OSHO NEWS

The magic of menopause

HEALING & MEDITATION

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Sarita was asked the question: Do you have any tips on how to approach menopause?

There are diverse resources to draw from, but let's remind ourselves that menopause is a passage during which we face any incomplete issues in our lives, and this can lead to *emotional and psychological* reactions. It is a time to reassess whether we are moving in an optimal direction according to our soul's calling, or whether we need to make changes in our lives.

During the transition of menopause, it is good to remember that we are shifting back from the extra pressure put on us by nature for the purposes of procreation into our default physical state, which is hormonally similar to how we were just before puberty. If we move away from a 'fear of ageing' mentality and open ourselves to a sense of relief at leaving behind strong monthly hormonal waves, we will find joy in this change. (For more information on this, read the book *Medical Medium* by Anthony William.)

If you are having **hot flushes**, I highly recommend going for acupuncture and Chinese herbs. I suffered from hot flushes for about a year. One day I was walking in Bath, UK, and spontaneously popped into an acupuncture clinic run by a Chinese medicine doctor. It took only two acupuncture sessions and one month of Chinese herbs to be completely cured of hot flushes.

It is important to adjust to the changes in your hormones by changing your **diet**. After much experimentation, I highly recommend a plant-based, whole-food diet, with no sugar, no gluten, no garlic, and no fried foods. I also recommend intermittent fasting. After menopause, I was bloated, and it took me some years to figure out the best way forward. For the past few years, I have been eating my main meal in the morning, fruit at lunchtime, and a small dinner around 5:00 pm. This leaves 16 hours between meals, with the 16 hours of fasting being mainly at night. According to both Ayurveda and Chinese medicine, the digestive fire is highest between 10:00 am and 1:00 pm.

As we age, it is important to go through regular **rejuvenation** processes. In my case, after trying many different options, I settled on Ayurveda as having the greatest all-around impact on wellness and rejuvenation. I have been through the one-month Ayurveda Pancha Karma process nine times over a period of 15 years. The Pancha Karma process cleanses and rejuvenates the body, mind, emotions, and soul. Each time I do it, I emerge feeling completely reborn!

It is important to use **beauty and skincare** products that contain only natural, organic ingredients. The skin is an organ. Whatever we put on the skin will be absorbed into the body. It needs to be pure. I have searched the world for the highest-quality skincare products and ...ne to the conclusion that it is better to make your own. For this reason, I have created a

beauty line that contains the finest botanical ingredients in the world. It is also highly beneficial to receive a facial regularly, every six weeks. This will have a positive, cumulative effect.

The issue of **dryness** of the skin and genitals due to ageing can be greatly improved by the following: Ayurveda Pancha Karma, a healthy diet, proper hydration, and taking 1/2 teaspoon of evening primrose oil per day.

You asked about bioidentical **hormone therapy** and whether I take it or would suggest it. I believe that if you follow the recommendations I have given, this will not be necessary. However, if you feel the need, you can read a book that is considered a bible on this subject called *The Wisdom of Menopause* by Christiane Northrup, MD.

In regard to **libido**, and according to lab studies on female sexuality, women are capable of having multiple orgasms into their 90s and beyond. It all depends on how you would like to direct your energy. After menopause, sexual energy is more diffused throughout the entire body rather than being fixated on the genitals. It is entirely up to you whether you would like to invite this energy into sex, into dance, into walking in nature, or into meditation.

For women who have passed through menopause, it is important to continue receiving touch on a regular basis. Receive a full-body massage at least once per week.

Exercise is important at any age. In my case, I love morning yoga and walking in nature. Our lymph, which is essentially the garbage disposal of the body, only functions well if we exercise.

It is important, after our reproductive cycle is over, to develop ways to enhance **creativity** in life. Some women get depressed after menopause because they feel that since they can't create a child, it is all over for them. Our reproductive organs respond very well to any form of creativity, whether that be planting a garden, cooking delicious food, writing poetry, or singing in a choir. Keep flowing with your creative spark, and you will be boosting your aliveness in multidimensional ways.

pe my insights have shed light on the transformative magic of menopause and how it can

become a gateway to wisdom and rejuvenation.

Under the umbrella of Tantra Essence and the guidance and wisdom of Sarita, Amma Usha Regina created a holistic menopause education platform, MenoDawn. It offers women a full range of natural approaches to navigating perimenopause and menopause. Combining Tantra, Ayurveda, Qi Gong, Tai Chi, ColorLight Therapy, acupuncture, and meditations (active and silent), it provides a five-day retreat, a comprehensive guidebook, an oracle card deck, and an online professional practitioner certification – giving women the knowledge and tools to move through this passage with clarity, vitality, and grace. menodawn.com

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