

Why Join A Women's Circle?

For all female baby boomers at this time, there is an emerging need for a forum that supports a language of meaning that gives voice to women's personal and collective experiences during the phases of midlife, peri- and menopause that are unique to this generation.

Although mother nature hasn't altered her wisdom plan any differently now, than when your mothers transitioned through their forties into their fifties, what is different is, that our generation of women today have been liberated from the stereotypical gender roles as a result of the social revolution of the sixties feminist movement.

This change became the catalyst for most women to explore work careers while also raising families, grandchildren and/or supporting partners. Most of you find yourselves stepping into dual roles that saddle you with the responsibilities of nurturer, caretaker and revenue producer to your love ones and friends. In response to the demands and opportunities that surround women, we have become a generation of superwomen trying to be all things to all people

As a woman, you enter your forties, feeling a deep push to bring into fruition your signature of passion of which you identify yourself: whether it be as parent, relational partner, career person, social initiator, community volunteer, entrepreneur, or all of the above. Your body is producing a tremendous surge of hormones that allows you to accomplish a great deal, all the while your tank is slowly draining.

It is not uncommon that one's own deeper needs slip between the cracks. When your needs become the last to be attended to or you have forgotten how to ask for what you need, while you address the long list of obligatory duties and your labors of love, you suffer. Learning how to prevent burnout requires great attention to living a balanced life. This rarely occurs without an inner ear to the deeper voice of your body wisdom.

Simultaneously, life is not slowing down and inevitably; its constant momentum begins to have less appeal for you as you enter your fifties. It is your wise woman surfacing that begins to question the value, purpose and priorities of your life and your lifestyle.

Your body begins to feel differently to you also and shows outward signs of change. Simultaneously, external circumstances create new internal reactions and feelings in you that surprise even you. Other challenges at this time include: greater care for elderly parents, empty nest adjustments, health crisis, hormonal shifts that influence energy and libido, job losses, age discrimination, the need to reinvent oneself, unexpected sickness, loss of love ones, relocations, dissolution of relationships. In every direction one turn, a sense of security feels threatened and one's vulnerability is on the rise.

It is the time for deep soul searching that is demanding lifestyle adjustments. A shift in focus is no longer felt as optional but imperative. For anyone accustomed to driving in high gear, this transitional process is often experienced as "losing one's edge" or "one's mind" and can create a period of anxiety, depression, agitation, insomnia, self doubt, lack of motivation, isolation and symptomatic physical conditions.

Creating a designated time and qualitative space solely to self examine the roles, themes and myths you have lived, and perhaps, have out lived, is profoundly meaningful and essential.

Discovering what aspects of yourself that have been disproportionately relied upon, by others as well as yourself, can prove to shed insights into physical, emotional, relational, intellectual and spiritual needs that have been neglected. Becoming aware of what your needs are, is the first step to reconnecting with your hidden feminine. Reclaiming your self more fully restores balance in your life; creates more inner peace and provides you with a new founded source of energy and outlook on life.

It has been said that nearly every challenge in one's life carries a silver lining and this period of a women's life is no exception. It can become a deeply significant time to reevaluate one's priorities and reset one's compass. For this to happen, you need the reassurance that you are not without value, even while your output is in greater reserve.

It is just as easy for a woman to feel dispensable if her value lies only in her functionality in our throwaway society.

Joining a women's circle begins to help you appreciate that you are not alone during this time of transition and what you are experiencing is shared amongst others as well. Understanding the value and wisdom of a qualitative, designated time to be with other women and focus on listening, sharing, healing and honoring self and other is powerful and renewing. Women have forgotten that what it truly means to be feminine and celebrate the all aspects of her soulfulness. The vulnerability that emerges during this time of life is the softer side of a woman's power and teaches all how to become wise women, not just smart, useful citizens.

When support is available and a language of meaning is offered, through a women's circle, what emerges is a "rebirth of the feminine self". You become a wise woman who learns how to stay in balance and discover how to take charge with the second half of your life. With greater ease, self-acceptance, playfulness, humor, wisdom and grace, you embody the qualities of a beautiful self-possessed woman.

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For info on: women's circles, women's tele-seminars and women's workshops, "Her Body Cannot Tell A Lie" visit: www.bodyword.com or contact ellengayda@bodyword.com.