

# 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.*