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MoneyMonk Article: How the Changing Economy Mimics Menopause  
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"Menopause is awful! It's like a wicked witch laying the most evil curse upon you"!

My friend Anastasia is creative and dramatic. At the art opening, her above words brought chuckles to

the group. I haven't been fully in her shoes yet. But I realized later her words left a funny feeling.

The end of menstruation, aka menses (or "the curse") happens to women when they reach around 50

years old. The experience of this transition varies woman to woman - from hardly noticeable to life altering. Hot flashes, mood swings, libido and weight changes are some of the symptoms.

It can be disruptive and uncomfortable. It can go on for years from start to finish. You hear bad stories

like the above. Imagine the expectations that creates.

Reminds me of the seasickness-inducing waves of change we're riding called our economy. We know

change has arrived, and more is coming. We're guessing things might get uncomfortable, and there's potential for much disruption.

And we don't know yet how this will affect us personally, locally, nationally, globally. We don't know yet

who we'll be, or what things will look like - on the other side.

Heck, we have no idea whether there will be an "other side" of this economy's change of life. (Good news

is, they did get to the other side in past history - stock market rebounded in only 5 or 6 years.)

With menopause, you can guess you will survive at the least. Yeah you could be different, but survival

isn't the issue.

Oh No, Mom's Right, Again??

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"If you're not going to say anything nice, don't say it at all".

This was one of those platitudes I remember hearing growing up. I would often roll my eyes in response.

Might have been a more effective teaching if I saw it practiced a bit more ... consistently, heh heh.

Anastasia's words were humorous and wonderfully illustrative of how she saw her plight. She was really

suffering with hot flashes. The worst damage they do is interrupting sleep cycles. You know how that

sucks when it happens once in a while.

Imagine it happening every night.

Hey I'm cranky enough as it is!

I felt for my friend. I loved the image she created of the wicked witch's curse on the one hand. On the

other hand, my law of attraction alarm was going off.

Even if the wicked witch's curse metaphor was true, was funny - is it a helpful thought for Anastasia to

keep repeating? Would we guess this will improve things?

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The Sky is Falling, The Economy is ... (fill in the \_\_\_\_\_)

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You hear all kinds of bad stories about the way the economy will impact your business, your livelihood.

Especially if in a service business, there's a belief that when spending is cut back, so will the need for

your services.

Yet, business have thrived in tough economic times. Usually, the ones that didn't contract, and cut their

advertising budget or otherwise disappear. The ones who used the extra time to refine their

marketing

message. To brainstorm even more deeply about what their clients really need.

People need help all the time. They're in pain. It takes a lot for them to step forward and ask for it. That

is a constant. Maybe now they'll really shop and be ever more discriminant about who they hire. But when

the time is right, that urge to heal or get some help NOW will still rise.

Words are wery wery powerful wabbits. Here's a quote from Conversations with God, book 1.

"Thought is the first level of creation. Next comes the word. Everything you say is a thought expressed.

It is creative and sends forth creative energy into the universe. Words are more dynamic (thus, some

might say more creative) than thought, because words are a different level of vibration from thought.

They disrupt (change, alter, affect) the universe with greater impact. Words are the second level of creation."

(God goes on to say that Action is the third level of creation, fyi. Thanks for visiting God!)

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Impeccability with Words Practice  
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Here are some ways to play with impeccability of speech. I can also send you a cognitive therapy exercise, just email me. Predating Byron Kathie's work, it's similar and a great tool.

1) Notice any discomfort with words others utter. Notice any alarms that go off. Just notice what felt off.

(If it's a close friend, they may welcome your observations... but it's fine to just examine this at home.)

2) Stay alert to your own speech. It's often harder to notice our own funny words than those others say.

But those alarms still go off, thankfully. Write down what you said, or what you heard others say.

3) Ask what feelings these words create. Positive? Not? hopeful or not? Helpful?

4) Often these statements have an element of truth in them. What's that kernel? Can you restate things

less negatively, less dramatically, while still being truthful?

For example, how would you reframe what Anastasia might say? (Email me!)

... Menopause is like a mythic quest to the underworld. Luckily, the gargoyles are afraid of ME!

Wishing you courage, and beauty with words,  
Denise Barnes

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