



A FIELD GUIDE FROM THE SHIFT

Menopause *Is the Best.*

The Authority Era.

Your body isn't doing the dirty on you. It's done with you not listening to it.

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A NOTE FROM JUDI

Symptom free *at 48.*

I'm 48. I had the symptoms. The flushes. The fog. The 2am wake-ups.

Now I don't.

I put away the HRT the doctor had been convincing me was the answer. That was my decision, for my body.

I have never been clearer. I have never had more clarity. My memory has never been better. I don't need as much sleep. I'm not tired. Some days I'm in the gym twice.

I didn't fight it. I let it run through me. I released what was trapped. I fed my body properly. I changed the parts of my life that weren't working.

This isn't the end of anything. *It's the start of our power era.*

This guide is what I know.

Judi

01 One side of *the story*.

Most of what women hear about menopause is a list. Symptoms. Losses. A catalogue of decline.

It matters that we're finally talking about it. But only one side has been told. And it has a cost.

"You're hormonal."

"You can't remember."

"You forgot."

"You're getting angry for no reason again."

Tell the world we're forgetful, foggy-headed, emotional, highly sensitive and lacking sleep, and you hand every douchebag in our life a list of reasons why all the problems start with us.

At a certain age, anything can be blamed on menopause. That you're wrong. That you can't make up your own mind. That your emotions can't be trusted.

What if telling the world how bad it is just *handed the enemy the weapon?*

02 Imagine nobody had explained pregnancy.

Your belly swells. Something moves inside you. Your breasts leak. You're sick every morning. You can't stop eating, or you can't eat at all. You cry at nothing. Your body changes shape every week. Nobody tells you why.

You'd think you were dying.

You'd panic. You'd lie awake at night. The anxiety alone would break you. You'd go to a doctor and be told your body had gone chaotic, and handed pills to make it stop.

So you'd fight it. Every symptom.

Imagine fighting the symptoms of pregnancy. How far would you get?

You'd be driven to the edge of madness. Not by what was happening to you. By not knowing what it was.

The panic doesn't come from the change. *It comes from not understanding it.*

03 Why we understand *the other two*.

A woman's body goes through three great changes. Puberty. Pregnancy. Menopause.

1 Puberty

Happens to both sexes. So it's studied, explained and normalised. Every child is told what's coming.

2 Pregnancy

Produces children, half of them male. It's in everyone's interest to understand it. Classes, books, scans, a whole system built around it.

3 Menopause

Happens only to women. It was never in men's interest to understand it. So nobody delved into it. Nobody explained it as natural, with a purpose.

So the story became: your body has gone wrong. Nature made a mistake. You're going mad. Fight it. Medicate it. Manage the decline.

Two of the three changes, we're taught to trust. The third, we're taught to fear.

Nature didn't make a mistake. *Nobody bothered to understand it.*

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Menopause and peri isn't our body doing the dirty on us. It's our body finally being exhausted with us not listening to it.

JUDITH SHEKONI

MY THEORY

*What follows is how I understand it, from my own body and the women I work with.
Take what's useful.*

PART TWO · WHAT'S REALLY HAPPENING

04 A new operating *system*.

Menopause is a move. From bearing and raising children to becoming the wise elder. The one who knows. The oracle.

It's like getting a new operating system.

Resist it, and you're running two at once. That's when your head gets fuzzy. That's when you can't remember things. The old system and the new one are both trying to run.

Stop resisting. Let it in. Digest it. Let the old one out. The new one drops in.

The flushes? I believe a lot of that is trapped trauma coming out. Release the trauma and there's less to come out.

Puberty prepared you to bear children. Menopause prepares you for your next job. *The wise elder.*

05 Fix your life, *not your hormones.*

What if menopause isn't a terrible inflection of your hormones? What if it's you finally feeling the effects of compromise, making do and sacrifice?

What if your symptoms and higher anxiety are your choices catching up with you? The wrong husband. The wrong job. A life you've fallen out of love with.

What if no amount of HRT will fix the fact that you're not satisfied with your life?

Anxiety isn't an affliction. It's an alarm bell. Something in your life needs to change.

A NOTE FROM JUDI

What if menopause symptoms are an organism screaming out for its last chance to be heard? To do the things it was born to do. To be the person it was meant to be. To live the life that was designed for it.

Fix your life, and your hormones *take care of themselves.*

06 Nobody talks about *the good ones*.

1 Clarity

I have never been clearer.

2 Memory

Mine has never been better.

3 Energy

Less sleep. More done. Not tired.

4 Intuition

Your inner voice gets louder. A woman who listens to her intuition is a liability. You can't gaslight her, trick her or convince her she's wrong.

5 2am

The one time nobody needs anything from you. Don't attack yourself for being awake. Listen. 2am is when the whisper of revolution comes.

6 Authority

You've lived long enough to know. You stand as the authority in your own life.

Isn't it time we raised awareness of *the good symptoms*?

How I *do it*.

1 Stop resisting

Don't fight it. Let it in. Digest it. Let it run through you.

2 Release the charge

Years of living leave trapped emotion in the body. Clear it. That's Detriggering. A calm nervous system has nothing left to fight with.

3 Listen at 2am

Ask: what do you want me to do? What do you want to tell me? Write it down.

4 Feed your body

Protein. Nutrients. Less alcohol. Move every day.

5 Change the life part

The job, the person, the thing you've been tolerating. Your hormones follow your life.

Don't fight the change. *Let it make you.*

The work *underneath*.

Some of the tools I use to win at menopause. Not a full list. Examples. The best part? **They're fun.**

1 I talk to my inner child

You could call it your subconscious. You're 40-plus. Time to recognise there is a part of you that needs hearing. This enhances your intuition.

2 Clearing meditations

Not normal meditations. They're active. You learn how to release blocked energy and trauma during them. Not visualise the holiday.

3 Active Meditation

The body moves by itself during meditation. You have to learn to allow it. It will move and cleanse itself.

4 Eye Release

We hold tension behind the eyes. We release it by letting the eyes move on their own.

5 Pleasure

An orgasm is fun, right? That's releasing too.

Where you're *meant to be*.

We give our bodies and minds permission to release the charge. We stop resisting nature and work with it, to go where we are meant to. So we can be where we are meant to be.

Where is that for you? *Not where everyone else wants it to be.*

Come to the live workshop and learn two of these techniques.

theshift.one/workshop

Or join Second Act, where we work through all of them, to get you back on track with a clean, reinvigorated nervous system to take on the world.

theshift.one/secondact

This is our *power era*.

A 25-year-old has youth. A 45-year-old woman has life experience. AI can now replicate almost everything else. It can't replicate that.

Your life experience is gold dust.

You don't need anyone's permission now. Not a husband's. Not a doctor's.
Not the world's.

This is the decision to take up your full space in the world. To stretch out to your full wingspan.

Menopause isn't the end of anything. *It's the start of the part that's yours.*

Hope to see you live.

Judi

WHERE THIS GOES NEXT

Keep *going*.

1 Do it live

Each month Judi runs the free Detriggering Workshop.

theshift.one/workshop

2 Get a kit

Tools to use in the moment, starting with the Detrigger Kit.

theshift.one/kits

3 Join The Court

The monthly membership, where we work on all of this every other week.

theshift.one/thecourt

4 Visit the Library

If you liked this, pick up a booklet on a different subject, like triggers or getting out of Survival Mode.

theshift.one/library

This guide is Judi's own experience and opinion. It is not medical advice. Speak to your GP before you start, stop or change any medication, including HRT. The Shift is personal development and education, not therapy or medical treatment. If you are struggling with your mental health, speak to your GP. In the UK you can call Samaritans free, at any time, on 116 123.