

Dear Menopause Success Mastery Wise Woman,

The Journey that we're consciously undertaking together is a powerful one, but also *very natural*. "Natural" because it's the journey that your Soul desires for itself; one that allows you to become more of who You are, and become more available for the level of service to human-kind that your heart yearns for. This is a journey of re-membering *and* creating our fullest and most super-natural Selves.

Our mission is to support ourselves and each other in this naturalness. To commit to our own Hearts in a way that is more rich and full than we have previously known. If ever there has been a time for that, the time is now!

You have been on the path of the Wise Women for some time, you have done much work, you are a gifted woman and have many tools 'under your belt.' Now it's time for extra-ordinary integration. For connecting yourself to Yourself in the most glorious way so that you become a clear leader and transmitter of your own personal medicine with more fidelity and trust than you have previously known. Each month of this 9 month journey brings something on-line for us. No matter how advanced or how 'new' you are, you will be taken through the next rung of the spiral both up and down, in time and no-time.

We have already begun creating our alchemical crucible by saying "yes." And so it will be the most natural next step to come together, virtually, in this learning, discovery and co-creation. It is natural to experience some nervousness or even doubt at your decision. Sometimes we say, "Yes!" from our Heart and then a part of the ego-mind says "ummm, wait a minute, what EXACTLY does this mean, what are we doing, I'm not sure if this is right for me...." and so on.

Part of the soul strengthening process is aligning one's will with the Will of "heaven" or Higher Self. We'll be discovering exactly what this looks and feels like. Menopause is the heroin's journey. Each month for the next 9 months we'll access specific portals that can be engaged for the transformative process within ourselves.

The first months allows us a window into the hopes and dreams of our ancestors, and allows us to touch down and connect into our own deepest aspirations by rooting and grounding, acknowledging and transforming.

Funny as it may sound, it is through this that we get to discover some of the roots of resignation, resentment, cynicism and pathological anger.

We'll also have more direct access to structural blue-prints of Higher Self. Think of it this way:

As a young plant moves from seed into a tiny shoot that pushes its way out of the ground in fresh spring soil, it does not doubt it's "is-ness." It simply "is as it is" growing toward the sunlight, both reaching for and creating it's most full potential. And so it is for humans if we tap into the wisdom of the seed of your true self.

Interestingly the we will begin the Menopause Success Mastery Journey Map in the "East Direction". In Native American traditions. the East marks the "first path of initiation." Many lessons that begin in this first path will continue with new twists and turns and greater understandings as we work our way around the journey map.

Ask what the dreams and hopes of your ancestors were. Go back to father/mother, grandparents and even great grandparents if possible. You don't have to ask them directly (although you can), simply "ask" the question of the universe and be willing to write down or record any messages that come. I find that asking before bed and 'dreaming on it' provides such richness. Just be sure to write things down right away when you awaken! Write everything that comes up, symbols, feelings, etc and do not censure as you write. You might also look to your family history for clues and insight.

Ask yourself *what you would like to create in your remainder of time on the planet*. What are your dreams and aspirations? Do not censure. In fact, totally let yourself 'resonate with ideals' and day-dream/imagine your way into what allows your heart to feel most full, awake, Present and vibrant.

Notice places and areas in which you dampen yourself down. You know... one minute you are feeling free and positive, and then the next minute you're negative and right smack in the middle of constricting thoughts and even actions (or you might just be aware that "things aren't going my way"! ). Simply notice and take note.

\* I suggest starting a journal specifically for this year. You can write things like this (above) inside.

These questions will help create richly tilled soul-soil for our learning/discovery time together.

A very important pillar of the Menopause Success Mastery journey is for you to find, (or more fully develop), your inner authority, voice of the Wise Woman. Because of this, my focus *is not* on you reading books ahead of time. Reading up on subjects we're learning is great and helpful, *and* know that it is *not essential*. **What is essential is that you dive deep into your inner world with open-hearted curiosity of the human experience.** From this "place," all of the information and techniques you learn will become super powered and infused with You.

Within the Menopause Success Mastery curriculum I'll be weaving in three different vantage points or perspectives:

1. The Aroma Point Therapy (Chinese and energetic medicine based)
2. The Shamanic and Indigenous Peoples, or "Path of the Heart"
3. The Evolutionary and Developmental

**The 4th pillar or vantage point that develops in a quantum manner over the 9 months (and beyond) is You. You as Medicine, You as the Wise Woman. The unique signature that you are here to transmit, more fully develop and bestow with fidelity in service of Love as the Wise Woman.**

Each of the suggested books or audios *generally* falls into one of these categories. I will list them in this way, so that if you are more drawn to one perspective over another you can lean more to those selections. A suggestion is to 'lean into' where you feel an opening or a pulling, as opposed to reading up all you can on a certain subject from fear of "not knowing enough" about it.

Each subject we will cover, in person, in a rich and fulfilling way. If you allow yourself to be present with that, then you will receive a wonderful transmission. Then you can read up and study in the areas that you feel led and excited about.

Here are the suggested readings:

*Women Who Run with the Wolves* by Clarissa Pinkola Estes

The Power of the Crone by Clarissa Pinkola Estes  
*How to be an Elder* by Clarissa Pinkola Estes  
*Goddesses in Everywoman* by Jean Shinoda Bolen  
*Crossing to Avalon* by Jean Shinoda Bolen  
*The Hero's Journey* by Joseph Campbell  
*The Power of Myth* by Joseph Campbell

These are not mandatory. The aim is to have excellent books available that are relative to your Menopause Success Mastery journey so that whatever section of the course speaks to you the most, you can go deeper with it.

For now I would like for you to get and read "The Big Leap" by Gay Hendricks. It's a good idea to read it before our first virtual meeting. It's a quick and enjoyable read and relative to the big journey you are embarking on over the next 9 months.

[http://www.amazon.com/Big-Leap-Conquer-Hidden-Level/dp/0061735361/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1457557440&sr=1-1&keywords=the+big+leap](http://www.amazon.com/Big-Leap-Conquer-Hidden-Level/dp/0061735361/ref=sr_1_1?s=books&ie=UTF8&qid=1457557440&sr=1-1&keywords=the+big+leap)

**Other details to note:**

We still have a few openings for MSM 2021, if you have friends or colleagues that come to mind to share it with, you can offer this link:

<https://waves-of-change-wellness.teachable.com/p/menopause-success-mastery>

I am incredibly Heart-Full to be together with you in this. Spirit brings the perfect group together at the divinely perfect time. We are truly blessed!

Please feel free to contact me with any questions.

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Many Blessings,

Angela