

# The Seasons of a Woman's Life

The stages of our lives change with the seasons. I often think of spring as representing menarche and puberty, summer as the child bearing years, fall as the season of peri-menopause, and winter the time of menopause. Women are cyclical beings deeply connected to the cycles of nature, the daily ebb and flow of the tides, the monthly cycle of the moon. The menstrual cycle mirrors the phases of the moon. The follicular phase, the time between menses and

ovulation, parallels opening to the full moon. This is a time of action, heightened libido and increased creativity. The luteal phase, the time between ovulation and the beginning of menses, is the time of the fading and new moon.

The darkness brings out our subconscious mind, increased emotions and unresolved issues. Let us reflect as the light grows dimmer.

Menarche is the beginning of menstruation, a time of physical and emotional changes for young women. Menarche is a rite of passage into womanhood, yet in our culture menstruation has been associated with being a "curse," a time of erratic emotions and shame. How were you prepared for menstruation? What messages did you receive from your family and culture? How can each of us honor the natural cycle of being a woman, respect our bodies and learn the importance of self-care?

As menses stabilizes, each woman moves into the child bearing years and becomes keenly aware of the pre-menstrual time period. Many women experience PMS and menstrual cramps. PMS is characterized by cyclical symptoms as diverse as cravings, bloating, breast swelling, depression, heightened emotions, mood lability, headaches, insomnia, back pain, acne, etc. What can you do to take care of yourself during this time?

Premenstrual syndrome can be stabilized by examining any underlying conditions, your unique physiology, emotional nature, life circumstance, lifestyle, family, social and spiritual support. Let's begin with the food we eat. A whole foods diet, vegetables, fruits, whole grains, essential fatty acids from fish, nuts and seeds is recommended, while minimizing refined carbohydrates, sugar, caffeine, alcohol and dairy. Regular exercise stabilizes mood and decreases stress. Other stress reducing activities include meditation, yoga, deep breathing and visualization. A variety of nutritional supplements have been shown to support women with PMS. The foundation is a multiple vitamin and mineral, plus Vitamin B6 to increase the synthesis of neurotransmitters. Vitamin D, magnesium and calcium affect menstrual migraines. Essential fatty acids, particularly evening primrose oil has been effective in decreasing PMS. Two botanicals that I think are valuable in treating PMS include Vitex

and Maca (Femenessence MacaHarmony). Both of these herbs affect the hypothalamic, pituitary ovarian axis, provide stability and balance. When significant anxiety is an issue, progesterone cream has a tranquil effect on the nervous system. I would suggest designing a program to meet your needs with a health care practitioner. Menstruation is a time to honor being a woman. We have the incredible opportunity each month to go within and reflect upon

our lives during this time of heightened sensitivity and intuition.

Postpartum depression affects many women. Women at risk include those with a history of depression, moderate to severe PMS, difficult labor and delivery and unstable relationships. Prevention includes good nutrition, avoiding low blood sugar by regular meals and eating protein, plus supplementing with omega-3-fatty acids high in DHA. Give yourself time to re-establish hormone balance after giving birth. Honor this time period, especially the first three months. Seek physical contact and support. If you felt best during pregnancy or respond well to progesterone, talk to your physician about taking progesterone after delivery. Take time to identify and work through any trauma related to giving birth. Allow yourself to be aware of issues, thoughts and feelings that arise. Remember that giving birth is a change that affects your life significantly.

Peri-menopause is a time of hormonal change. It is a time of irregular menses, heavy menses, emotional lability, sleep disturbances, hot flashes, night sweats, fibroids, etc. It is a time to re-evaluate where you are in your life. What each of us brings into this phase of life will directly affect how we move through this transition. There is a significant relationship between emotions, beliefs, stress and hormones. I approach peri-menopause from a wholistic perspective: whole foods diet plus soy, flax seeds, bioflavonoids and protein, regular exercise, nighttime ritual and activities to decrease stress. Supplements during peri-menopause include omega-3-fatty acids, vitamin D, calcium, black cohosh, Rhodiola, licorice, Dong quai, Maca. I recommend an individualized program to support your unique physiology and life circumstance.

Menopause is a time of hormonal shifts and ensuing balance. It is a time to pause from the world and reflect upon how you want to direct your creative energies, communicate your unique wisdom, pursue your spiritual life and evaluate your health risks. There is rapid bone loss during the first few years of menopause, thus a time to

Continued on Page 12



*All's Well*  
Health for Body, Mind, Spirit

by Moira Fitzpatrick, PhD, ND



"Become aware of the power to heal yourself, and of the guides and energies available to assist you on your journey."

**Charles Lightwalker**

Channeler • Shaman • Medical Intuitive • Healer

509-389-7290

www.thefamilyoflight.net • charleslightwalker@yahoo.com

**From US cities to your dream destination, we are your Cruise and Tour Specialists**

**VacationShop.com**

A travel website with a real live travel expert who is there to help you  
(360) 794-4886 • 800-433-5945  
Travel@VacationShop.com

Never miss a great event! To receive our weekly reminder- email us at [enews@eastwestbookshop.com](mailto:enews@eastwestbookshop.com) with "e-news" in the subject line.

**Know ThySelf EAST WEST BOOKSHOP**

Shop local this holiday season for Beautiful, Meaningful Gifts!

Save 20% on Success & Prosperity Books Feng Shui Books and Cures during November

Share your gratitude- special price Gratitude Bracelet!

Inspiration for Life! mind\* body \*spirit

6500 Roosevelt Way NE, Seattle 206-523-3726 / 1-800-587-6002 [www.eastwestbookshop.com](http://www.eastwestbookshop.com)  
Canyon Park Place, Suite 150 22833 Bothell-Everett Hwy., Bothell 425-487-8786

**Kim Miller**  
Gifted Medium ~ Animal Intuitive Grief Counselor

**JOIN KIM** at Astara's Psychic Salon, Saturday, November 15, 6:30 p.m., Shawn O'Donnell's Grill & Pub, 122 128th Street N.E. in Everett

**HEAR KIM**, November 23 on Martha Norwalk's Animal World, 1150 AM KKNW, Sunday, 9-Noon

**For an appointment call (206) 353-5600** or visit [www.kimmillermedium.com](http://www.kimmillermedium.com)

**Advertising in New Spirit Journal works!**

Here is what one advertiser said after the paper had been out for only one week:

*We LOVE our ad in the Holistic Health and Healing Section! It turned out beautiful and the best news: we've had three customers already! Woo-hoo! So congrats, and nicely done. We appreciate the care given which has created results.*

— From all of us at Maitreya Seattle, Robin Mitchell

For info about advertising, visit our website [www.newspiritjournal.com](http://www.newspiritjournal.com) or call 425-356-7237.

# Finding peace in turbulent times: 10 ways to experience harmony amidst the chaos

By Matt Kahn

Life can often be both an exciting and uncertain adventure as our foundation of form changes to reflect a new paradigm of reality. For most people on a spiritual journey, life is seen as a teacher within the disguise of form. Experiences happen, and as we look deeper beyond the chain of events, we are able to discover life lessons that are presented for the purpose of unfolding our individual and collective evolution of potential.

As life happens in unexpected ways, and no matter what is thought or reasoned as it happens, life somehow survives such circumstances through its experience as you. As the smoke clears, once meaningful beliefs are seen through and discarded, as a space of depth is revealed in you as expanded consciousness. This expanded state of awareness is no longer obscured by the limiting beliefs your experience of transformation just contradicted, to reveal a clearer way of relating and dealing with the comings and goings of physical form.

If we are to act as the welcoming committee for a new paradigm of reality, manifesting itself into renewed form to reflect a brand new, expanded state of collective and individual consciousness, then we may wish for these exciting times to include the following 10 opportunities to experience peace:

## 1. Understand the nature of opposites.

We, as a society of communities, and a community of

individual forms, are being prepared to responsibly handle greater abundance on a collective and individual level. We do this through the unraveling of old internal programs of self-interest, by experiencing "what appears to be" the opposite of abundance. Think of something's opposite as a means of cleansing what compromises the true recognition of what good fortune is already here. One can only transcend the nature of opposites, through an experience of opposition.

**2. Open your heart to what is.** This has nothing to do with what you think ought to be done, what went wrong to cause "all of this," or your opinion about what is wrong with what's being proposed as a solution. When we open our heart, we say "okay," as an acknowledgement that this is happening. Yes, this is happening, and peace can be found in any space of chaos when we are willing to go with the flow of how things seem to be showing up. When we say "okay" to what is already happening, we open our hearts to support the vast and unique experiences of all who are living through this circumstance.

**3. Visualize the outcome, not the details.** What does our newly-refurbished, abundant world look and feel like? Can you imagine your experience as a member of earth's new paradigm, without getting lost in the loop of how it may or may not happen? This is your invitation to make time in your day to breathe deeply and dream out loud.

**4. Stop complaining.** Complaining actually maintains the stagnant structures of reality you resist and dislike, because the ego feeds off of complaining as an expression of opposition. How can any manifested structure of reality change, when the ego is still fed by the resistance or negativity it offers to the world it only perceives? The ego justifies itself through complaining, and would find itself completely irrelevant without something appearing to be wrong or incomplete in

the world around it. The only solution to the ego's insatiable appetite for complaints and opposition is acceptance. Acceptance is a simple practice of letting life happen, and when it happens in a way you may not have prepared for, then know that life is offering you the opportunity to practice acceptance on an even deeper level.

**5. Remember to live with balance.** A Japanese proverb once said, "Vision without action is a daydream, and action without vision is a nightmare."

**6. Do your part.** It all gets done as "one," with all necessary action steps being divided amongst all. Follow your intuition, and do what you are called to do, and if nothing is pulling you in one way or another, then dive more deeply into the enjoyment of what you are already doing.

**7. Bless what you resist.** Avoiding news programs, newspaper headlines, or even your own negative thoughts, actually fuels the fire of resistance

with the flammable nature of fear. Notice what you resist, or that you resist how something is being portrayed, and bless it as an extension of the collective self. To avoid the news because we don't like how it is framed, is the opinion and preference of the ego pretending to be a spiritual practice. Instead, notice what in life we resist, acknowledge the resistance, and bless what manifestation has brought such insight into awareness. In this way, the seemingly "negative" news becomes a true spiritual practice of blessing what you see, no matter how it is perceived or presented.

**8. Appreciate what is here now.** Saying "thank you" to all that you see, is the first step in recognizing the true formless nature of all that you are. Everything is what you are, with anything else being just a thought that distracts one from this simple practice of deep appreciation.

**9. Live freely, act responsibly.** We visualize what we may want to attract, while we face what is happening with openness and detachment. "Living as if" does not mean living beyond your current financial situation. Only freedom knows itself to be the open space within any sense of confinement.

**10. Love the one life happens to.** Love the you experiencing this moment in history, however you are facing it, and no matter what you are feeling. The feelings only arise to receive love, like a child tugging on your pant leg, hoping to be fed by your attention.

May the unfolding of life and how we view it, no longer dictate how we choose to experience each moment. When rooted in peace, the rollercoaster of reality is most enjoyable when simply experienced, not necessarily needing to be understood. It is the experience of transformation through all that you are, and can only be a peaceful ride when we take the time to go willingly.

*Matt Kahn, and his partner, Julie Dittmar, are compassionate spiritual teachers and intuitive healers who invite seekers of all faiths to discover their true nature. They offer nondual teachings that invite human consciousness into the joy of peaceful existence. These timeless teachings transmit healing wisdom, and provide loving support for the path of self-realization. For additional teachings, their speaking schedule, or to book a healing session, please visit: [www.TrueDivineNature.com](http://www.TrueDivineNature.com), or e-mail [info@TrueDivineNature.com](mailto:info@TrueDivineNature.com)*

## Psychic & Healing Arts Fair

Saturday, Nov. 1 and Dec. 6

10 a.m. to 5 p.m.

BEST WESTERN HOTEL IN MONROE

19233 Highway 2 (Behind Burger King)

Get clarity and inspiration from outstanding readers who care about you! Tarot, palm reading, crystal readings, angels, fairies, jewelry.

Guest readers regularly. **Free**

**admission!**

For more information call Krysta Gibson 425-356-7237

## The Seasons of a Woman's Life

Continued from Page 11

eat a balanced diet, reduce alcohol, supplement with calcium and vitamin D, engage in regular aerobic and weight bearing exercise. It is a time to monitor cardiovascular risk, attend to symptoms related to hormone depletion such as vaginal dryness, loss of sexual desire, dry skin and urinary symptoms. Many women move into the post menopausal years without hormone replacement. Other women need bio-identical hormones to help stabilize through this

transition. The decision to take hormones is individual and one to be made in partnership with your physician.

Let us honor all the seasons of our lives as we create life as a work of art filled with joy, love, and possibilities.

*Dr. Moira Fitzpatrick is a psychologist as well as a naturopathic physician and can be reached at (206) 525-5576 or by e-mail at [drfitznd@comcast.net](mailto:drfitznd@comcast.net). Visit Dr. Fitzpatrick's website at [www.themeraldcenter.com](http://www.themeraldcenter.com).*

### Botanically-Based Skin Care and Health Products

Our catalog has over 200 skin care, nutrition, color, and aromatherapy products. Visit us at: [www.i-skincare.com](http://www.i-skincare.com)  
Phone: (206) 304-1561  
Email: [iskincare@myarbonne.com](mailto:iskincare@myarbonne.com)  
Ask about our 35% wholesale discount.  
We are a vegan company; our products do not contain animal products or by-products.

Subscribe to **NEW Spirit JOURNAL**

## Have New Spirit Journal delivered to your front door!

Fill out this form and send it along with your payment to:

New Spirit Journal, 14911 Chain Lake Rd. #431, Monroe, WA 98272

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip/Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

### Bulk mail rates:

Prices include Washington State sales tax

1 year (12 issues) \$21.70 • 2 years (24 issues) \$32.55 • 3 years (36 issues) \$43.40

### First Class or Canadian rates:

Prices include Washington State sales tax

1 year (12 issues) \$35.81 • 2 years (24 issues) \$60.76 • 3 years (36 issues) \$85.72

Your subscription begins with the next issue after we receive your information and payment. Thank you for supporting New Spirit Journal.

## If you want the world to beat a path to your doorstep they have to know where to find you!

Let them know by advertising in New Spirit Journal, the Northwest's only locally owned and operated newspaper dedicated to self-empowerment, joyful co-creation, and thoughtful earth stewardship. People read New Spirit Journal, and they want to read about you!

For reasonable rates visit [newspiritjournal.com](http://newspiritjournal.com) or call (425) 356-7237

## LIBBY KRESKY, PH.D.

ASTROLOGER/COUNSELOR

BAINBRIDGE ISLAND, WA. 98110

206-201-3125