



BOOK OF Menopause



5 BEST WAYS TO
EMPOWER | HEAL | TRANSFORM
THROUGH THE DEEP CHANGE OF LIFE



Silverdale
HOLISTIC THERAPY

BY TRACY O'MEARA SMITH



“One day you will look back and realise all along you were blooming.”

Morgan Harper Nichols

Menstruation is a cycle of nature that has been very much part of a woman's life. An initiation. A young girl moves into to womanhood. It's a celebration. A time of fertility.

Then as women mature we move into another deeper cycle.

Enter Menopause. This too can be a time of celebration and empowerment, even though you may not feel it yet. This is a very strong phase of life that is very much misunderstood and that's because of all the changes women are forced to navigate.

The body moving from its physical fertile cycle phase to a metaphysical creation phase. Symptoms can tip the inner balance of a women.

The monthly bleed becomes irregular and illusive at times, hot sweats, emotional mood swings eliciting very strong emotions and feelings, confusion, insecurity and sometimes personal crisis as your identity shifts, even to the point of what we loved prior no longer resonates.

It can feel super challenging navigating hormonal changes, emotional upheaval and also mental and spiritual deepening.

Through the 50's a lot of our child issues can return. Needing to be integrated and embodied in a different way.





*"Gravity and wrinkles are fine with me.
They're a small price to pay for the new wisdom
inside my head and my heart."*

Drew Barrymore

The entire process is to help you reclaim your inner power and move into the wiser phase (also known as the Crone) of life without some of the core issues that may have been unresolved up until this point.

There are distinct phases of Menopause. Peri-menopause, and Menopause. Each phase comes with significant symptoms and challenges and a stepping stone to a new perspective on life and how you can move forward from here on in.

i hope through the following pages you come to a deeper understanding on what is arising and how you can find relief and also empowerment through this very liberating phase.

I've created this ebook to help support this process..

This is a soft place to land, to look within, find the nourishment to persevere and reclaim any feeling of loss and disempowerment. It is incredibly life changing, liberating and empowering time, the following pages are going to show you why.

Enjoy

Tracy x



Menopause Supports #1

Quiz Check list

Are you Peri or Menopausal?

On the following page is a very basic check list to check in and see where you're at on your Menopausal journey. This can also be your personal check in on your feelings and also get an inkling on how you can support yourself.

Managing symptoms can be tricky, I'm hoping with the information you are gifted here you can find some relief, insight and also a game plan to help gain some ease around this change in your life

This is not diagnostic in nature. It is a personal check in.

You must see a health professional to discuss further if you need further support. I've created a list in 2 parts according to the peri-menopause stage and the menopausal process and from here you can ascertain what's needed.

"ON SUCH A COLD NIGHT, IT'S THE ONLY TIME I'VE ACTIVELY BEEN GRATEFUL FOR MENOPAUSE. I'VE BEEN ENTIRELY COMFORTABLE."

EMMA THOMPSON

Are you Peri- Menopausal or Menopausal?

Have you had an irregular cycle over an extended period over 18 months?

Irrational emotions - mood swings

Angry

Emotional for no reason

Suffer from anxiety

Confused or confused about life direction

Feeling sensitive

Brain fog, forgetfulness and lacking concentration

Depressed

Headaches/migraines

Confused or confused about life direction

Have water retention

Brain fog and forgetfulness

No libido

Hair growing on face and chin

Lethargy

Vaginal dryness

Can't relax, Can't sleep, Not motivated

Not feeling connected - to anything or anyone

Are you Peri- Menopausal or Menopausal?

Easily triggered

Constantly revisiting past trauma

Digestion is slow, Indigestion

Feeling isolated

Gaining Weight

Bloating

Reflecting on the past, a lot

You have not had a period for over 12 months
This suggests you're menopausal.

If you've nodded your head for hot flushes, face and chin hair, delay in menstrual cycle, lethargy, anxiety, mood swings and overall feeling dullness - then read on. Symptoms suggest you're moving into the menopause cycle.

It can start at any time. On "average" Menopause begins for a women from the age of 45 - 54. Physical symptoms taking any time from 12 months to 10 years to complete.

Menopause can be come early, or forced through medications used to treat various diseases such as Cancer and Auto Immune Disease. Even through surgery when the ovaries are removed. Or through POI premature Ovarian Insufficiency (love the name, not) any way this condition can create early menopause for women.

Despite how or when these hormonal changes occur it's important to reframe this process. To gain clarity with what you love, rearranging personal boundaries to allow a new identity to arise.

Menopause is considered "official" when you've had at 365 days free of menstruation. If you have regular blood tests and this is usual when tracking menopause, oestrogen levels are incredibly low.

#2 Coming to terms with Menopause

Menopause is more than a drop in oestrogens, the hormones which promote the development and maintenance of female characteristics of the body namely our menstrual cycle.

It is a long phase (6 months or 10 years) of physical changes and with these changes to our mental, emotion and spiritual identity occur. There's a lot of letting go through this time.

Everyday things can feel overwhelming and stress can magnify symptoms.

Many women are glad to see the back of the monthly cycle, others find it a time of grief.

Grief is normal through this change. Flower Essences, Bowen Body work and also Tissue Salts can support through this process.

Grieving simply what was, is no longer.

The ability to bear children, this can feel like such a deep loss for some women who's identity weighs heavily on the ability to birth. With this no longer the case, navigating changes and how to channel or connect to our womanhood and to ourselves is in flux for a time.

The symptoms and the management of hot flushes, anxiety, brain fog, confusion (emotional and mental), forgetfulness and insomnia. As can the irregularity of menstruation, feeling seemingly in a constant state of Pre-menstrual tension without bleeding. **Menopause is a complex hormonal shift.**



#2 Coming to terms with Menopause

You may need to seek further support from an Integrative GP, the Australian Menopausal Clinic, Naturapath or your local Doctor for blood tests and further investigations.

Menopause can be managed through hormonal replacement therapy, (natural and synthetic) in combination with complimentary therapy. Diet can also play a role.

The most common denominator in managing all that is key is to reduce stress.

Making sure you gift yourself time to regroup where you need. Gone are the days of pushing through, it is truly liberating to support this process where you can and reclaim your time and energy.

"So many women I've talked to see menopause as an ending. But I've discovered this is your moment to reinvent yourself after years of focusing on the needs of everyone else.

It's your opportunity to get clear about what matters to you and then to pursue that with all of your energy, time and talent."

Oprah Winfrey



Complimentary Support

Tissue Salts are in fact incredibly beneficial. Tissue salts are minerals, smaller than a blood cell. Our blood will only absorb things smaller than it, supporting the body to calm, rest and rejuvenate. They are amazing!

Check out my The Well-being mix - of Magnesium, Kali Phosphate, and Calcium is a great combination to support you can check it out [here](#) and [here](#).

Flower Essence Therapy

As you've probably noticed, peri-menopause or menopause is not something you can control. This is what can make it super challenging and at the mercy of the body as it changes. Old emotions from the past, anxiety can arise. Even frustration of having to deal with some deep emotions of anger, frustration, sadness, confusion, brain fog and even depression.

Know this is a phase and eventually you will come out the other side. Flower Essences that can support your in this transition

Amano - Helps to calm the mind and reduce mind chatter

Grief Relief - this helps us to let go and can settle any feelings of loss and sadness

Hybrid Pink Fairy and Macrozamia - helps to settle fluctuating emotions and brings greater inner balance

Red Clover - helps to settle hot flushes and also calms the central nervous system

If any or all of these essences resonate, you'd want to consider a Personalised flower essence. These are recommended because they're created specifically for what is arising within. You can find about this [here](#).



#3 Supporting Irrational Fears and Claiming Unresolved Emotions

With all the hormonal changes Menopause brings, it can feel like you're a walking torpedo. Ready to explode in any given moment. Taking time for the self can be an elixir needed to integrate this process and working towards creating an easy transition.

It can taking things that little bit deeper and tracking where this feeling is coming from. Allowing yourself to witness what's arising, with no judgement. Connecting to the emotions or patterns of thinking that are no longer serving.

In indigenous culture it is said that when we experience a hot flush, this is the body's way of moving out an old memory. And if your hot flushes arise as many as mine, then yes there's a lot of memory that is moving though the system. Hot flushes, a time to reflect, access our deeper wisdom. Meeting our fears and strong emotions to be met inwardly.

You may find the mind is super busy, an indication to slow down, and learn self care if this feels foreign to you. Self awareness builds during this time.

Relationships may change as you forge a stronger sense of self, and this is the point. Allowing the new identity to reveal itself.

Body work, somatic therapy, journalling, meditation, exercising, time in nature all bring us back to a grounded sense of self and whilst our hormones do their thing, this is a way we can bring back a sense of inner directorship and take back a sense of ownership.

Bowen Therapy is very good for this. It works on the somatic level and allows the mind and body to sync in a way that you can find a natural rhythm despite the hormonal flux. Feelings of anxiety can reduce. You can read about it [here](#).

When we're snappy, irrational, angry or simply strung out due the hormonal swings, time outs can be sustaining, even a welcome break.

Menopause slows you down. This is fact. It is a time to take advantage of that for your benefit.



#4 - Finding Inner Freedom

Menopause can bring many cravings. Inner freedom being one.

Feeling stuck, bored, lost, totally over everything, that thing your partner does, or the mind going in over drive. Things can feel weird as we may not feel connected to anything or anyone, including ourselves.

If you crave freedom, it is possible to create this through this phase of life. Remember you are in a transition and nothing is set in stone. Life is in flux as you adjust to the physical changes.

Asking yourself some poignant questions can be a way to unlock the mystery of the self, liberating the hold the menopause process can have over us.

Your 50's and beyond can one of the most profound when we can recognise our own needs, making sure you're on the top of your list. It takes courage and bravery to do this work, the outcome is an inner connection and a personal clarity you may've longed for.

Here are some things you may want to consider.

Can you name and claim your emotions? Or do you not allow yourself to feel them?
Do you brush them off, say you're fine when clearly you're not.
If you allowed yourself to stop and feel into your emotions how will this change you?
Your life? Your relationships?

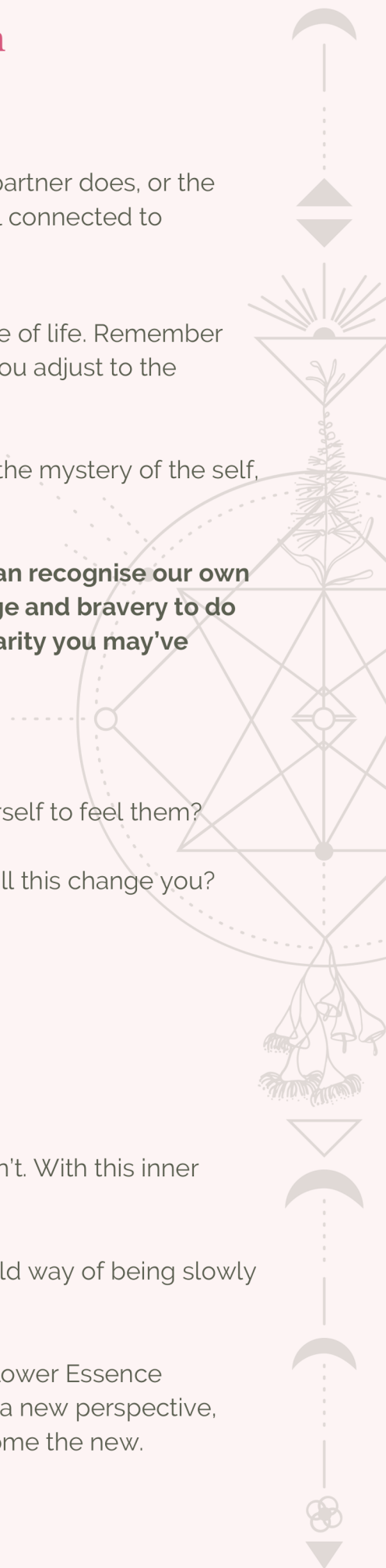
Day dreaming and visualisation is also very helpful and powerful

What's your perfect day? Your perfect place?
An ideal job or dream you have always wanted to fulfil?

Menopause can reclaim what you want and let go of what you don't. With this inner freedom you become less triggered and frustrated.

Counselling when needed is so perfect for this time in life as the old way of being slowly moves into a distant memory as the new is yet to be established.

EFT - Emotional Freedom Techniques, Hypnosis, Shadow work, Flower Essence Therapy, Body Work such as Bowen, even Astrology, can gift you a new perspective, personal insight and allows for you to move out the old and welcome the new.



#5 - Chiron Return A Little Cosmic Understanding



This may appear as something completely random.
You will thank me later, as this may bring a greater sense of inner resolve.

Over the years I've found the framework of Astrology a great way to deepen our understanding of ourselves. I've observed astrological patterns over many years and many have had an incredible positive transformational impact.

When you're aware of them, you come to understand yourself in a deeper way. If you're between the ages of 48 - 54. You're moving through an astrological transit known as the Chiron Return. [You can read all about it here](#)

Astrology is an archetypal framework that works with 12 astrological signs. Your astrology natal chart is created from your time of day, date and place. And from this you have your own individual life blue print.

It's a snap shot of the sky of where all the planets were sitting when you were born. In astrology there are several astrological transits in time that are significant to our personal and inner growth.

The Chiron Return is one. Chiron is a planet known as the wounded healer, sitting in a certain place within your astrological chart. Chiron shows where your inner wound sits, what needs to be healed and alchemised.

Over sensitivity, mood swings and the inner sense of needing more is magnified through this time. Menopause can magnify the inner wound so it's in your face and you have to deal with what arises.

There can be this feeling of something missing, some how you've fallen short in your life. This is the time to rectify that.

This is why during our 50's the term midlife crisis exists - where the deep inner wound is playing itself until it is reclaimed. An initiation of sorts. You can read all about it here and how I can support you further in this process using Flower Essence Therapy



Next Steps

I hope this Ebook has given you answers, insight, information and the support you may need moving through menopause and all this phase in life brings Through my work, many are finding relief through the holistic lens, a wider picture and perspective.

Sometimes there are no quick fixes. By sifting through the layers you can find what works for you. Menopause can bring all of the things and when we are at our most vulnerable.

I specialise in Bowen and Flower Essence Therapy, and lean on other modalities where needed. Many are already supporting women who are currently navigating Menopause.

You needn't feel alone through this process.

You can find the relief you need. Realise that this is a temporary process and eventually symptoms will ease and you come through with a deeper understanding of your body and the role you are yet to play in life

If you would like to dive deeper and check in how I can support you further.. I'm offering a free session. We can get clear and purposeful on what you're needs are and come up with a strategy that works for you.

[Click the link for a FREE 30 min consultation.](#)

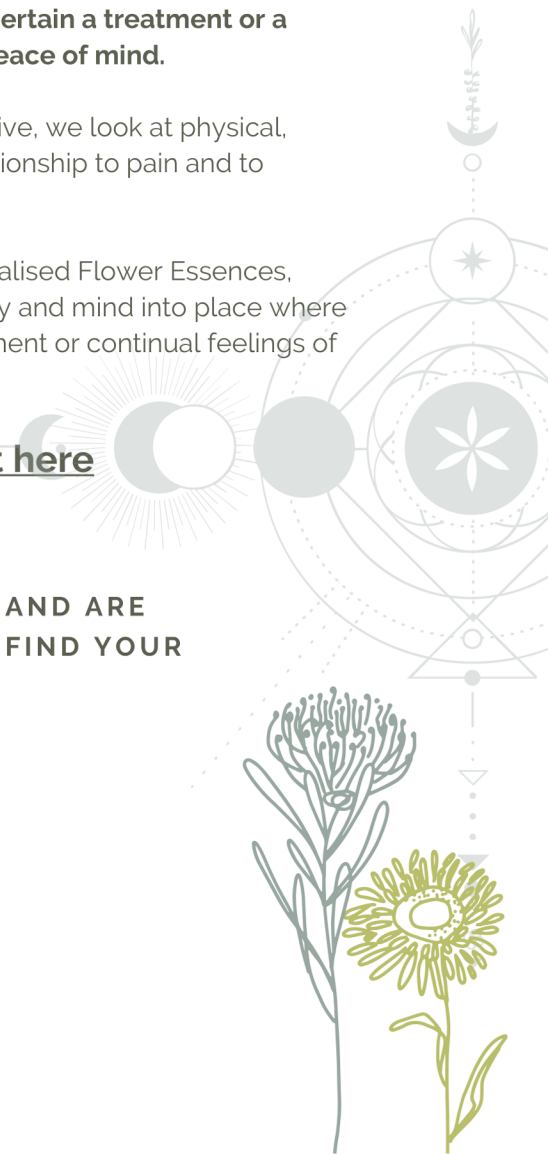
This session can prove to be life changing. We work together to ascertain a treatment or a simple plan to move you forward to relief, regain your power and peace of mind.

Many are finding relief using the holistic lens. From a holistic perspective, we look at physical, mental, emotional and spiritual contributors. This can change the relationship to pain and to ourselves.

Many clients have benefited from using one or combination of personalised Flower Essences, Bowen Therapy and Emotional Freedom Techniques to bring the body and mind into place where they can feel, explore and face what's arising for them without judgement or continual feelings of overwhelm and despair.

[Access your FREE 30 min consult here](#)

**BOWEN THERAPY, FLOWER ESSENCES, AND ARE
SOME OF THE TOOLS I USE TO HELP YOU FIND YOUR
WAY BACK TO YOURSELF.**



MEET THE *Author*



Tracy O'Meara Smith is the Healing Facilitator/Bowen and Flower Essence Therapist of Silverdale Holistic Therapy specialising in treating and empowering women in times of change, loss and grief.

Having kids with learning issues, parents with cancer, life experience in chronic pain and mental health issues - Tracy has devoted her life to moving, changing and empowering herself and others through deep change, loss and crisis.

When we find ourselves in times of deep change, the first answer we ask is *Why?* Why is this happening to me? Or *Why* did this happen?

Whilst the answers may seem elusive in this moment. The work Tracy does, answers and insight can be found. And it might not be in the ways that you think. Through these deep times Tracy teaches how to use loss, pain and crisis as a launch pad of empowerment.

You needn't suffer needlessly, especially through Menopause, this time in our life can be incredibly empowering and supporting yourself on levels and allowing change to occur in an empowered way.

Through understanding ourselves and how we interplay in the dynamic of life - we can use any situation as a form of learning to create a life we want - not waiting for things to happen - we actively create them.

And it happens naturally.

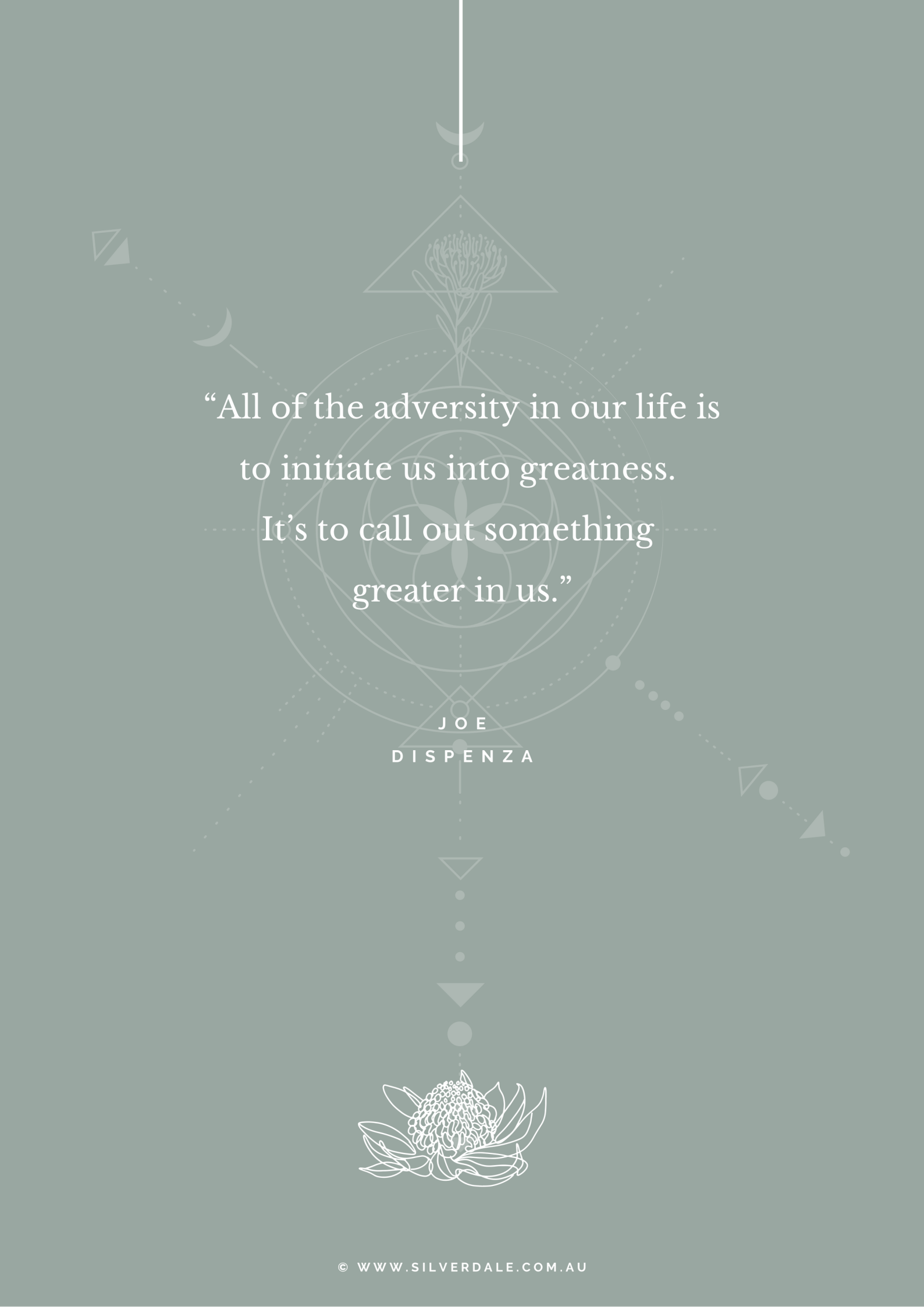
We can accept ourselves as we are and with that move forward by embracing ALL of ourselves and our life experience. With no judgement.

Hoping this ebook helps you to find your way through. Gifting you some of the tools Tracy uses to empower and shift your perspective. Gifting you energy and space to think and breathe.

Your wisdom and power lies within. Hoping this gifts you the magic tool to find and access it.

Tracy works 1:1 in her hills based clinic, or online. You can read about it here www.silverdale.com





“All of the adversity in our life is
to initiate us into greatness.
It’s to call out something
greater in us.”

J O E
D I S P E N Z A





Flower Essences *by Silverdale*

Grief Relief Essence

Grief Relief Essence helps you to find clarity and allows emotion to flow naturally through the peaks and troughs of grief. It may help to soothe the heart, calm the soul and console in times of crisis.

Care Givers

The Care Givers Essence can relieve burnout, helping to rejuvenate, energise and fill your cup again. It's ideal for big-hearted givers such as Mums, Healers, Nurses, Doctors, Support workers and Carer.

Focus Flower Essence

Focus Flower Essence can help to still the mind and enable you to focus, helping you become more productive and feel less scattered.

It's ideal for students who are struggling to settle for study, writers and creatives who need clear focus and distracted procrastinators who want to get stuff done.

Amano Flower Essence

Amano Essence helps you to clear and calm the mind, helping to silence the constant mind chatter of a busy brain.

[Visit the shop](#)





Journal

