

your phenomenal  
menopause



# your phenomenal menopause

*the femenome guide to  
your midlife alchemy*

... a re-deeming

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*Women, our time has come ...*

*It is time now to remember something so long forgotten  
we are hardly aware it is missing.*

*It is time to come home from an exile so ancient  
we no longer realise we are not where we belong.*

*It is time for us to recognise the history  
that obliterated the Feminine from our awareness  
and made us strangers even to ourselves.*

*It is time now to awaken from the sleep that does not know it is asleep  
and embark upon a whole new chapter of human progress.*



## Contents

	Introduction	1
	Acknowledgements	8
	An invitation	11
	For women whose experience of menopause is affected by medical or other factors	13
	Finding the femenome: my quest	16
	The alchemy of menopause	22
	What have we been led to expect?	25
<b>PART ONE</b>	<b>Preparing the Vessel: realigning ourselves to a femenome perspective</b>	
Chapter One	A history review: how we've been taught not to know	31
Chapter Two	Re-cognising how our inheritance shapes our experience	44
	Cultural resistance to the femenome	45
	How cultural resistance becomes personal resistance	53
Chapter Three	Learning to look through a femenome lens	71
	Hormones: activators of our alchemy	74
	How resistance affects our hormones	79
	Sensitivity in the femenome	83
	What about remedies and medications?	86
	your phenomenal menopause	vii

<b>PART TWO</b>	<b>Assembling our Materials: what we are made of and what we are part of</b>	
Chapter Four	Seeing ourselves in a whole new light	91
	A paradigm revolution	93
	The femenome's fourfold design	95
	Menopause in context: the fractal femenome	98
	Conscious menstruality: a psyche-logical approach	100
Chapter Five	Knowing our ingredients: gifts of the menstrual cycle to bring with us into menopause	103
	Notes from our apprentice workbook	106
	Nature mirrors: looking around us to see how we make sense	110
	Personal energy mendalas: looking inside us to see how we make sense	116
	Sample gifts of preovulation to bring with us into menopause	121
	Sample gifts of ovulation to bring with us into menopause	128
	A sample gift of premenstruation to bring with us into menopause	131
	A sample gift of menstruation to bring with us into menopause	135
<b>PART THREE</b>	<b>Applying the Change Agent: the alchemy of menopause</b>	
Chapter Six	Into the crucible	143
	Opening to change	146
	Fenomenology: a lifelong doctorate in the university of the feminine	154
	Applied fenomenology: re-deeming the 'symptoms'	159
Chapter Seven	Alchemy in action: re-deeming hot flushes	160
	Hot flushes: our personal incandescence	166
Chapter Eight	Becoming our own mother: responding to big feelings in menopause	174
	Big emotions: some fenomena-logical considerations	184
	Responding to feelings versus reacting to feelings	201

Chapter Nine	<b>The unlived life that's waiting in the wings: acting out of character, polarities, and encountering our shadow self</b>	<b>206</b>
	A feminine path to enlightenment	325
Chapter Ten	<b>If sleep is playing hard to get</b>	<b>218</b>
	When sleep is off the menu, what's still on it?	220
	The phenomenal invitations of sleeplessness	224
Chapter Eleven	<b>Reclaiming our ir-rational realms: when the cogs of our cognition start slipping</b>	<b>231</b>
	The case for feminine logic	234
	Initiation into intuition	236
	How does the fememome expand our consciousness?	241
Chapter Twelve	<b>Who's that in my mirror? Weight and body changes</b>	<b>246</b>
	What defines our femininity?	249
	Invisibility in menopause	255
Chapter Thirteen	<b>Notes on some other phenomena</b>	<b>258</b>
	Hormonal headaches	258
	Heavy bleeding	264
	Aches and pains	267
Chapter Fourteen	<b>Where is my libido leading me? Sexuality in menopause</b>	<b>270</b>
	For women who experience a sexual crescendo at menopause	277
	A challenging invitation: the phenomenology of menopausal sexuality	278
	Our phenomenal graduation into menopausal sexuality	283
	Advancing our preovulatory sexuality into menopausal sexuality	290
	Magnifying our ovulatory sexuality into menopausal sexuality	294
	Evolving our premenstrual sexuality into menopausal sexuality	303
	Elevating our menstrual sexuality into menopausal sexuality	308
<b>PART FOUR</b>	<b>Reconstituting Ourselves: towards cronehood</b>	
Coda	<b>Where is our menopause taking us?</b>	<b>317</b>
	A gift from our menstrual cycle to optimise in mature life	321
	A phenomenal feminism	325



## Introduction

My dear women

Something is missing from our gravely ailing world. Missing from priorities and policies, from directions and decisions. Missing from our schools, our universities, our colleges of knowledge, of medicine and healing. From religion and philosophy; from language and culture; from beliefs and customs that decree what is ‘normal’, what is relevant, what is desirable. It is missing from feminism as we have known it so far. From common sense. From relationships and communities. From what we see when we look at each other. And, most grievously of all, from our own innate sense of ourselves — of who we are and how we are made to be. So accustomed have we become over thousands of years to living without it that we no longer realise it is absent.

So this is a book about something that has no name. Something that forms the intimate and definitive foundation of every woman’s life. Something experienced by all of us on a daily basis, yet in its real nature almost unknown to us.

Within every girl and woman on the planet lies a shining treasure we’ve been taught to ignore. We sense its presence, but rarely acknowledge it. It speaks to us with many voices, but we have been deafened to their language. Every single day of our lives its perfect and purposeful, intricate and intimate, elegant and eloquent, instructive and illuminating genius is unfolding inside us — but we have been blinded to its beauty. We have the dots, but we do not connect them. We see the evidence, but we’ve been taught to despise it. Five thousand years of human history have convinced us that our duty is to keep it out of

sight and out of mind — out of body too, if we can. We have come to accept a definition of ourselves that is hollow at the core: a notion of normality that does not include what is most essential to us and about us.

At the heart of our femininity each of us carries an energetic imprint of the universe, her own personal replica of the sacred design of Life Itself. In more ways than we have ever been told, our lifelong sequence of hormonally orchestrated events and changes resonates with, and aligns us to, all of the fourfold patterns and rhythms of Nature, from the minute to the magnum. We are dots in the great fractal of existence, each complete, unique and perfect in herself, yet all contained in and mirrored by the larger design. We come equipped with an exquisite inbuilt guidance system for realising our full potential, but few of us realise it is there, for we have long been conditioned to live as if it were not.

We come equipped with an exquisite inbuilt guidance system for realising our full potential — but few of us realise it is there, for we have long been required to live as if it were not.

The unnamed metacycle of womanly life is familiar to us in its separate stages, yet strangely obscured from our view as an integrated design of complex, sacred and profound dimensions. We are accustomed to thinking of its **4M** sequence — **menarche**, which we recognise by our first period, our years of repeated **menstrual cycles**, the great gateway of **menopause** and the crowning stage of **mature life** — as indicators of the arrival and departure of our fertility. And while this is true, and indeed marvellous, it is only part of the picture. There is much more for us to realise about what we are made of, what we are part of, and how sensitively we are designed to optimise the perfect and potent feminine lives our hormones equip us to live.

We women have become conditioned over 5000 years of male dominance to many kinds of invisibility. The saddest and most disabling of these is invisibility to ourselves. In all of my searches through the vast lexicons of the English language, and all of my enquiries into other languages, I have not so far been able to find a name for our 4M sequence as a singular phenomenon. Where there is no name by which to call our inherent feminine

design, no words with which we can speak of it to each other or make it conscious in ourselves, we are caught in a strange vacuum. How can we know what we cannot name? But then, how can we name what we do not know? Is our fundamental feminine principle unnamed because it has never yet been recognised? Or is it unrecognised because it has not ever been named?

If we are to speak ourselves back into the world as we really are, we must have a name by which we can call our definitive feminine design.

The void of namelessness is a peculiar and powerful thing — an undetectable but eerily effective prohibition order. Its ghostly gag has kept us quiet, and worse, ignorant, about who we are for far too long. But it also presents us with a most potent opportunity. Here is our chance to begin creating the language we need — our own purpose-built words by which we can identify and reclaim that within ourselves which has been unspeakable and therefore unknowable.

As I embarked many years ago on my lifelong mission to discern and relearn the hormonal design of women on its own terms, I sensed that the single most powerful, essential and restorative step would be that of declaring a name into the great cultural silence. A name is an all-powerful key that can unlock a realm of knowledge. It confers status where there has been none. But how to go about such an awesome quest? I knew it would take time; a deep listening; a humble and dedicated apprenticeship, for us to be able to recognise the true name of what lives inside us. That we would first need to find an interim word to pave the way towards the original name we were seeking.

So in 1999, as a temporary measure to fill the gap, I coined the term **menstruality**, so we could define our dynamic 4M sequence of menarche, menstrual cycle years, menopause and mature life with a single word. In doing so we more easily comprehend our 4Ms as a unified entity — the complete and coherent inner template upon which our life-long development of Self takes place. ‘Menstruality’ describes the actual workings of our overall hormonal design, including all its variations in moods, energy, needs, emotions,

developmental prompts and spiritual states, as well as physical manifestations such as periods, hot flushes and body changes.<sup>1</sup>

**Conscious menstruality**, as taught in my Luna House courses and books, is an awareness that invites us into a new way of being women. It is the practical application of menstruality knowledge to our daily lives. In simple, direct ways, conscious menstruality shows us how to align our awareness, activities, plans and relationships with our interior rhythms and changes, creating an easy and harmonious flow that really works for us. This is knowledge that ensures we make the most of each of our various and specific energy states, and receive maximum benefit from using them as they are intended.

Sixteen further years of total immersion in the mysteries of menstruality were needed for me to grasp enough of its immensity to be ready for its real name. Then one seemingly ordinary morning I awoke into that liminal state that bridges our passage from the other world back into this one, to find myself in a glorious garden of wildflowers. And there at my feet, lying on the soil among the riot of blooms, was a word. I recognised it at once as the name we'd been waiting for: a single word holding a universe of meaning.

We have a new name for the unnamed feminine metacycle:  
menarche/menstrual cycle years/menopause/mature life.  
It is called **the femenome**.

Just as science has given us the term 'genome' to name the whole map of any species' collective genetic material, so we can now use the word **femenome** to describe our infinitely intricate menstruality design, and the profound mysteries of menopause within it. *The femenome is the complete lexicon of spiritual and energetic information for being female that is stored in every woman's hormonal circuitry.* It is present throughout the cosmos as the divine feminine aspect of all that exists, and, at the same time, within each individual woman as her unique personal expression of that essence. We cannot come to know the

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1 There appears to have been something of a repurposing of this specially-created word over the years, so that it is understood by some to refer to the menstrual cycle only. Please be aware that the word 'menstruality' is used throughout this book in its original meaning, referring to the 4M sequence in its entirety.