

CLAIM YOUR
Regency



Women's New Power Years



45-70



Regency is the new emergent power stage in women's lives. This stage begins anywhere from about age 40-45 and can last until age 70+. Women go through a profound transformation during their Regency years. The changes that happen during **Regency** have as much impact on the rest of your life as your first 25 years of growth had on your young adult years! Your first 25 are about physical growth; your Regency 25 are about soul growth.

In fact, the identities lost and created during perimenopause, midlife, and menopause, are an experience profound enough to encourage you recreate yourself from the inside out.

During the 25 years of Regency, you will navigate across Seven Realms of Change. You can emerge on the other side with a new sense of self, a new sense of purpose, and a new sense of wonder, ready to write your next chapters.

During the Regency years, women go through a BIG life shift, whether we acknowledge it or not. It should be honored and celebrated! You have all of your life experience, knowledge, and wisdom, which you can utilize to recreate yourself for yourself.

I hope this mini-journal inspires you to begin exploring your journey into Regency. It is your right to claim sovereignty over your life and create your next chapters. You can type directly into the journal on your computer or print it out.

Namasté,

Dr. A.

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Women are discovering that at age forty-five to fifty, something new is coming. What's on the other side of midlife and menopause can be one of your life's most inspiring and fulfilling times.

Journaling Prompt: Type directly in the box below.

What is changing in your life? Do you feel a sense of change coming? Are you focusing on the losses and challenges or the possibilities and opportunities? Can you list your challenges and your possibilities?

Challenges



Possibilities



Regency is women's new life stage; we are the first entire generation to live past menopause together *in the history of humanity*. You can have a *midlife rebirth*. You may have another 30 years after menopause to become your most authentic self.

Regency

IS WOMEN'S NEW POWER YEARS

AND THE WOMAN WHO IS CONSCIOUSLY CHANGING IS A

Regent Woman

Definition of the term Regent; someone who has the power and authority to make decisions, who can govern, and often, hold space for another to come. We are Regent women claiming sovereignty over our lives and we hold our seat of power for our inner wise woman to come.

A Regent woman is a woman who acknowledges she is living in the midst of profound change—perimenopause, midlife, and menopause—and chooses her way forward through them consciously.

She works with where she is, educates herself regarding her particular circumstances, and purposefully creates her next chapter.

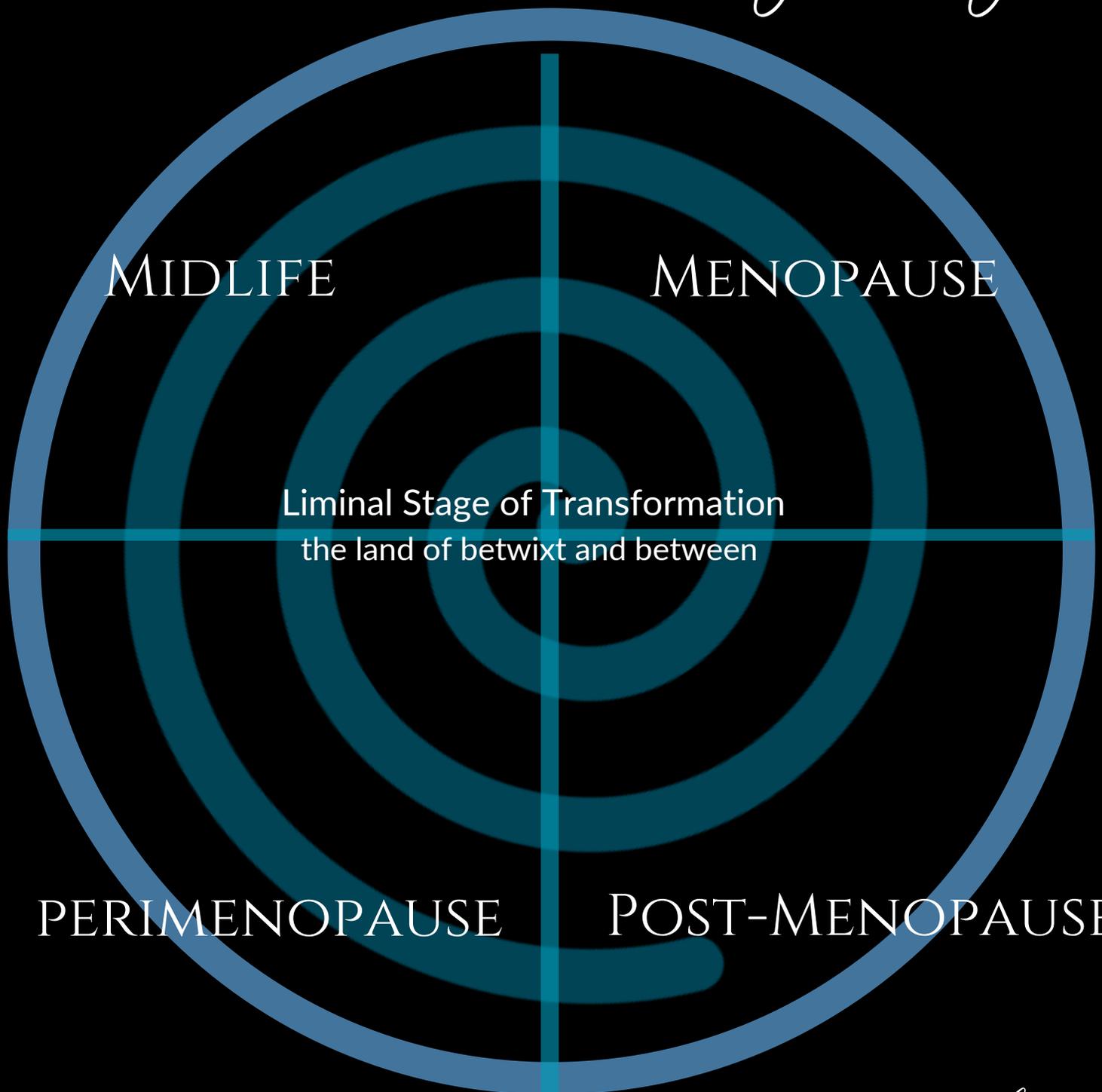
A Regent woman has sovereignty, or the desire for sovereignty, over herself and her life; she is dynamic and active.

A Regent woman can lead, administrate, and make decisions for herself. She may have been at home caring for children and family, immersed in a career, or both.

A Regent woman is not removed from the activity of day-to-day living; she lives, striving to embody her potential.

She is making choices that are hers alone to make about who she will become, what she will do, and how she will pursue fulfillment in this new phase of life.

TERRITORIES OF *Regency*



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Dr. A.

Perimenopause may begin as early as your 30s or as late as your 50s. It can last 3, 5, or up to 15 years or more. It's the universe of change created by your shifting hormones, which you endure until you cross the threshold of post-menopause. It can affect your moods, emotions, self-image and your physical well-being.



Journaling Prompt: Type directly in the box below. List what is changing about your body, thinking, and emotions. Are there parts of your self-image, your life, or your identity that you feel are shifting? Is something new emerging?

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Midlife is a life stage that's pre-programmed into your psyche. It's often unexpected and usually unwanted. The arrival of midlife can take you by surprise, leading you to reassess everything; your priorities, work, relationships, passions, desires, your purpose, life's meaning, and your plans and dreams for the future.



Journaling Prompt: Type directly in the box below. What are you reassessing in your life? Are your goals and plans changing? Are there parts of your life you no longer want to prioritize? Are your roles changing? What is important to you now?

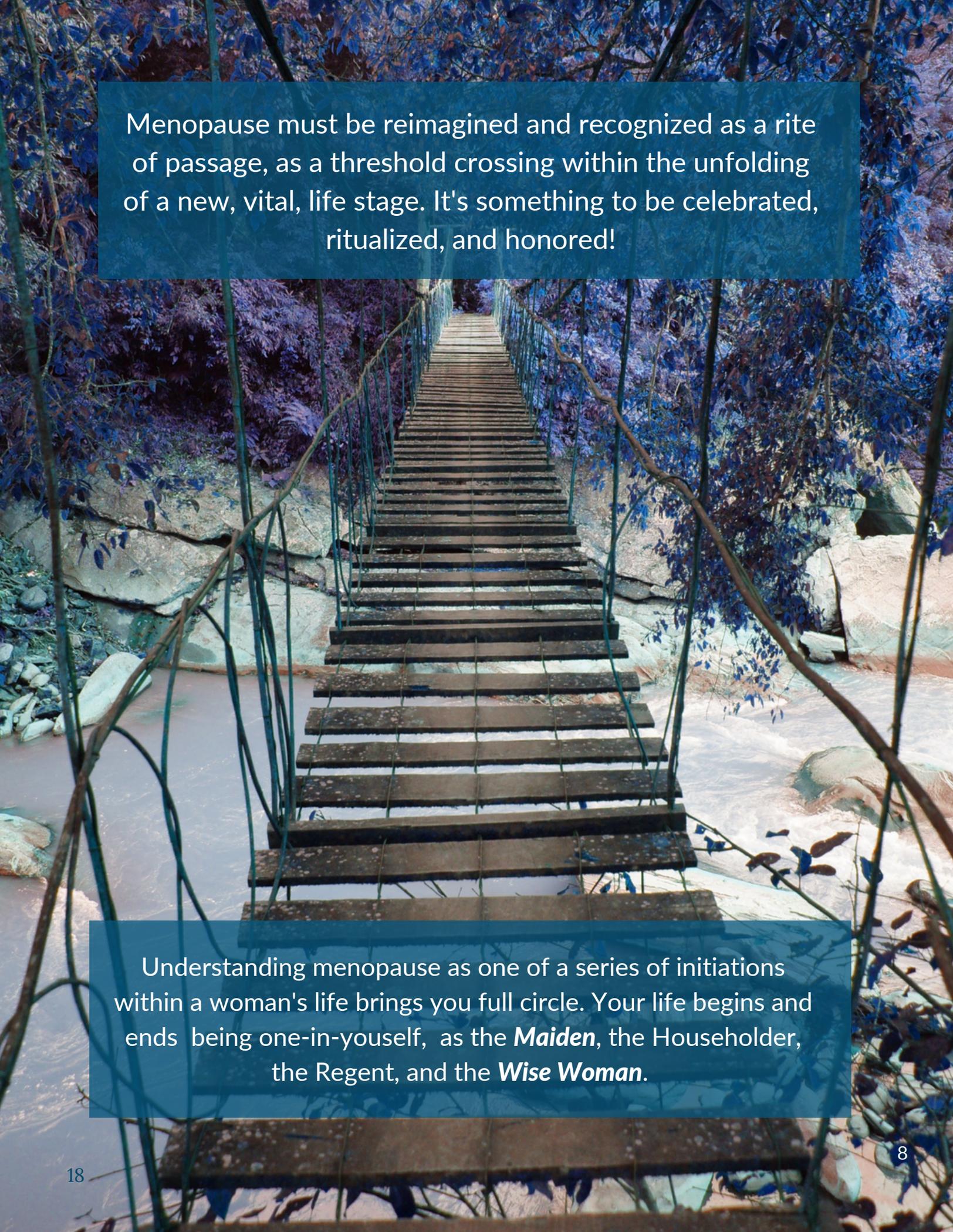
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Menopause is the threshold you cross when you haven't had a period for a year, and you never have another. It marks the end of your natural cycle of fertility. You may remain in a liminal space of change for another few months, or a few years! Most women's hormone fluctuations and physical indicators such as hot flashes, night sweats, and increased anxiety eventually come to an end.



Journaling Prompt: Type directly in the box below. What have been the most difficult aspects of change as you approached/or approach menopause? Do you have any fears or worries about the changes that it may bring to your life, body, and self-image? Have you discovered any new freedoms or benefits?

A large, solid dark blue rectangular area intended for journaling responses.

A wooden suspension bridge with many steps, crossing a river in a lush, green forest. The bridge is made of wooden planks and is supported by ropes. The surrounding area is filled with trees and foliage, creating a serene and natural setting.

Menopause must be reimagined and recognized as a rite of passage, as a threshold crossing within the unfolding of a new, vital, life stage. It's something to be celebrated, ritualized, and honored!

Understanding menopause as one of a series of initiations within a woman's life brings you full circle. Your life begins and ends being one-in-yourself, as the **Maiden**, the Householder, the Regent, and the **Wise Woman**.

Your Celebration!

Journaling Prompt: Type directly in the box below. How would you like to celebrate crossing over the threshold of menopause? Will you create a personal ritual or ceremony, throw a party, plan a trip, getaway, or retreat? This may be the time to plan a new project or to launch your dream. If you have already crossed the threshold, how can you continue to honor your growing wisdom?

Post-Menopause-physicians note that a woman's post-menopausal hormonal balance is the same as her pre-adolescent profile. We become one-in-herself again.

Some women have a difficult time with menopause, they suffer from the debilitating physical indicators of the changes that are occurring in their bodies.

Others find the greatest challenge is the psychological shift within midlife, with its reassessment and reevaluation of their lives, accomplishments, goals, and dreams.

Many women have a mixed bag experience, finding difficulties within both transformations from time to time.

There are also the fortunate women, who sail right through menopause and midlife with few complaints.

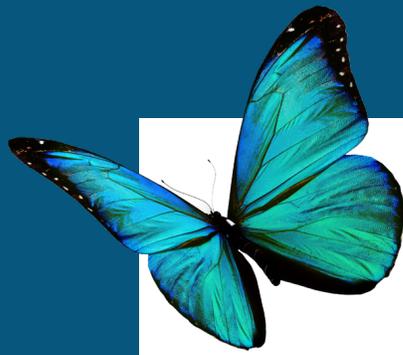


Wherever you land within the experiences of this time of life, at perimenopause you enter a liminal space of change and becoming. By the time you are 5 or more years post-menopause, you've crossed multiple territories of change, and you have created a new identity.

We are the first generations of women to experience Regency, together. Growing, transforming, creating, and living into this new stage of our lives, we have an additional 20-30 years to become our most fulfilled and authentic selves.

May you be magnificent.

*Re-Creating You,
Is Your Masterwork*



REGENCY



CHECKLIST:

- Skipping or Changing Periods, lighter or heavier periods
- Physical Indicators, Mood Swings, Hot Flashes, emotional or angry outbursts, resentments surfacing and more
- Weight Gain, Slowing Metabolism, changes in your physique
- Feeling like life is speeding by, more behind than ahead, thinking about your mortality
- Feeling is this it, did I miss it? Like your life no longer fits or feels quite right
- Regrets about choices you made or didn't make in your life, feeling time is running out
- Your roles are changing at home, at work, in relationships
- Your ideas of Purpose, Meaning, and Belonging are shifting
- Your spirituality is deepening or changing



IF YOU CHECKED THREE OR MORE ON THE CHECKLIST,
YOU ARE VERY LIKELY ENTERING YOUR

Regency Years

Aging and menopause are not diseases!

- You are not Broken
- You are not Alone
- You are not Irrelevant
- You are not Powerless
- You are not Done

WE ARE THE 87 MILLION

By 2027 there will be over 87 million
women over 45 in the US.

A REGENT WOMAN'S Manifesto

A Regent Woman acknowledges the
PROFOUND CHANGES of **perimenopause,
midlife & menopause**
and chooses her way *forward* through them.

A Regent Woman desires
sovereignty over her life.

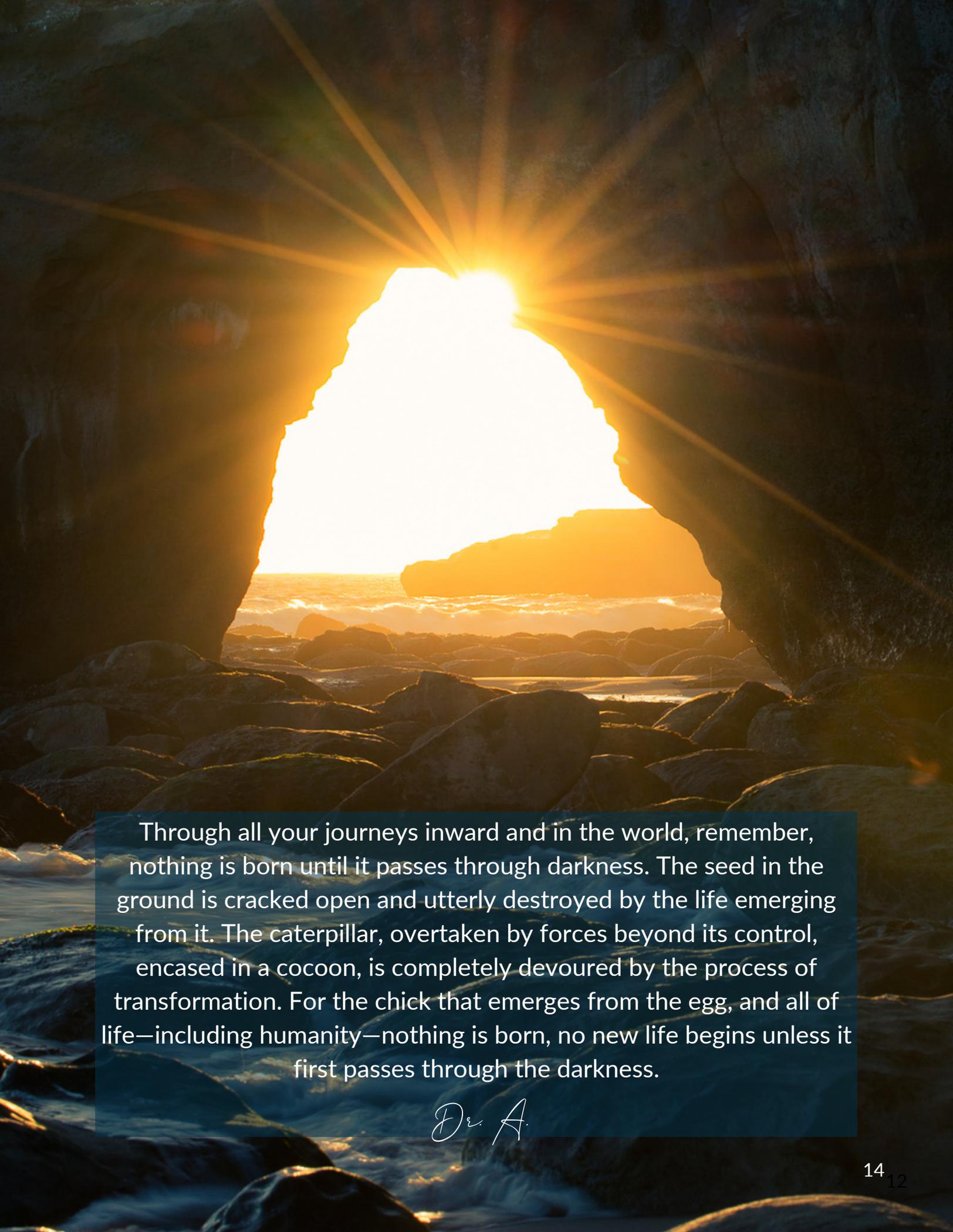
A woman **CHOOSES** to be Regent in her life.
Her power is not given to her
by another authority.

A Regent Woman can
LEAD, ADMINISTRATE, & MAKE DECISIONS FOR HERSELF.
She may have been at home
caring for children & family,
immersed in **a career, or both.**

A Regent Woman works to
embody her potential.
She is making choices about
HER FUTURE, WHAT ROLES SHE WILL PLAY,
and how she will *pursue* her most
authentic & fulfilled life.

A Regent Woman strives to
empower herself.
SHE IS DYNAMIC AND ACTIVE.
She lives as a creatrix of the *divine* in the world.

A Regent Woman understands her
UNIQUE PLACE IN HISTORY, and embraces her
experience, wisdom, & power,
endeavoring to employ them *for the greater good.*



Through all your journeys inward and in the world, remember, nothing is born until it passes through darkness. The seed in the ground is cracked open and utterly destroyed by the life emerging from it. The caterpillar, overtaken by forces beyond its control, encased in a cocoon, is completely devoured by the process of transformation. For the chick that emerges from the egg, and all of life—including humanity—nothing is born, no new life begins unless it first passes through the darkness.

Dr. A.

To find out more about Dr. A's
transformational classes, coaching programs, and events go to
www.drandreaslominski.com



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