will do wonders for your mood, state of mind and physical state. If you would like to benefit from the specific bespoke blend created for menopause then [click here](#).

3. But and most importantly your **emotional vibration** is the King, Queen, in fact the entire royal entourage of vibration. If your feeling good and I mean feeling - not thinking, then you are currently able to move mountains

Balance Your Energy

The body is made up of 9 energy systems all in some way, connected or assisting each other to keep you in perfect health. Emotionally, physically, mentally and spiritually. Things start to go wrong when one or more of these systems become blocked unbalanced or scattered.

[Click here](#) to access a video that done daily will balance these systems for you simply and effectively. This energy routine has been specifically designed to support you during this time of transition, allowing you to get these systems into optical balance which naturally balances your chemistry.

You may not be able to do all of them daily but start to listen to your body and which exercises leave you tingling or lighter, and if not all do those daily or more if you need them.

Those supplements

Supplements are great, and especially today when our food sources are so lacking in actual food, when taken properly and with discernment they can help us maintain balance. The issue is that our body's change daily if not hour by hour and we may not need to be taking the same ones every day.

Energy testing yourself is a fun and efficient way of checking if your body needs or for that matter wants a particular supplement or medication. [Click here](#) to access the video.

Exercise - Mind and Body

Go for the walk, keep your body moving daily, learn something new daily. You are coming into your second wind, your second prime, the years that you finally get to stretch your wings. Commit yourself to not just accepting the change but loving the change.

Menopause is no doubt an intricate dance, involving our spirit, mind, body and emotions. It is not easy to unlearn the damage of what you have learnt around your body, balance and self healing.

Our hormones and body's are undergoing a natural but confusing change, and remain for most a mystery as to what that looks like in reality.

These musings are by no means meant to be a replacement for medical advise. You know your body better than anyone would have you believe. The above should always be used in conjunction with any and all medical advise and interventions that you feel are required or wanted.

We are here to help and support not hinder.

Penny GREEN
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