

# Ifeoma Ikenze

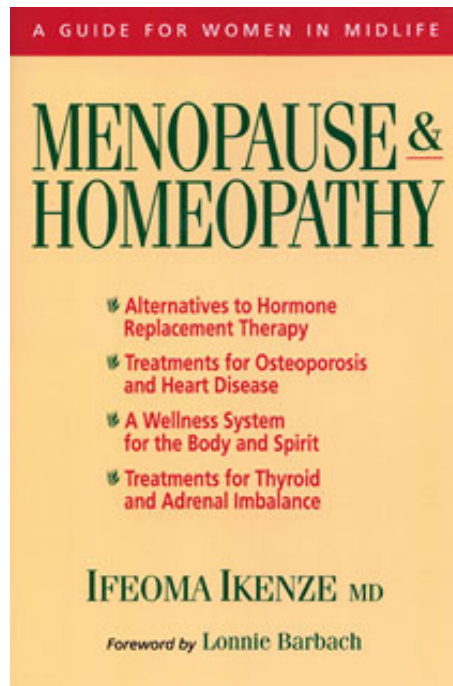
## Menopause and Homeopathy

Reading excerpt

[Menopause and Homeopathy](#)

of [Ifeoma Ikenze](#)

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sion of a woman's being. This is why simple palliative measures such as hormones or even antidepressants do not seem to be completely effective in helping every woman. In fact, the midlife change that coincides with menopause is an inevitable passage that every woman must experience psychically as well as physically. Whether it results in a visible disruption of your emotional and physical well-being is a function of how well you are prepared psychically, emotionally, and physically for this moment.

### The Anatomy of Being

As you ought not to attempt to cure the eyes without the head or the head without the body, so neither ought you to attempt to cure the body without the soul; and this is the reason why the cure of many diseases is unknown to the physicians...because they are ignorant of the whole, which ought to be studied also; for the part can never be well unless the whole is well.... The great error of our day in the treatment of the human body [is] that physicians separate the soul from the body.

— Plato, *Charmides*

In order to appreciate the significance of the change of life and its value for human beings, we must first understand the anatomy of the human being (the true and complete human anatomy, not just the description of organs as taught in medical schools!) and the laws that govern all living activity in the cosmos. You probably have sensed when looking in the mirror that there is more to you than your visible physical body, that there is a living sentient being that is *you* and quite distinct from your body. You are a spiritual being enveloped in a physical body. You are conscious of the fact that your being or essence is physically intangible and not limited to the physical dimensions of space or time. For this reason you can be sitting in a meeting room and yet be miles away in the present, or perhaps a distant past, or even in the

future and yet firmly encased in your body in such a way that you can not completely get away from it consciously.

Your spirit has an intrinsic life activity and free will, whereas your body has no life of its own but is sustained and driven by your spirit and must serve the will of your spirit. Your physical body by virtue of its organs permits your spirit to express its will through thoughts, words, and deeds. Thought involves the activity of the brain. Words involve the activity of the brain and the organs of speech such as throat and mouth. A deed involves the brain as well as the limbs. Yet the driving motion to any activity must begin from your consciousness or essence or spirit. Even physical activities that we describe as unconscious, such as breathing or the heartbeat, cannot take place without the presence of your spirit within your body. When a body no longer houses the spirit, all physical processes stop permanently.

So how are you connected to your body? Imagine yourself like an onion. The core of you is your being or spirit or essence. Your core is pure energy that nevertheless has a form, the human form. Your covering or body naturally assumes the shape of the spirit within, which we call the shape of the human body. The outermost visible and tangible layer is your body, which you can see.... But can you really see all of that which constitutes your body? Can you, for example, see or touch the thoughts that emanate from your brain? Has anyone been able to actually see the acupuncture meridians while dissecting a body? Yet we know that these are products of activity of the physical body. We can measure brain activity when a person is thinking. We can measure differences in the activity of various organs following an acupuncture treatment. Are your thoughts you or are the acupuncture meridians you? Almost everyone will say absolutely not. There must then be an intermediate layer of activity that is not your physically tangible body and yet is not your spirit, but like your body, is dependent on your spirit for its existence and sustenance. We may call this layer your astral body. It is of a finer consistency than your physical body yet more dense than the spirit. It

consists more of gross matter and less of pure energy than your spirit, but in comparison with your body, it consists more of pure energy and less of gross matter.

Within this astral body is yet another body of even less dense matter and more pure energy — the ethereal body — within which is yet another body that is closest to the consistency of your pure spiritual core: the animistic body. (See Figure 4.)

Look, it cannot be seen — It is beyond form.  
Listen, it cannot be heard — It is beyond sound.  
Grasp, it cannot be held — It is intangible. These three are indefinable. Therefore they are joined in one.

— Lao Tse, *Tao Te Chin*

How can this be, you might ask? Here's a short scientific detour.

Albert Einstein's theory of relativity expanded our understanding of matter and elemental processes and is expressed in the equation  $E = MC^2$ .  $E$  represents energy,  $M$  stands for matter, and  $C$  is the speed of light. This equation suggests that matter is dependent on energy for its very existence. Everything that we perceive as tangible matter exists only as the result of the activity or effect of energy. And what is energy? All energy is a wave form that has three properties — motion, vibration, and power of attraction. If you studied physics you know that all energy is a magnetic wave form that has an up-and-down motion as well as a side-to-side motion, which we call vibration. (See Figure 3.)

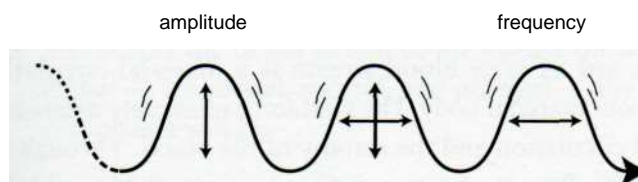
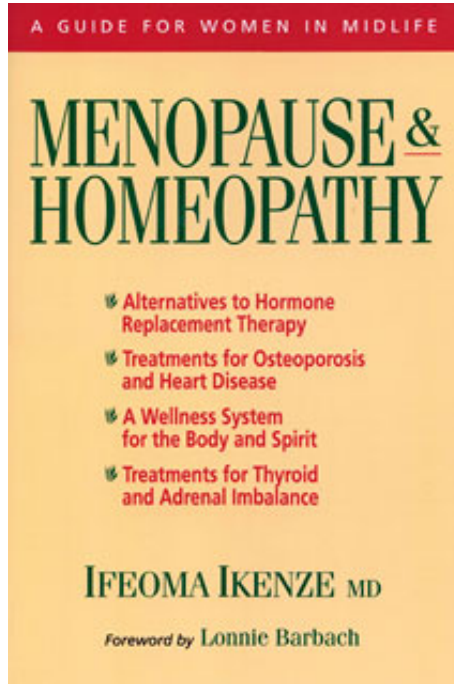


Figure 3 AN ENERGY WAVE

The intensity of vibration of any energy is what we call the frequency. The higher the frequency, the more intense the vibration and the stronger the power of attraction. However, there is a basic law in the universe that the attraction of any vibration or energy is only toward that of a similar species. It is called the law of attraction of similar species, or, for brevity, the law of similars. We observe the law of similars in our everyday experiences, and intuitively acknowledge it in such sayings as "like attracts like" and "birds of a feather flock together."

There is no logical way to the discovery of these elemental laws. There is only the way of intuition which is helped by a feeling for the order lying behind appearance.

— Albert Einstein



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