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“No one can sell a menopausal woman anything she doesn’t want.”

I’m so grateful to my friend Margit for sharing these words with me nearly 20 years ago. Replacing the dread I had of menopause, her description made me eagerly anticipate it as a time when I would be liberated from the hobbles of ‘niceness’ and approval seeking.

Now that I’ve also arrived in the 50s, I’m in a long, slow process of perimenopause which started 4 or 5 years ago. Physically, my body keeps ‘teasing’ me: every time I think my bleeding has finally stopped, a random next bleed will prove the last to have been just another ‘pause’.

Emotionally, I’m still buying a few things I don’t want, and then I snap out of it and remember that that this time in a body is too short and precious to be living it for someone else.

I’m enjoying a stronger sense of who I am. I’m learning that the note I am holding is an unshakable faith in the power that comes from discovering and expressing our natural state - who we were before all the layers were piled on.

What I most appreciate about Nonviolent Communication is that it offers practical tools, embedded in a consciousness of Unity, to direct our attention to our Wholeness, and understand what gets in the way of living it.

I offer workshops in NVC with parents, couples and educators, as well as one on one coaching and mediation.

For more about the work I do with NVC, go to www.communicationforlife.co.nz.

I looove hanging out with the wise women I am blessed to have in my life. I am more aware than ever of how much we need each other, our natural interdependence, and I celebrate that.

I look forward to sharing a few precious days with you - laughing, crying, singing, dancing, expressing, eating, celebrating, mourning, each of us uncovering more of our True Nature to take back into the world.