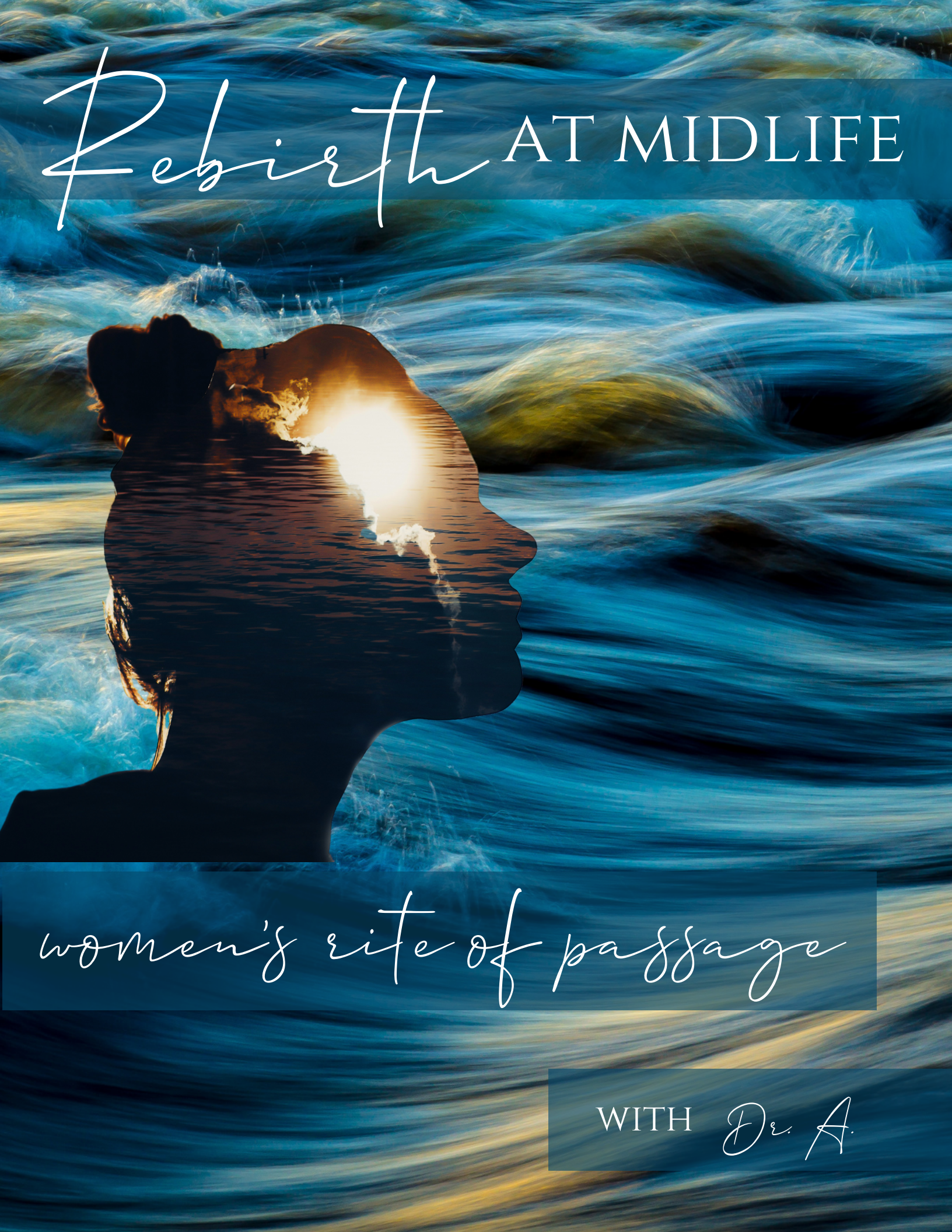
Rebirth AT MIDLIFE
women's rite of passage
WITH Dr. A.

Regency is the new emergent power stage in women's lives. This stage begins at about age 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!

The identities lost and created during perimenopause, midlife, and menopause, are an experience profound enough to be considered a *Rite of Passage*.

Many customs, ceremonies, rituals, and rites from around the globe serve the function of a rite of passage. They usher a person from membership in one group to membership in another.

In a rite of passage, you are separated from the group you have been with; you then enter a transitional phase of in-between, followed by a ritual, ceremony, or happening, after which you are recognized as changed, different, or transformed. You emerge as a member of a new group. Welcomed into this new group, you now have a new dimension to your identity.

During this midlife rite of passage, you will navigate across seven realms of change. We 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 our next chapters. One of the ways to understand your right of passage journey is through the great mythologies and tales of the world. You'll find your story embedded in the stories of the universal experiences of being human and a woman.

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

I hope this mini-journal inspires you to explore your Rite of Passage 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's rite of passage

There are three engines of change that power Women's Rebirth; Perimenopause, Midlife, and Menopause.

Each of these shifts begins a series of changes that may trigger a loss of one identity and movement toward a new one. You are meant to change and grow as you age. It's not always easy, but it's the gateway to what's next.

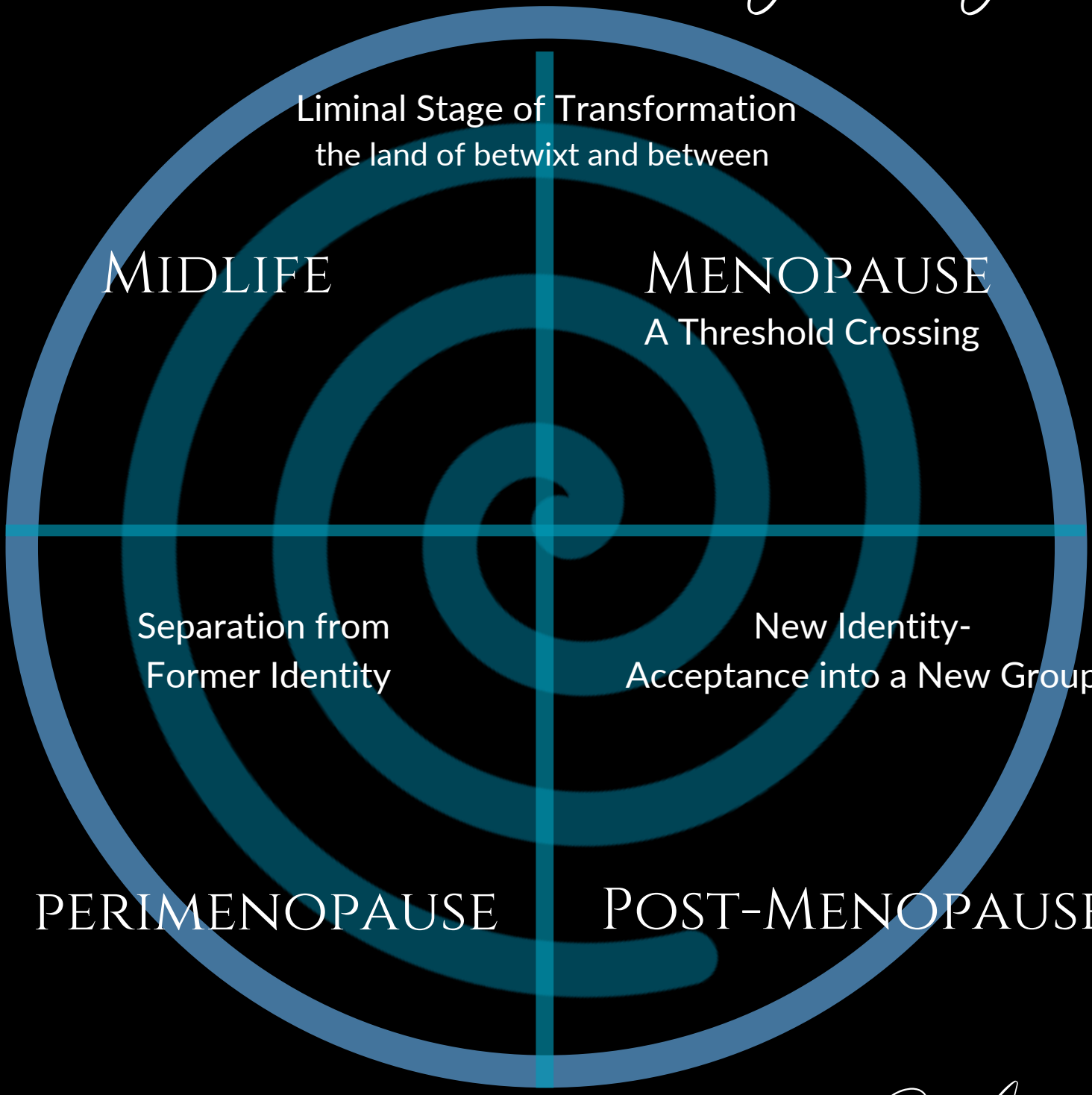
When you begin to grow out of an old identity, you enter an in-between space. You may feel that you aren't the same as you were but aren't sure where you're going. This can be an unsettling, frightening, exciting, and dynamic time of life, and you may feel all of these emotions at once!

This is a liminal space. It's a place of becoming. Liminal literally means threshold. When you cross a threshold, you are leaving one space and entering another. In your Regency years, you are crossing over a threshold into something new, something unknown. Change is hard, but fear not; you've already done it many times.

You did it naturally, growing from infancy to childhood, childhood to adolescence, adolescence to young adult, and now, you are crossing into Regency.

Regency is women's new life stage, and 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.

TERRITORIES OF *Regency*



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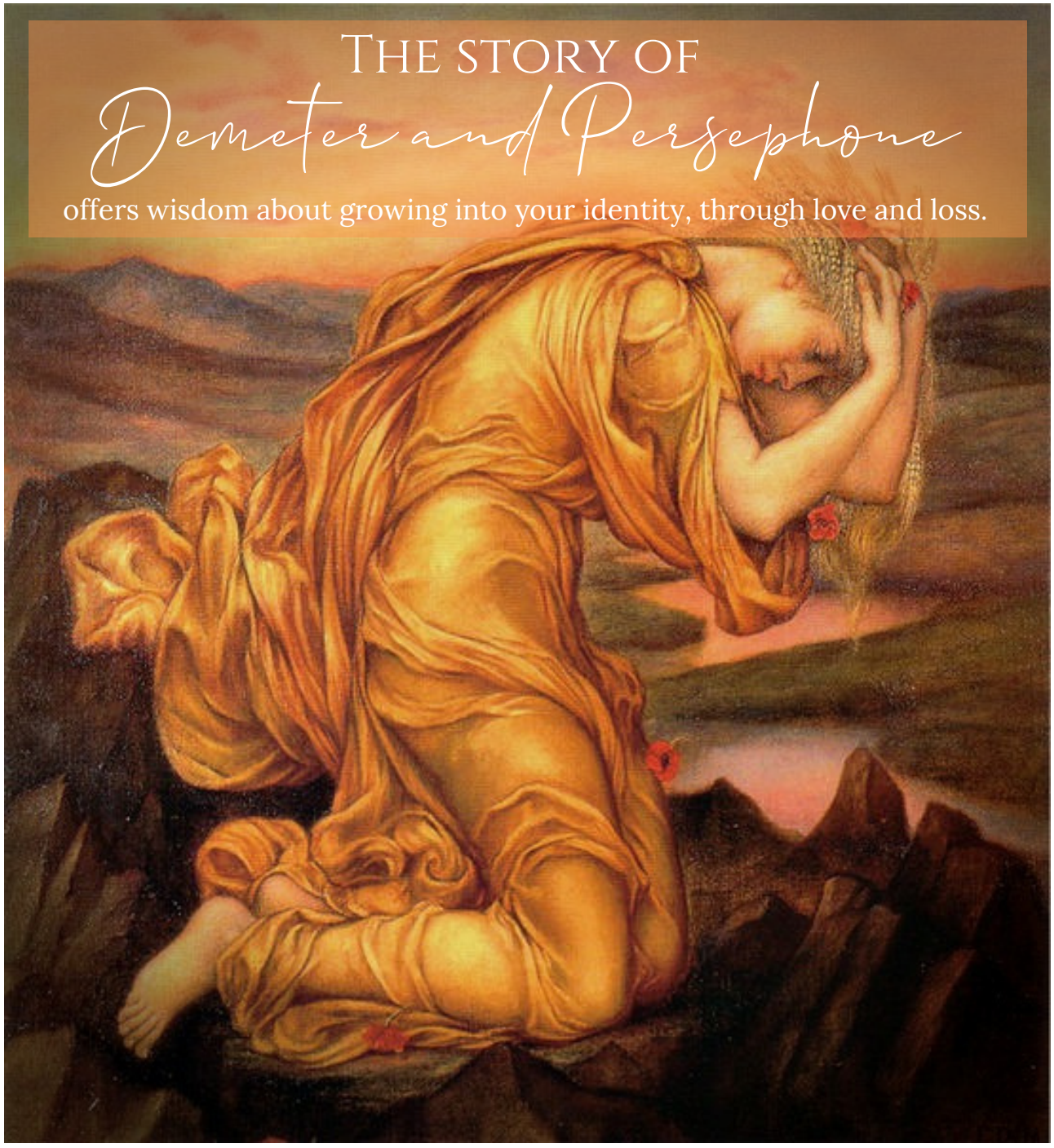
Dr. A.

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.

Are your body, thinking, and emotions changing?
Are there parts of your self-image, your life, or your identity
that you feel are shifting? Is something new emerging?

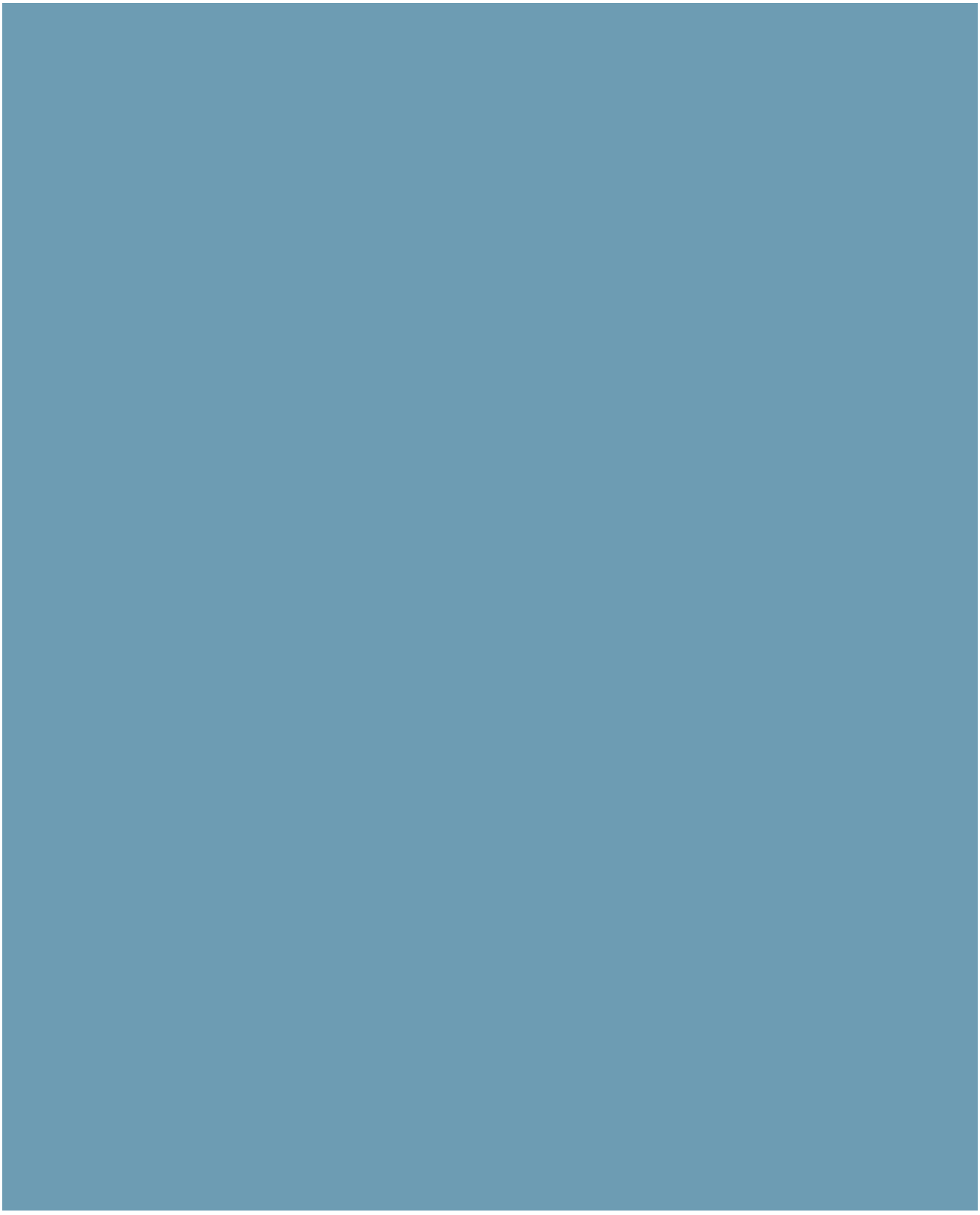
Throughout mythology and the great tales, we find stories of goddesses and young women who experience adventures, trials, and danger, while enduring loss. They are maturing and growing through joy and sorrow. These characters reveal the heights and the depths of the experience of being a woman. We can understand them as metaphors for our own lives.



Demeter Mourning for Persephone, 1906 Evelyn De Morgan

This ancient Greek myth reveals the power within the renegotiation of our relationships and the losses of empty-nest. It also invites us to examine the desolation that profound change can leave in its wake, which can be balanced by the promise of renewal, self-rediscovery and recreation.

Are you experiencing any of the heights and depths of this myth?
What losses are you enduring? What relationships are being renegotiated,
or what sorrows are you suffering in your life?



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.

What are you reassessing in your life? Are your goals and plans changing?
Are there aspects of your life you no longer want to prioritize?
What is important to you now? What are your new dreams?

Midlife is a time of personal reassessment that can lead you back to your essential self, who you were before you were responsible for or committed to anyone else. This includes the resurfacing of the energies of the

Eternal Wild Woman.

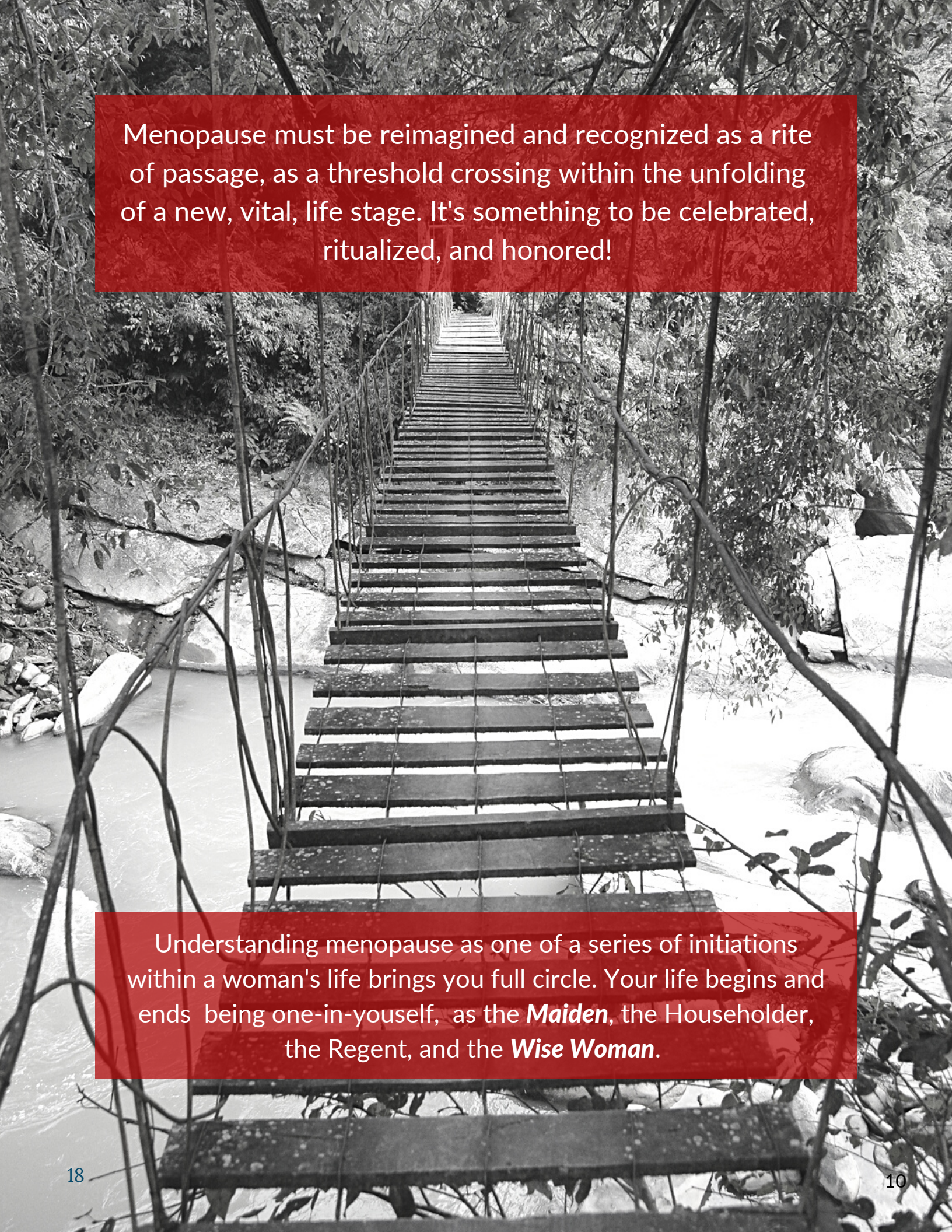
The Wild Woman is your archetypal connection to your vitality, passion and desire for life. Your Wild Woman within is the feminine container for the power of life, the energy behind creativity, imagination, and the desire to live, to be, and to fulfill your destiny.

Your Wild Woman connects you with your intuitive energies that flow like a spring from the deepest realms of your psyche. She gives you the strength and vital life-force energy to deal with the depths and enjoy the heights of life. The Wild Woman within nurtures your life force and gives you the desire to live it all, to say yes to the adventure of life.

Have you heard the call of the Wild Woman within? What needs to be jump started, revitalized, or recreated in your life? Are you feeling the call to wild places? How can you tap back into your wild woman to rediscover the essential you?

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 flushes, night sweats, and increased anxiety eventually come to an end.

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?



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-youself, as the ***Maiden***, the Householder, the Regent, and the ***Wise Woman***.

Your Celebration

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? Maybe this is 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.

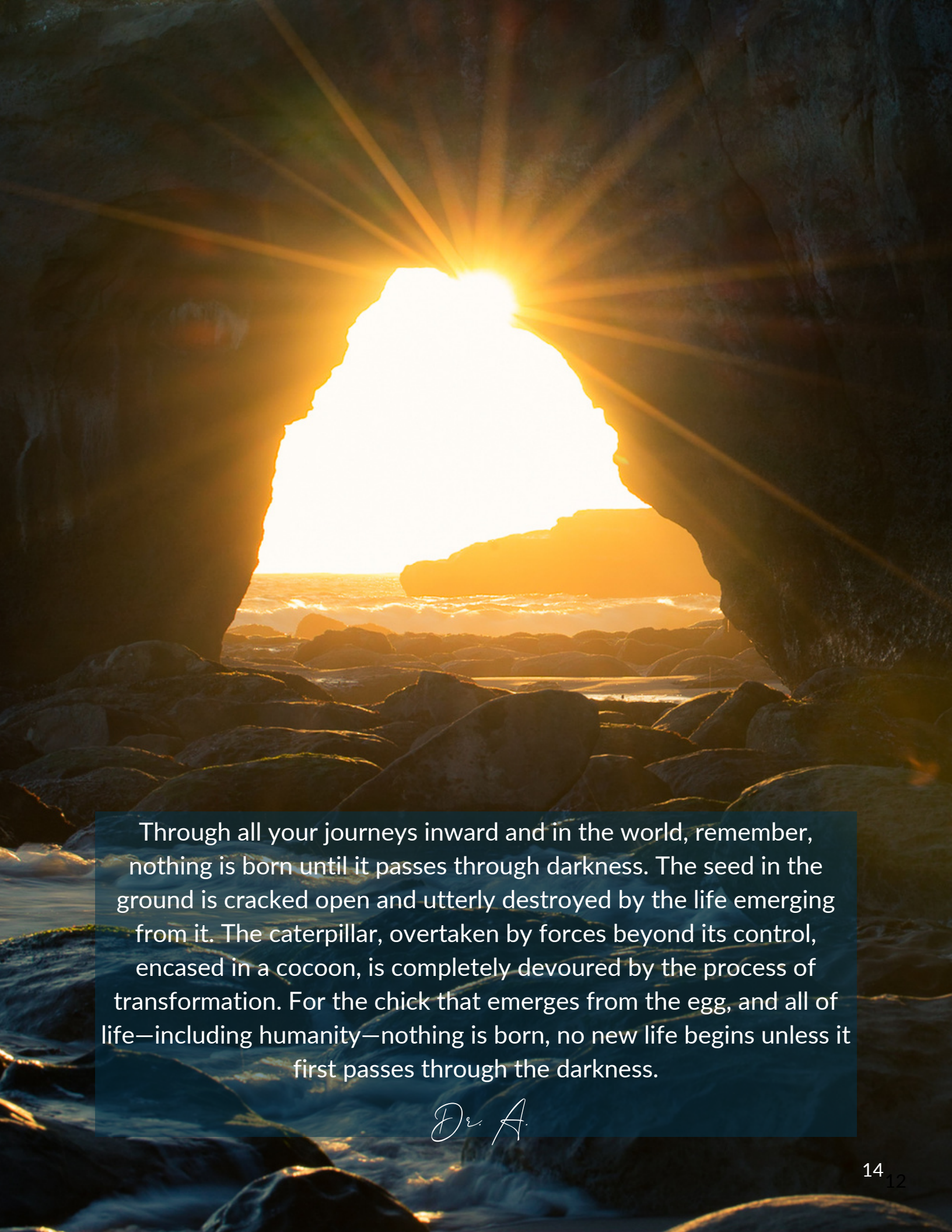
Many women have a mixed bag experience, finding difficulties within both transformations from time to time.

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.



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.

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.*

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