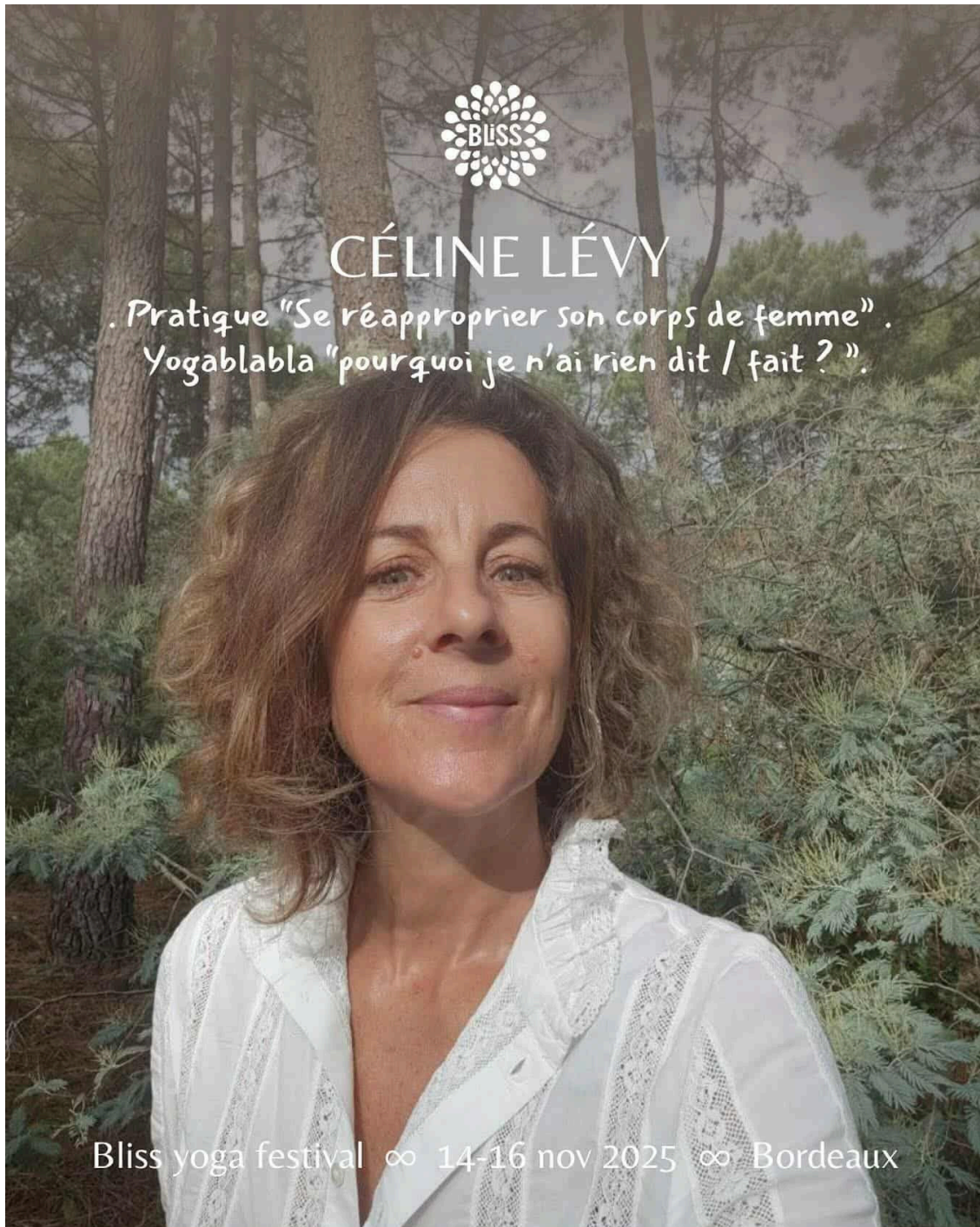




Dear Maxie,

In a culture where menstrual shame still persists, and menopause has been

pathologized, knowledge is power.

For a long time, when I read “Menopause is a portal”, I was thinking “yes of course, sell me the crône/wisdom ice cream to sugar coat all the changes that will make me feel like a walking chaos”.

But as I have been through the portal myself, and being lucky enough to explore it with great teachers, I want to share how excited I am about this new phase, and some truth that would have helped me to navigate it even better, if I have known them from my mid thirties let's say.

1. Your brain changes, and comes out stronger.

Dr Mosconi is the first to make scans of women before/during/after menopause. And here are her first conclusions; the brain changes, and even if it's chaotic during the transition, some areas come out actually more developed. Same phenomenon happens during puberty, and during pregnancy by the way. The area of the brain that gets stronger is the one connected to empathy.

This matches what the Taoists say about this time being a second spring. Instead of using your vital force to birth a being , or to birth projects, you use it to give back to your community.

2. Progesterone

Progesterone will drop. Progesterone is mildly sedative. You don't really realize when you are mildly sedated, you'll realize when you are not anymore. You heard about menopause rage? It's every piece of your repressed fight response coming back to the surface.

You can prepare for that with boundaries work, and anticipate for the moment when progesterone won't anymore keep a lead on things. This will prepare you to alchemize what could show up as aggressivity, and step into your natural authority.

3. Oestrogen

Oestrogen production will drop as well. Oestrogen is the “I want to be liked hormone”. It's like a veil that makes you feel your place in the world through

accommodation and self-sacrifice. I don't know if you heard the "I don't give a fuck anymore"'s song trending on social medias. It's pretty much your new mood.

4. Dopamine

The decrease of progesterone and oestrogen lead to another phenomenon, we process dopamine differently. Dopamine is the hormone that makes you feel rewarded. Until then, you were rewarded dopamine wise, to look after everybody. Now you are rewarded to look after yourself!

Who is else is excited knowing your chemistry will support you to put yourself at the center of your universe?

5. Testosterone

Testosterone becomes predominant. I wanted to finish by that one. You know what that mean?

Longer and stronger orgasms.

Yes, so true!

I think you understand why patriarchy want to make invisible women reaching that phase, and continue to encourage any move toward "staying an accommodating maiden to serve you better."

Between the mother (birthing beings or projects), and the crone there's a stage often not represented, the Maga; the magician, the sorceress.

(I know, what kind of sorcery it is that, today, it's as well an acronym to represent those who want to strip her from her power)

I am there now, the flow of erotic energy is very different, it's more subtle, it's much deeper and very honestly, I wouldn't trade it against youth.

This is the most magic chapter, don't let anyone telling you otherwise.

In power,

Céline

PS: To chat about working with me 1:1, book your free discovery call [here](#).

PS2: If by any chance, you are around Bordeaux, I'll be giving a lecture at the Yoga Bliss Festival and a workshop. The Bliss starts on friday.

**PS3: Sources when it comes to perimenopause and menopause;
My dear tantric teacher Uma Dinsmore Tuli, Dr Mosconi author of "The menopause brain", Dr Mary Claire author of "The new menopause",
Maisie Hill author of "Perimenopause power".**

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