

"Dear Mirjam, you once told me that women are "yin beings in a yang world", could you explain and give us some examples?"

Women have an innate ability to adapt and go with the flow. From very young age we are exposed to the natural cycles which simply obliges us to surrender to rhythms that are not under our control.

Through our intense hormonal and emotional changes we get in touch with nature's law of death & rebirth on a regular base. We know instinctively when to stand still and surrender or when to gather our energies and move forward.

However, our modern world is much more dominated by yang principles. Faster, higher & further are the key words to describe success. We are educated to ignore the strong voices of our intuition and instead follow the strong call for functioning, achieving and stay active. It is not very well seen, let alone encouraged, to listen to our bodies, to pause, soften and be still. These qualities are much rather related to weakness and failure.

It is important for us to understand that finding ways to express our yin aspects is crucial for a healthy balance on a personal and global level. It is essential for us to look for the company of other women where we feel safe and connected to the vital feminine source, the Yin. Once we have re-established our intuitive bond with our yin qualities, we can enjoy the yang sides from a place of serenity and inner strength.

“Also, I seem to remember that you said that our yin decreases as we approach menopause, and we become more sensitive to yang energy, did I understand that correctly, and what do you advise women to do in this situation?”

Let’s remember that our bodies are a representation of nature’s unique beauty and perfection. All our systems, especially the endocrine system, provide us with the necessary elements to grow, to compensate and to heal.

Progesterone and Estrogen are our sexual hormones and considered the Yin aspect of our body. They are the counterpart of our Yang side, represented by the stress hormones, such as adrenalin and cortisol.

The more Yin hormones are circulating in our body, the better we can cope with the stress situations in our life. Around the age of 35, the production of progesterone starts to decrease. This means that any yang aspect, such as stress, will be experienced much more intense than before.

Another important drop of estrogen and progesterone happens at the age of menopause. If we keep up with the same habits as with 25, our bodies can not maintain a healthy balance anymore and we literally collapse, break down or burn out.

Once we become aware of these natural processes in our inner landscape it will be easier for us to consciously adapt lifestyle, diet and levels of stress. Acknowledging these important changes allows us to make wise choices so we can move through the years with ease and grace.