

The Silent, Undisclosed Menopause Epidemic

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If you or someone you love (to sound like one of those commercials) is affected by menopausal symptoms, you may be at risk of an underlying 'deficiency' that is the source cause of all kinds of symptoms that otherwise undiagnosable.

A peri-menopausal client spoke with me recently and although I was aware of this (and working with many menopausal female clients over the years); everything finally 'landed' to realize the scope of this 'silent' and even 'hidden' menopause epidemic which I'll be revealing here.

(And if you're wondering why a male would speak to this, keep reading because it'll make more sense soon and will be well worth the read if menopause is part of your life or someone you love).

The silent epidemic isn't menopause itself per se (which is well-known); rather, it has to do with a profound lack of greater awareness underneath it in Western medicine and the establishment.

The thing is; alternative health and wellness as well with a holistic therapy outlet; they don't always 'get it' either.

This largely undisclosed and veiled insight into menopause has to do directly with health, wellness, vitality, aging, self-image, self-identity,

sexuality, self-confidence and beauty itself as well as perceived and actual LOSS of 'beauty' dynamics and that which you have taken for granted and held dear for your earlier life.

There is something much more than just accepting and treating or managing it 'as is'. This revealed insight can be profoundly life-changing to those who are experiencing this more specifically within menopause.

There are women and holistic services that will help clients who are going through menopause, but only a small percentage of them seem to have a lock on this deeper foundational dynamic (which does affect different women to different degrees, yet even they aren't actually conscious of it).

Some women will be severely and detrimentally affected by menopause and the 'loss' of former attributes whereas otherwise will be less affected but not that conscious either of how they can optimize their life even more to AGE GRACEFULLY and embody beauty, health, wellness and vitality optimally.

If you are a peri-menopausal or post-menopausal aged woman; you are most likely going to be affected by this and even if you're a MAHA loving, natural/alternative health and wellness warrior (a.k.a. 'natural health nut') who knows ALL of the obscure natural rare mushrooms, extracts, natural supplements and holistic ingredient medicines...

Even if you're an anti-vax reiki practitioner and have your nutrition and whole foods down to a science, this may STILL be affecting you from here forward while nothing seems to ever FOUNDATIONALLY address it (because Western medicine assuredly isn't).

We have to NAME EXACTLY what it is underneath and it will all make so much more sense. Fortunately, there are other resources (not just me) who are aware of this and profoundly so (keep reading).

I will reveal the epidemic clearly in a minute or four. It's kinda important too because lack of awareness of this can be with you for decades without a deeper solution; affecting things at an IDENTITY, health, quality of life and sexual level of reality. Without being aware of this side of menopause more consciously, you may not be able to TRULY optimize living and aging gracefully.

Many women will invest \$1000s of a year in alternative health and wellness and still not hit the dream 'sweet spot' of foundational quality of life to age most gracefully because it is MORE than just diet and supplements.

Yes;

There's a big and looming EPIDEMIC amongst women entering peri-menopause and already affects even MOST post-menopausal and senior women detrimentally and yet; it doesn't have to.

(I will give an early hint that this solution has to do with a bridge between East and West).

Because of our Western culture, most people aren't more consciously aware of the meaning and solutions underneath it and they will do the best they can to 'manage' when menopause onsets (those that even CARE and are somewhat conscious around their wellness at least).

We're not just talking about menopause itself but the deeper reasoning, diagnosis and foundational strategy or solution/s to live optimally WITH it as if you were biologically younger, more embodied and beautiful in feminine presence without the shadows, fears and concerns that can replace it so that you can age most gracefully and actually BLOSSOM in divine feminine consciousness and beauty.

Hitting the menopausal window doesn't have to mean the LOSS of Goddess, of fertility *consciousness*, of beauty, of health and wellness or even loss of sexuality. It doesn't even have to be the death of your (spiritual) Maiden.

We must become conscious here or the adult and senior women (including FAMILY) we love may not lead their best possible lives.

Many elder women are assuredly living in heightened anxiety and almost a manic form of managing these hormonal changes (and perceived/loss of what they used to have). Because the reality is that many senior women are aging MUCH faster than they could be.

This underlying dynamic is RARELY ever talked about or addressed directly but it affects your/their overall health, hormonal balance, organ health, wellness, vitality, consciousness, self-worth, self-image, anxiety, beauty and QUALITY of life including how fast you are aging biologically.

This hidden epidemic is affecting easily 10's of millions of U.S. women alone. If that woman we are referring to is a smoker, she is at even MORE risk of being affected; being on the rocket-ship ***AWAY from any former Goddess and Goddess embodiment.***

The worldwide figure could be around 800,000,000 females who could be at risk and unaware of how to effectively treat this veiled dynamic with menopause; as well as how to improve their life; health, vitality, confidence, beauty, consciousness and embodiment (*which has more to*

do with something else other than just hydration, natural supplements and diet).

If you ARE a woman in this demographic or know someone who is, this might be affecting you and you should at least be aware of it.

And btw; this IS related to BEAUTY and self-image as well; not merely health. BECAUSE THIS IS NEVER AN ISSUE UNTIL YOU (or someone you love) HIT MENOPAUSE.

So what IS the issue here that I've built up to?

Well; ever heard of the concept of 'getting old, dry and wrinkly'?

The great and 'hidden' EPIDEMIC is the DEPLETION or MALNOURISHMENT OF YIN CHI in menopausal women.

It's this loss of feminine LIFE FORCE essence in the body – as well as the lack of awareness around it; ***THAT's the epidemic.***

Not all of a woman's yin chi, just a major depletion with the onset of menopause and her body's drop in bio-chemical estrogen.

This creates an energetic (and thus hormonal) imbalance; but WESTERN MEDICINE doesn't care or look into the ENERGETIC reality, thus they can miss (and mis-treat it holistically) it for decades.

NOW...Fortunately there are those who ARE aware of it but you have look OUTSIDE OF our Western lens and really then, only a decent % of the alternative medicine community 'really' get it or know how to treat it (effectively).

Traditional Chinese Medicine 'gets it' and Western allopathic medicine unfortunately, doesn't (*for as good as they are at a lot of things*).

If you stick with Western Science you could be waiting another 100 years before they can diagnose this holistically; properly and consciously because it is sourced differently than just the biological body. When estrogen diminishes, so does yin (feminine) life force essence.

This menopausal loss of yin chi THEN affects the organs, hormonal balance and overall health, vitality and wellness. Western science and meditation just looks at the physical body 'as is' and treats what's in front of it.

Sure; it's still heresy, but we have to account for the ENERGETIC reality of the/your aging female body and its changes, not simply biological (bio-physical).

There's just something about having poor nutrition AND being a smoker along WITH the depletion of yin life force that ACCELERATES biological aging, wrinkliness (skin aging, drying up also b/c of lack of watery life force) and energetic health (as well as affecting external 'beauty' which then they try to cover up even more).

Hydration is important, but this isn't the bigger picture alone. The body also desires enough life force chi to maintain optimum function.

The scary thing is that when you lose such amount of yin chi (and you may already have had a lot of it siphoned), MOST WOMEN WILL NEVER REGAIN IT. This is because it is PRE-NATAL chi; life force you are born with.

Yeah; this is A BIG DEAL. The hidden EPIDEMIC itself is that 10's of millions of women have NO IDEA how to counter-act and TREAT their body ENERGETICALLY to restore BALANCE into healthy yin, Goddess and Feminine NOURISHED EMBODIMENT when menopause hits and estrogen drops.

This epidemic is rarely diagnosed properly and hardly even spoken to because ***Western allopathic medicine doesn't have the proper lens TO diagnose it holistically (or properly)***; however Traditional Chinese Medicine (TCM) KNOWS about this (where illness itself is seen as a result of an imbalance in these energetic forces; yin and yang chi).

So; when this 'landed' recently, both the peri-menopausal client and I were shocked because of the scale of it and even HOW it's diagnosed (and what I offer that directly serves it) is rarely even mentioned or available.

Yes, TCM knows about it; but they aren't always the best at 'translating it' necessarily either. And it's still largely 'fringe' awareness to much of alternative healing (at least the angle we're referring to of yin deficiency with menopause).

Yes there are whole foods, minerals and supplements that will help, but we're talking about a more foundational level.

And we must talk about and embrace your energy body; not merely physical body and its symptoms.

Although men generally dissipate in their bio-chemical testosterone, they don't have the same dynamic that women do when it comes to the female body's cycle of being done producing eggs for reproduction.

Yes, the bio-chemical essence affects the energetic and vice versa but when both estrogen AND then yin life force are both depleting, all kinds of changes are happening (on all levels) that are NOT necessarily in favor of the woman's health, vitality, sexuality and quality of life.

If you neglect your diet from here, you're likely going to accelerate aging even faster.

So although TCM practitioners will often (and always should) get the diagnosis correct; which (to be clear) is the corresponding depletion of (pre-natal) yin chi with menopause...

This yin chi (qi) depletion (of water and earth chi) then causes OTHER symptoms that then Western med science is 'treating' and not that effectively at that...

Or even possibly dangerously with pharmaceuticals; however, not all of the solutions within Traditional Chinese medicine always TRANSLATE or give the most direct prescription either however.

Fortunately, although these solutions are seen as 'alternative' or 'holistic therapy' to Western medicine; they are usually much healthier, safer and closer than pharmaceutical intervention and the potential side effects.

For example; acupuncture helps to balance the yin and yang chi within the body, but if you're already DEPLETED in yin so much so that it requires a STRICT diet regimen (how enjoyable is that) just to have SOME form of balance that's tenuous at best; is that the best option?

So, are you just STUCK with this permanent loss of yin chi (and thus quality of life)?

What if you could just somehow magically HAVE ALL OF THAT GODDESSY, YIN, NURTURING WATERY LIFE FORCE that you used to have at ANY AGE?

What if there actually wasn't a LIMIT TO IT? Although they are important; we must look outside of supplement, diets and exercise alone to 'get' the bigger picture (of female aging gracefully).

Btw; I know a grandmother bodyworker colleague of mine in her 70's who HAS THIS LUSH yin embodiment (but she has practices and lifestyle

that supports it; not just diet). It's like she never lost her feminine embodiment and presence; like menopause never affected her other than reproductive capabilities; and yet so many other women ARE really affected (this may be you or someone you know).

If acupuncture helps to restore whatever balance of yin and yang that you currently have; but you still have too much yang (air, fire) energy in your body, meridians, chakras and organs because of yin malnourishment - even that may not be the ultimate solution.

We're talking about having the LUSH, WATERY, FEMININE ESSENCE EMBODIMENT that you used to have in your 30's that also NOURISHES your organs and physical health.

This seems like a PIPE DREAM for millions of post-menopausal women; which is also why this is a travesty. They're not aware of the ENERGETIC DYNAMIC or that it's life force chi you can actually work with because there is pre-natal and POST-Natal chi.

Once menopause hits, estrogen starts depleting and you simultaneously start losing that essential YIN life force Goddess, watery embodiment UNLESS you find ways to bring (post-natal yin chi) back into the body.

We have to value the ENERGY BODY and look at it truthfully to see with clarity.

With a Western lens, you're kinda shit out of luck (S.O.L.) because they are biologically based, so with estrogen then you just have to deal with whatever changes you have (some of them are permanent) where then it's just 'managing' whatever you have (*including extrinsic anti-aging skin serums, etc.*).

Traditional Chinese Medicine however sees and KNOWS the bigger picture and truth; however...sure you may not be able to reproduce anymore (there's always adoption btw), but herein lies the godsend (or goddess-send) which is what we're getting to.

Once pre-natal chi is gone; it's very hard to get back through other means; especially from the Western lens which focuses on treatment of 'what is' on a biological level instead of dealing with the underlying holistic causality.

There's more than just 'diet' at stake here too...it can really HELP to restore balance and bring in some yin chi based on what you eat and

how it affects the organs and body, but it may not be enough as you get older and into raw post-menopause.

Once you hit menopause; it becomes so obviously clear that it BECOMES ENERGETIC (not merely bio-physical) and that you should be especially valuing and energetic essence and chi based outlook to your health and beauty (especially from here forward).

Chi becomes the REPLACEMENT foundation and format when estrogen is depleted, so if you're losing yin chi too, oh boy!

So what can be done? *(Keep reading!)*

Unfortunately, millions of middle-aged to senior women 'throw in the towel' on their beauty once they get into post-menopause because so much of their identity, wellness and value was conditioned and associated with estrogenic essence and when that's gone, it seems like there isn't much there to replace it.

It may seem hopeless AND they're going through all kinds of other symptoms and life change because of it.

The plummet in estrogen directly affects their health, wellness, aging and vitality. Again; the accurate TCM lens is that their yin chi drops or plummets with menopause and the loss of estrogen.

Most of whatever pre-natal yin chi they had is gone with the wind. From a Western lens, it seems impossible to 'salvage' what you used to have.

(This is similar to the Tao outlook that men have a limited amount of lifetime sperm supply in the 'bank' and many of them spend it and then it ends up affecting their actual health, organ health and life force vitality).

It sounds tragic; BUT THIS IS NOT THE END OF OUR STORY.

Many women who are aware of it and CARE will master their diets (and become that ultra-conscious health nut) because some life force is regained and circulated into the body and it helps them to optimize everything; but this may not be enough whatsoever if they are MORE deeply affected by the depletion of yin life force and the nourishment it provides.

They just don't have the grounded-ness and Goddess embodiment and water, the body nourishment that they used to and their self-image can

REALLY take a hit especially if they valued their more youthful beauty. The body starts aging faster and is more stressed because there is more yang chi where there should be nourishing yin chi in different organs.

Make-up can even seem like more of a mask-up for insecurities underneath (including how they relate to the masculine and their self-image).

Women who are yin depleted can have ALL KINDS OF SYMPTOMS:

From night sweats and hot flashes, scalp itching and all kinds of body disregulation, hormonal imbalances, additional stress, ungroundedness, restlessness, insomnia, extra anxiety and over-functioning with the (de facto inevitable) loss of yin chi.

That's not even to mention OTHER previous or simultaneous siphoning of her life force from men, relationships, work, stress, trauma, entities, obligations (in addition to menopause).

Again; **this all ages you faster** because there is more stress on the body and not enough life force to nourish the organs and systems. Tao practitioners (like Grandmaster Mantak Chia) also know of all of this.

And you're talking even more loss of life force and if she has poor diet and smokes? Even worse. Detrimental effects are COMPOUNDED physically, sexually, emotionally, psychologically even spiritually and soulfully.

I'm sure you've seen senior-aged women who are really 'dried up' and brittle even. Concern of sex drive being COMPLETELY GONE? This is also often a byproduct of menopause but it doesn't have to be this way.

There are women I know in this demographic who are MORE SEXUAL and yes; it has to do with ESSENCE.

But if you're not even aware of the energetic reality, you may be stuck with 'managing' all these side effects without dealing with the underlying root cause.

Like with Tao teaching or Traditional Chinese Medicine; we have to value the energetic outlook to understand the symptoms; lack of water/yin chi leads to being more dry, more heat flashes and getting off track, anxiety is touchy and over-reactive, and she can have difficulties being grounded and embodied, etc.

With depleting yin chi as she gets older, a woman can get more 'withered', spiritually dehydrated (in essence-truth of obvious presence) and 'frail' and especially if she smokes and has a bad diet, this accelerates her aging (and is anti-beauty).

Basically;

With the loss of yin chi, you (or she; our protagonist) is then left with an imbalance with too much yang chi (including air and fire).

EMBODIMENT and grounding also becomes challenging for these women because they have much less internal yin and don't know how to bring in more post-natal yin chi.

This creates more stress and tension in her/your body which can also manifest as being frazzled, anxious, restless and over-responsive to things. Yeah; chamomile is great but it's in seeing the bigger picture here that it seems no one really addresses in the West (and it's ENERGETIC...and really SO SIMPLE).

A lot of older women will have more air, metal and even yang fire embodiment instead of that lush watery, grounded, warm-fire earthiness. You probably know someone with this energetic profile and they are REALLY into supplements, alternative health and wellness.

Again;

The yin that women lose with menopause is pre-natal and when that's lost and it is incredibly hard to replace once it's gone (so keep reading...).

How then do you restore that LUSH feminine HEALTH, vitality, wellness and beauty that you once had when you are living in post-menopause>...especially if you're doing all KINDS of diet and supplement protocols while being a MAHA super-fan and Dr. Mercola stan?

You (or she) know about all kinds of unique, obscure and strange natural health supplements but secretly, it's still not doing the ultimate, more foundational job that seems like a dream.

So yes...

We have to take a Chinese medicine perspective to really acknowledge and see it, because even reiki doesn't actually hit the sweet spot here either (Japanese sourced).

You may still want to continue with the ultra-alternative health, wellness and diet protocols, sure.

So, if you know (and it's obvious) that you're MALNOURISHED WITH YIN CHI and it's affecting all kinds of things including your hormonal imbalance...then what if you're body is really wanting a RESCUE? A revival? An organ nourishing yin EARTH GODDESS-Mermaid RESUSCITATION?

Is this even possible at this age beyond what you (or she is) already doing?

Besides knowing all the obscure supplements and dosages as well as continuing eating whole foods and a specifically balanced diet, what else can you do that is more DIRECT on a foundational level for FEMININE LUSH EMBODIMENT, health, restoration and balance at ANY AGE (so you can also enjoy other foods you like too)?

I'm getting to the most direction solution but there are a few options.

This is where chi kung and tai chi could come in; HOWEVER it has it's down sides because they are often indirect at best to properly restore yin chi into balance if it is already under-nourished.

It can balance what yin and yang chi you have but doesn't always bring more in....the woman we're referring to has more YANG chi so she could do years of tai chi class form practice without ever getting the more direct ideal results. Besides most tai chi teachers are students of generations of form practice.

A female practitioner would have to really get into proper yin chi kung or tai chi with yin focus in order to have effect and this could take years of practice and dedication.

Not only that; it doesn't fit with the Western mind of just wanting RESULTS and solutions NOW. RIGHT NOW (which I can relate to).

What could also be really beneficial is to get into Tao alchemy practices such as that of **Grandmaster Mantak Chia** teaches. The term you would want to value especially is 'lower dan tien chi kung'.

Although most teachings seem geared towards men, this can be helpful for post-menopausal women to have at least an indirect effect of bringing some more post-natal chi into your body and especially optimizing and re-balancing what life force you do have circulating.

The thing is; it requires a minimum level of effectiveness in order to get any results...you kind of have to really be a specialized alchemist to do it properly and the results can vary with everyone because bringing in earth yin chi into the body may NOT be effective for many practitioners in this format.

But it may be worth giving it an honest test run at least. But herein lies the concept we're getting to...because there is INFINITE yin chi that exists on our planet as 'post-natal', this type of practice (and what we're getting to) actually is that deeper foundational goddess-send.

So...what IS the most possibly DIRECT FORM OF RESUSCITATION, RESCUE AND RECOVERY POSSIBLE if you or someone you love is suffering from Yin Chi/Qi depletion?

(We're talking beyond relevant supplements and diet protocol).

It's not chakra work from any ol' energy healer...that CAN help.

Even Goddess activations can really help (actually; now we're really talking), but the MOST possibly direct SOLUTION would be to FLOOD the lower dan tien with post-natal yin chi DIRECTLY from an initiated and experienced master who is able to do it.

Doing **dan tien chi kung** may NOT reach the levels of EFFECTIVENESS necessary unless you've been a direct student with a Master for years. In other words; that process may work for maybe 15% (guestimate) of female practitioners in post-menopause for it to REALLY be effective.

But it's the same principle of bringing in post-natal yin chi into the body; yes to REPLACE the lost pre-natal yin. YES, THIS CAN BE DONE!

See; the Lower Dan Tien is where **half of your life force chi is stored** (for women it's mostly yin and some yang). When your life force is siphoned through many means including general aging and menopause itself, there's 'less in the tank' so to speak. Even your felt-presence allure is WEAKER and less ebullient and essenced.

Fortunately; the right master can bring LOADS of post-natal yin or yang chi more directly into the dan tien as well as chakra re-nourishment. This is an ultimate solution because it bypasses the inefficiencies, inexperience and entropy of self-chi kung practice to just ENSURE RESULTS...

Then, the body will be RE-NOURISHED with vital LIFE FORCE ENERGY that was siphoned and depleted to then be able to FEED the organs and fill the light body with life-giving essence.

EITHER WAY; it's about **getting more POST-NATAL YIN CHI into your body to then NOURISH your organs**, empower and re-activate your soul and other beauty essences (archetypal and siddhic) at any age.

(IMO) Tai Chi or solo dan tien chi kung can indirectly and sometimes directly help bring in chi to the body; but not all students are going to get into the energetic RESULTS of those practices.

Tai chi in how it's practiced is more of a 'body movement' form practice where beginner students aren't actually getting the 'save the day' energetic benefits of what the body is yearning for; especially in the dan tien.

Our dynamic here requires something more drastic and direct; especially for those who are severely yin depleted and withered and frail energetically like a strong wind would blow them over.

It's for women who are suffering the IMBALANCES and life affecting changes from the estrogenic and yin chi depletion. It's also for younger

women who want a tune-up or who have dealt with life force siphoning and womb siphoning in the past.

A second best solution for what we're talking about (and an overall first recommendation) may be to find a Medical Chi Kung doctor or practitioner of TCM and see what he or she (most likely he) can do to restore and revive malnourished yin chi in older women. Ideally it would include bringing in post-natal yin chi into the body and then perhaps balancing it out as per that practitioner's protocol.

It's going to be difficult to find a Western doctor who has any awareness of this, because it's basically sourced in Chinese sourced ethos; chi kung, Taosim and Traditional Chinese Medicine.

So; the hidden menopause epidemic is resolved (to live OPTIMALLY) if we can embrace a Chinese medicine outlook which properly diagnoses this situation and then have a SOLUTION.

It's going to be difficult to find pranic healers or reiki practitioners OR even Tao discipline-students who will be able to work directly on the dan tien however. Most Tao students will guide you back to the SELF/SOLO practices; again which may not be that effective.

It's worth mentioning that there may be some Goddess embodiment and even tantric practices that can indirectly help to replenish vast swathes of depleted yin chi but that isn't our focus here.

What we want is conscious awareness and best possible practice-solutions; especially if you are the one or know someone who is in dire YEARNING FOR YIN REPLENISHMENT. Goddess practices aren't usually aware of the lower dan tien however and it's specifically that which you want to 're-charge' authentically.

As far as I know, my own TCM Medical Chi Kung Doctor (and also) Grandmaster Zhou didn't even bring yin chi directly into the lower dan tien that I was ever aware of; although he did loads of his own healing magic *(however; it's worth mentioning that I wasn't there in private sessions when he WAS working on middle-aged + women who had yin depletion either)*.

Tai chi group classes or solo lower dan tien techniques may be worth exploring but for many, they're just not going to get the energetic benefits out of it especially if they are significantly depleted in yin (some will however).

So; if you find that you (or someone you love) has this EXACT ISSUE (which can also be read energetically, accurately and effectively by a

competent energy reader or psychic), you can find some Mantak Chia chi kung videos online and see if you can get results out of self-practice.

I'm just saying it's going to be a wildcard because it requires being an alchemist and not everyone is primed for that. I immersed with him at the Tao Garden twice and I hardly felt things and I was already advanced in other ways (*I only started feeling things more when I activated my kundalini*).

OR you could go to a TCM practitioner or find one online...you may have to travel. And see what they can do. My Chi Kung master passed away a few years ago, *otherwise I would recommend Mantak Chia*, but he doesn't do the direct dan tien work with students; he does group work that empowers your own practices.

But fortunately, there's another alternative!

In my opinion, oversight, awareness and experience; the BEST and most direct solution would be to (safely) FLOOD a woman's lower dan tien to re-nourish her energy body with post-natal yin chi.

This will then 'charge her spirit-bio battery and storehouse' so to speak and naturally spread to feed the rest of the chakras, the body and organs so she can be lusher in FEMININE embodiment, more balanced and healthier with less hormonal imbalance and side effects.

And btw; if you continue to not discover or to actively deny the reality of chi, you may be stuck with limited Western solutions or indirect results at best. The epidemic IS the underlying awareness of the yin chi depletion with menopause (and how to work with it all).

The result of 'flooding' the dan tien might sound dangerous on its own, however it's manageable. Let me speak to this. When I was at a certification retreat in California, I did a paid Goddess activation for a menopausal woman who had years and years of energetic issues and hormonal imbalances.

She had a lot of air, metal and fire in her body (yang) and much less yin. She had been struggling with it for years; often being high-strung and having symptoms we've covered.

We did the Goddess activation on the grass on a lunch break in the sun (around 2018) and it had the effect of 'flooding' her body with Goddess codes and a lot of YIN chi. Although I wasn't working on the dan tien then, in this session it definitely affected the dan tien as well; we did deep, powerful work.

What happened was it took her body a day or two to recalibrate to the sudden flooding of yin chi. She was so 'wobbly' and slightly disoriented, lost her purse and then re-found it AS her body was recalibrating. These are all GOOD problems.

After she got some good rest overnight, her entire body was transfigured and she had all kinds of lush water in embodiment that wasn't there before. She was already more re-balanced.

There was a ***Master bodyworker*** there who was very experienced in things (as well as TCM) and he confirmed that her energy balance entirely shifted (b/c he had seen her in the retreat earlier). He confirmed that she has (far more) water yin essence.

Any symptoms from a short-term imbalance are what I refer to as 'good problems'. Her body recalibrated and you know what? I saw a photo of her years later and she STILL has that transfigured embodiment of yin energy. That session was life-changing (and I've done many Goddess activations since then; mostly remote).

However; it wasn't until more recently that the codes came in for the [Dan Tien activations](#).

This is a DIRECT service I offer to both men and women. You can read more about relevant details on the dan tien activation page; whereas this report is more directly about menopause dynamics and the hidden epidemic.

SO...if you ARE that menopause-affected woman (or want to refer someone you know is here), what might be a best solution for you if you KNOW that you are yin chi deficient dealing with menopause symptoms is to look into one of these two solutions.

So I have two levels of solutions here.

One is the Dan Tien session package *(in which we'll safely revitalize your lower dan tien with copious post-natal chi directly).*

This is 4 sessions of dan tien activating and restoration.

That link is here:

> [Dan Tien Activations](#)

There are all kinds of testimonials about the power of these activations there.

"Amazing!" That was amazing...it honestly felt very freeing, very light..thank you"

"I want to sing...I feel you (just) released an ancient block"

-Female, DTN1 U.S.A.

*"After the (first dan tien) activation; the next day...**I felt like my magnetism was through the roof.** Men were looking, noticing and saying hello, I was being approached (everywhere)...(I normally get attention but) this felt (xtra) strong that day; it just felt like literally every man I passed was saying hello to me and certain men approaching me"* -Female, France

"I've done (Tao) Dan Tien meditations before and love it. (Now I'm glad you brought this format to balance with kundalini). I feel super grounded and (I felt) you cast some demons (releasing them in session).

This one is very tingly; I feel the color peach and glowing."

-Female, Miami DTN 1

Dan Tien Activations

And another is a more comprehensive REVIVAL package that I call the '[Essence Replacement Therapy](#)' makeover.

This package has been around for a year or so but is being updated now to include kundalini and lower dan tien activation work. This is a more comprehensive RESCUE, resuscitation or revival strategy for peri and post-menopausal women.

The 'replacement' (of lost yin chi) is with post-natal essenced chi (including subtle beauty essences as well as yin chi) so you can live in rich, lush divine feminine EMBODIMENT again at any age with the health benefits and slower aging.

Either package is also a great energetic health maintenance choice for women who want to regain yin chi that has been siphoned in other ways or by life in general to be more OPTIMIZED in her feminine embodiment). Sure; it's alternative, alternative healing, but these sessions WORK and address the underlying dynamic DIRECTLY.

With that said; I hope you are now aware of the epidemic that is hidden and even plaguing 10's of millions of Western women; that it's not just the bio-physical menopause symptoms and but it's the LACK of awareness for more thorough foundational treatment; that there is an ENERGETIC reality to it which helps explain AND treat or therapize it with wondrous results so you can live your fullest life and age gracefully with beauty!

Again; yin deficiency will affect different women in menopause differently for all kinds of factors...you just have to have an awareness (self-diagnosis or otherwise) if you are affected. Just be aware that WESTERN medicine is not likely able to properly diagnose you.

"But you're not a licensed Medical doctor, Rion"

No, I'm not; however, I think we've determined that Western medicine doesn't have the real solution for THIS energetically sourced dynamic, because they don't believe in chi, when it's so obvious otherwise. Do your own diligent research.

TCM would qualify as 'alternative' medicine so you just have to your own best research to seek the deeper truth. My sessions would also qualify as 'alternative' healing and in that sense are not licensed (but we know this); however, that may be the route you have to

PRACTICALLY explore if what you're doing isn't enough (and if you're Dr. Mercola's best customer).

"But you're also not a Chinese medical chi kung practitioner"

I never said I was and no, I'm not. That's a specialized use of chi kung (although the RESULTS I get with clients are very similar because I am a professional energy healer who practices chi kung and has been initiated by 2 Grandmasters).

I asked if my previously incarnate Grandmaster offered that training because he practiced it more specifically, but he didn't.

What you would want here is an energy master and that would be a Chinese medicine medical chi kung practitioner OR someone who is just as effective with direct and professional energy work who HAS and values the holistic therapy and Chinese holistic outlook on the energy body.

In other words; someone who can not only work on your chakras (whether you are male or female); your chi and affect your meridians, but who can also work on your lower dan tien (it's like the 'engine' and storehouse for half of your life force).

MOST energy healers will NOT work on the dan tien (where most of the life force is stored) because it is sourced with Chinese ethos and lineages.

And most student-disciples of Tao teachers will not work directly on someone's dan tien if their master didn't. It would be too much heresy. Again; Mantak Chia as far as I know does NOT work directly on people's dan tiens (I asked him personally if he did private activations); unless it would be for his elite students who have been with him for years.

(I was also activated in chi kung by a legendary Kung Fu master as 4th generation and then directly-discarnate as first generation).

And hey; but if you found someone who has connection to Chinese lineages with years of experience as a master energy healer who has immersed, trained and been initiated WITH Grandmasters and also has access TO the pantheon of GODDESS and the ELEMENTS with hundreds of client testimonials too, that's really good.

And if they happened to be the reincarnation of a Tao master (whether you believed it or not), that would just be an extra bonus, right?

That's where I come in. That's me; bridging East and West! I'm all for this awareness of the epidemic getting out there more in the Western collective anyways.

Oh and you might ask “Why would I even 'care' about older women?”

Not only because I am offering invaluable services for a market demand that rewards me for the exchange in a win-win relationship, but because I truly value BEAUTY and Divine Union codes...

So there are Mother, Crone, Medicine Women, Priestesses and Sage's that are meant to restore healing and balance in the world (including FOR men) who are also vip clients of mine, but also for families and loved ones.

And also because this exactly dynamic directly affects those that I love too; the older women in MY life and extended family circle (*whom are dealing with this exact epidemic dynamic; the information just isn't out there much*).

So you have MORE THAN HOPE!

Ok...here are a few more details about the dan tien activation (and more is on the booking page itself):

Dan Tien Activations

After many years of working on hundreds of clients (remotely and in person) as a master energy healer and lightworker, recently I've come up with this new offer with a 50/50 mix of Muse codes along with my past lifetime as 1 of the 8 Chinese immortals (Tao master) reincarnated.

The heretical 'dan tien activations' have already been a proven success for both men and women (it's mostly been women).

Although I've immersed with 2 Chinese grandmasters and their trainings as well as other masters; ((1 of them privately as a (top) student)); I'm also not constricted by lineage limitations, because I really under the authority of Muse; the ancient divine feminine grail archetype.

I do plan on doing more 'live demos' of this type of work possibly soon.

And btw; I can EASILY psychically read older women who are severely yin deficient and I know it's affecting their health, vitality, wellness and

lifestyle. My visceral energy body will often cringe as a response to someone who has heavy issues because I am so psychically sensitive.

All of this; it does require recognition; awareness OF the dynamic on this deeper energetic level and then there ARE solutions available as I've presented here.

So to wrap this up...

Yes; Just KNOWING about this should give you RELIEF and hope; even if you're in your 30's and reading this for future reference (or maintenance now).

It doesn't have to be a hidden epidemic or lack of awareness anymore (speaking to this foundational dynamic at least).

This may be the MOST important thing for some women especially those whose bodies are YEARNING for true replenishment from severe yin malnourishment. Remember; it's tied to BEAUTY as well (and lifelong essenced beauty and aging gracefully).

So, I hope more awareness will be spread about this hidden epidemic facing post-menopausal women. There are solutions and treatments OUTSIDE of even the normal or accepted alternative wellness lens.

Ultimately; because this really is an epidemic out there worldwide, but especially in the West (U.S., Canada, Germany, Australia, etc.), I'm not going to be able to handle the 10's of millions of potential clients and ALSO because I'm not meant to be CENTERED in my work as the Crone-Goddess Revivalist as my core brand strategy.

Fortunately; this is also where [Allure Priestess](#) comes in > to offset the workload to serve the world as top energy healers, light-workers and allure consultants.

Heck; some allure priestesses (who will be trained in pro energy healing, kundalini, dan tien and other activations) may want to SPECIFICALLY specialize in servicing post-menopausal women as their clients because as this AWARENESS spreads, this could be its own massive market-space that is largely under-served.

Too many women are detrimentally experiencing the byproducts and aging faster when they do not have to. Let's bring AWARENESS so that the epidemic of unawareness and the on-going symptoms don't have to continue as much.

Where middle-aged to senior women can RECLAIM the EMBODIED beauty and vitality that they once had, to RE-IGNITE their sexuality (and awaken their kundalini) at any age.

The medicine is here and it's here now with solutions aforementioned (all of which mean affecting your energy body).

This package (either the [Dan Tien 4-pack of activations](#)) or the ERT: [Essence Replacement Therapy](#) is also for peri-menopausal women who are going through initial changes as well.

I have other solutions on-site like the [Allure Makeover](#) which can now include Dan Tien and Kundalini activation credit transfers with archetypes (ask me on facebook if you have questions).

SO; I hope this at least made you more consciously aware OF the solution because I know women connected to my family and extended circle that are ultra-MAHA that still don't have an awareness of the yin deficiency and that outlook.

Remember; once estrogen drops, what you DO have (potentially at least) is the ability to have ESSENCED BEAUTY (a.k.a. 'chi' and subtle forms of it as gift, siddhic, archetypal and elemental essences) FLOOD

your body with Beauty consciousness and lush YIN wholeness at ANY AGE.

The chi work in a sense becomes everything (and is more spiritual in a sense) including related to ALL of your health, wellness and vitality. Minerals, supplements, whole foods may not actually be enough to have that more foundational replenishment of yin chi if you are affected more heavily (some women aren't as much). I can also do a quick spot read on you or someone you know if you're thinking of getting either of these packages (to see if your yin is imbalance and where).

Sure; extrinsic beautification will always have its place too but for this type of work you may have to bring in the real specialist lightworkers for this work to work with your deficient yin chi to reclaim your watery, lush EMBODIMENT and have a vital, re-balanced field aging gracefully.

Feel free to share this message with those who could benefit from it as well. I hope this was well worth your time, even if in just knowing more about it.

And yes; I work with peri and post-menopausal clients all of the time and will continue to do so. **HEALTH, vitality, sexuality, confidence and Beauty should be at ALL AGES!**

I'm on Facebook @ <https://facebook.com/rion.kati>

-Rion Kati

p.s. Here's the link for the [Dan Tien activations](#). Why not give 'em a go?

Women around menopausal time, have a big choice. They can go for the ride that their body, essence and mind takes them on, losing so much of their vital yin essence along the way or they can open up to receive beautifully nourishing yin support through the energetic medicine that Rion brings. Diet, lifestyle changes, and awareness are all very important, but receiving (which by its nature is very yin) treatment from Rion is assisting your body on a much deeper level. You will notice how fulfilling and restorative the experience is, directly effecting sleep, those experiences of excess heat, and peace of mind as you witness your body age beautifully and gracefully, stepping into even more feminine essence. If there's one thing I've learned about this time in my life, it's that the choices made now are DEEPLY impactful. I can allow my beauty, sexual, and feminine essence to diminish and quietly erode in the background of my life, or I can open up, make some awareness and lifestyle changes and receive the exact tincture of potent medicine I need to deepen even further into a whole new realm of essence, sexual and energetic beauty. And that's exactly what I've chosen by working with Rion. I wish the same for you!



And the [Essence Replacement Therapy Makeover](#)

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