



Introducing Sagescence

Understanding the becoming of a wise woman.
Reframing perimenopause and menopause.

We know the feeling; we've definitely navigated change like this before, at least once, and possibly many more times than that. Our first experience of this kind of phenomenon was during adolescence, when, over a period of years, **we became our fertile adult selves.**

Sometimes that's a slow becoming.

And then, if/when we gave birth, we transformed, entering yet another life stage - **Matrescence.** The period of time of becoming a mother, sometimes it is a slow becoming.

So much has been gained through the naming of the becoming of Mother as matrescence. Mothers feel relieved and have more understanding and compassion for themselves and their growing into motherhood.

It all makes sense, of course.

Remember adolescence, the same thing.

And now, as we reclaim menopause and reframe it, we can properly connect it to these other two major life stages – adolescence and matrescence.

There are so many commonalities between them. We can recognise the similarities of our experiences through these times of transformation and therefore be aided and guided in our **process by remembering menopause - Sagescence is also a becoming.**

Peri and post-menopause can be a decade-long process. During that time, we become the wise woman version of ourselves, and like adolescence and matrescence, there is much change, including neural pruning, and it takes some time, sometimes longer than we want, to fully transform. We become a different version of ourselves and have new roles and responsibilities.

And so, at some time before, during, or after our menopause, we become our wise woman self - Sage. And we are transformed and enter the final stage of our lives - Sagescence, the period of time of becoming a wise woman, and sometimes it is a slow becoming.

Sagescence is a journey, probably an underworld journey, probably many.

The physical experiences are from our body going through the process of winding down our menstrual cycle, which has been going on for about 40 years.

Psychologically, we meet the unresolved issues of our lives – **this is a big part of the experience** – and it is about healing all the unhealed parts of us so that we can enter the second half of our life strong and well on every level.

Part of the process is to decolonise our minds and bodies around menopause – to remove the medical perspective, allow menopause, and let it be sacred.

In traditional Chinese medicine, they call menopause the second spring – rebirth.

And Sagescence brings with it many gifts.

We become more self-focused and motivated to take care of ourselves.

We are gifted with the opportunity to heal all the unhealed parts of ourselves.

We fully align with the lunar cycle as this replaces our menstrual cycle.

Our visionary capacity and intuition grow and grow.

Our leadership skills arise or get stronger.

And our orgasms get stronger and longer!

We are the women the Earth needs now...