

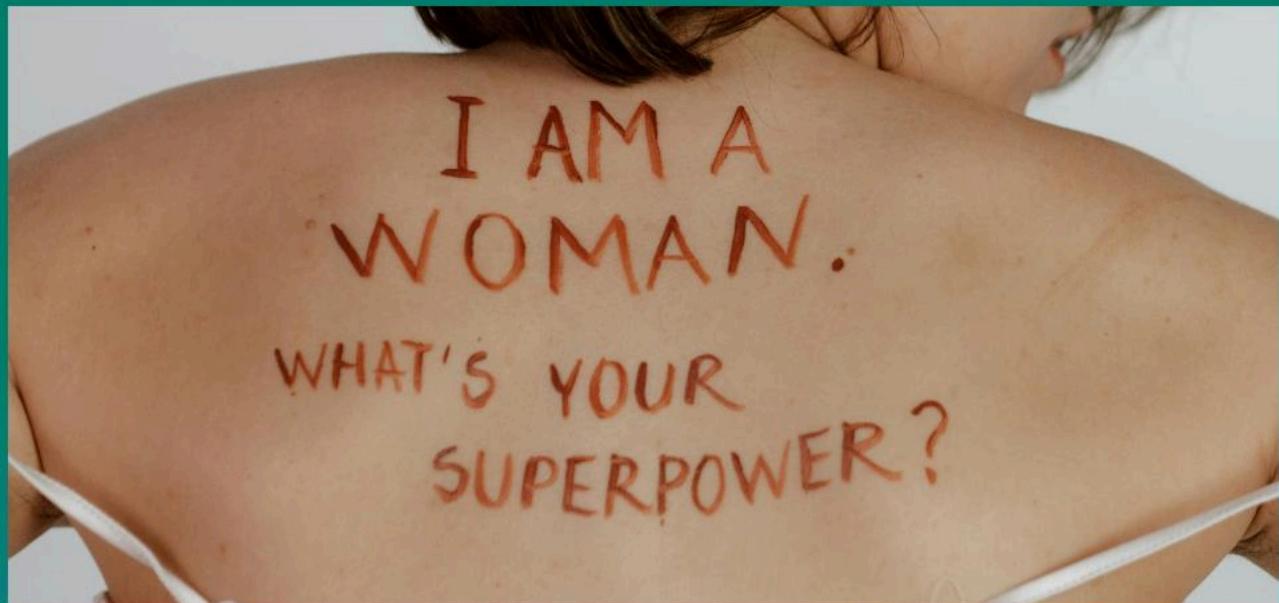
# Menopause as the Second Spring: From Language to Lived Experience

Exploring the transformative journey through menopause using language, mindset, and embodiment to reclaim personal power and growth.

# Sally Dixey & Kika Degani



# Menopause: Reframing Language, Reclaiming Power



Menopause is not an ending, it's a pivotal transition that redefines who we are.

Language plays a crucial role in shaping our experience.



**WORDS HAVE  
POWER**

# LA EDAD DE LA SABIDURÍA

## The age of WISDOM,

Indigenous cultures view postmenopausal women as wisdom keepers and spiritual leaders – the age of the grandmother.

# INDIA - AYURVEDIC PRACTISE

- Wisdom
- Introspection
- Detachment from worldly concerns
- Spiritual liberation

# JAPAN & CHINA

Second Spring:  
signifying renewal of energy & purpose.

# TAKE A MOMENT TO REFLECT



# POP QUIZ

Let's play with words!



# PRIMING

The unconscious process  
where  
exposure to a stimulus  
influences an individual's  
response to a subsequent,  
related stimulus.



# LA EDAD DE LA SABIDURÍA

## The age of WISDOM,



# LANGUAGE REALLY MATTERS!,



# REALITY VS. WHAT WE WERE TOLD

- Who cares about brain fog when you realise.....
- We are just like teenagers!



# Embodying the Second Spring..



## Neuroplasticity

Words = neural wiring = body posture = lived experience



What can we start to  
let go off?

the change  
old  
hormonal chaos  
decline  
loss of fertility  
hot flushes  
brain fog  
pause

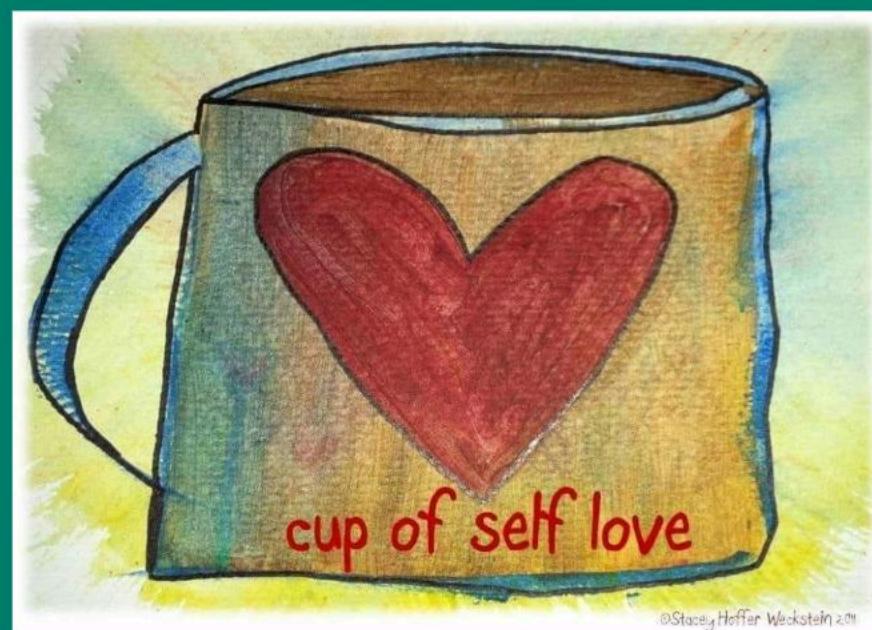
**What can we start  
calling in?**

the change  
old  
hormonal chaos  
decline  
loss of fertility  
hot flushes  
brain fog  
pause

the renewal  
transformation  
hormonal recalibration  
evolution  
birth of freedom  
power surges  
neural re-shape  
second spring

# Neuroplasticity

Words = neural wiring = body posture = lived experience



# Reframing our words :

"Watch your **thoughts**, for they become words. Watch your words, for they become actions. Watch your actions, for they become habits. Watch your habits, for they become character. Watch your character, for it becomes your destiny." - Attributed to Lao Tzu (origins debated)



## Mindfulness/Meditation

- Trains awareness of thoughts.
- Creates space before reacting.
- Strengthens positive pathways.

Meditation is the practice of noticing, again and again



## Journaling

- Brings thoughts onto paper where we can see them.
- Helps release what no longer serves.
- Makes space to reframe and call in new language.

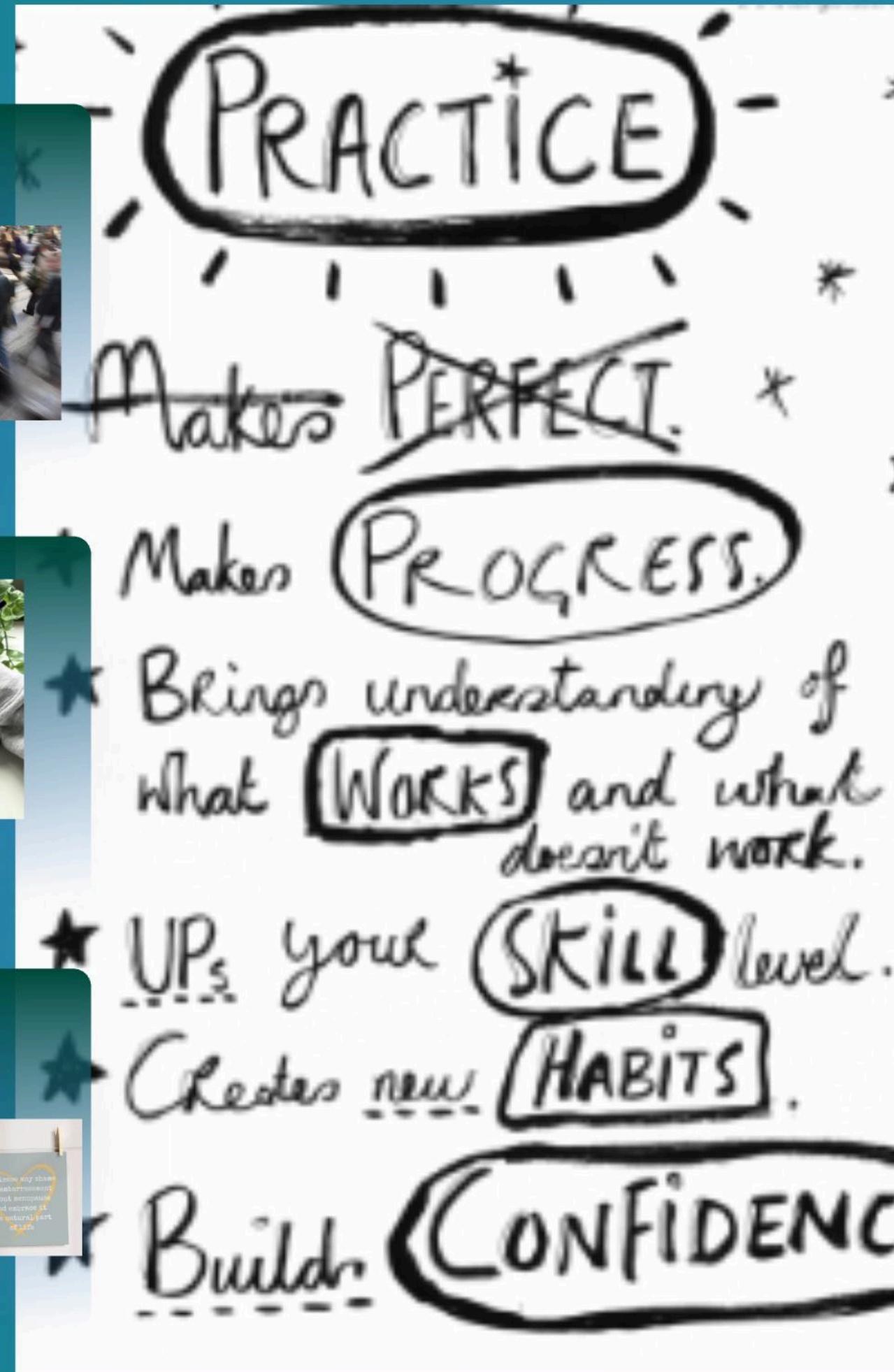
Journaling turns passing thoughts into something we can work with and reshape.



## Using Affirmations

- Repeating new words rewires the brain.
- Speaking them aloud strengthens embodiment.
- Sharing with others reinforces the collective story.

When we speak our renewal into the world – to ourselves and to others – we make it real.



Practices...  
Practice doesn't make perfect, it makes permanent....

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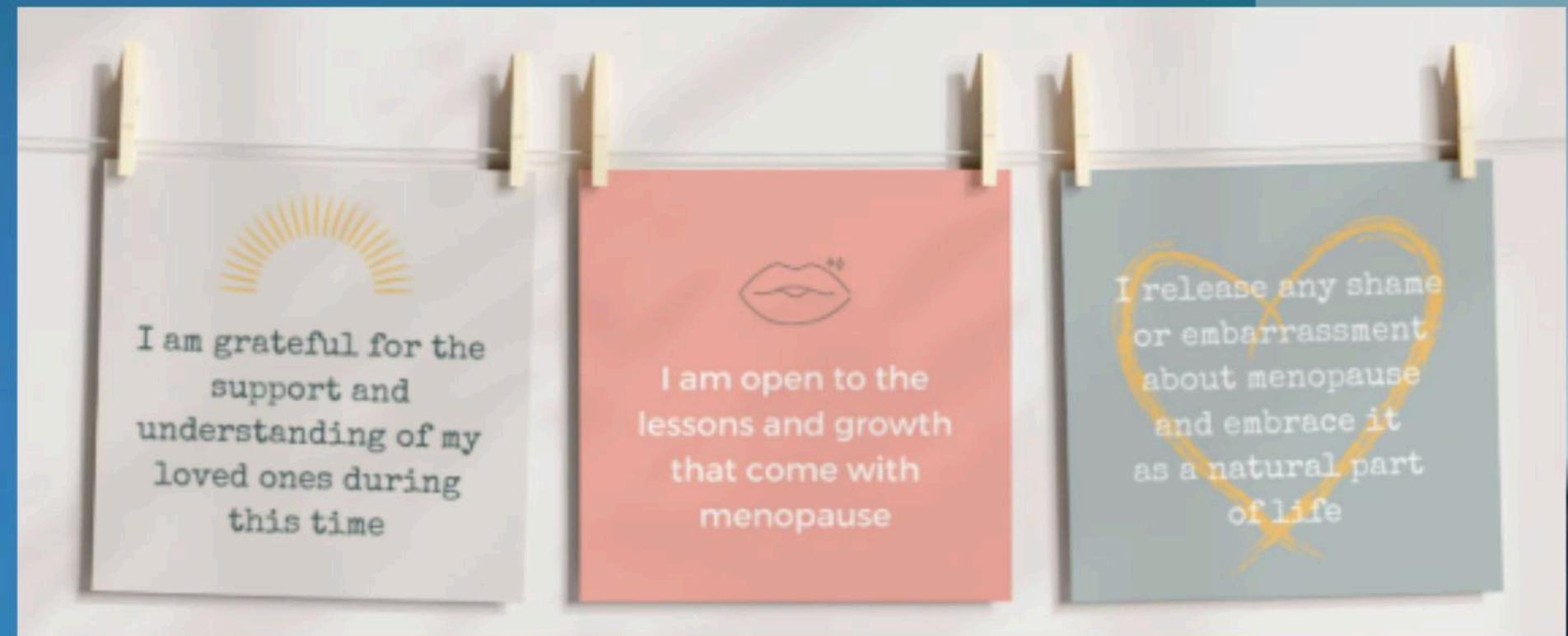
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# Movement & Time in nature

Movement and time in nature remind the body it is part of a living cycle – always growing, renewing, and beginning again.



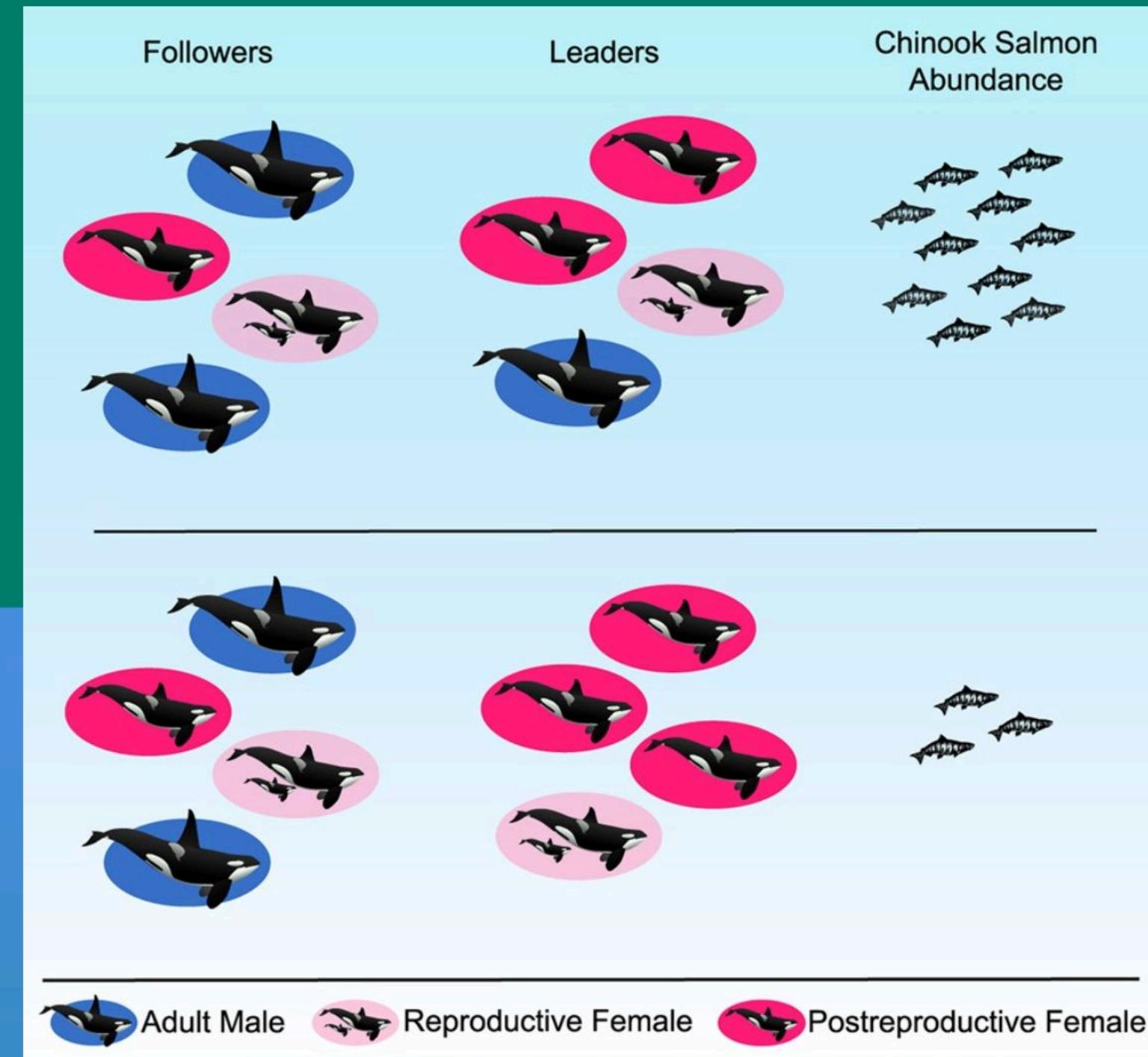
# Find Community

Community is where language becomes lived experience.



# What Whales can teach us about menopause?

Humans and whales are the only mammals to go through menopause. In whale pods, post-menopausal females become leaders and guides. Menopause is not decline – it is stepping into wisdom and leadership



Postreproductively aged females lead groups during collective movement in salmon foraging grounds. Leadership by postreproductively aged females is especially prominent in difficult years when salmon abundance is low.

Brent et al. 2015



**It's time we reclaim  
menopause as the  
beginning of our  
leadership years..  
Our second Spring!**



“

**IT IS NOT ALL  
BLOSSOMS .....**

