

Being Woman

When did women get so out of balance
that their happiness became a man's responsibility?

Martina Hughes investigates.



Awoman who is out of balance with herself imagines that all of her concerns in her relationship will disappear “if only he would change” or “if he would share his feelings”. She becomes overly concerned with his emotional state and the fact that he “doesn’t share”. And when asked why she feels unhappy she will say, “it’s about Bob, I think he needs to do something new”. Women tell men that they are not being “real men” and complain to each other that “he is not man enough for me”.

It is my belief, that there is one approach a woman can take to change this situation, and that is to realise that she needs to be more of a woman in order for her to experience the men around her differently. She needs to be willing to be vulnerable, to be tender, to be soft, and to be exposed and expressive in her feminine essence.

Many women have lost sight of what it is to be a woman. For example, you have the totally submissive woman throwing herself away and then the totally emasculating woman who takes control of everything. But where did the in-tune, in-touch, healthy expressive version of the feminine go? Where is the woman who is open, receptive, and wise? A real woman relaxes into her feeling nature. She uses structures and masculine intention where necessary but the way she moves within is from her feeling base, connected to herself as the source of knowing and feeling.

A real woman will nurture and tend to her inner needs. She will take time and space to recognise what is of value in her life, and she will give priority to what is of value. She will nurture real, loving and intimate communion with other women. She will support the men around her to grow. She will let him know what moves her and what touches her deeply, and she will let him know when she experiences him being out of alignment with his values.

A real woman does not manipulate or use her sexuality to feel powerful or to fulfill her egoic desires for attention. She will not repress her sexuality or undervalue the natural power of her relaxed sensual, sexual being. She will nurture herself sexually. She will feel confidently alive, loving and vibrant in her body. She is also discerning. She knows when to say yes and when to say no. In sexual relating, she will experience herself as open and receptive and she may be available to one man or many. She feels into the sexual opportunities to ascertain whether

there is something of value for her, for him or both. She may ask, “Will it support us to move towards creating a more loving space for being of service to our communities?”

She gives herself lovingly to a man without expectation or condition. She allows her source, her love, to overflow and touch the man’s heart deeply.

She leaves a man free to discover for himself what it means to be a man. She takes care of her inner feminine and inner masculine so that she falls so deeply in love with life, until it becomes her only way of living. She nurtures only that which is real inside of her. She drops all stories, agendas, performances and fantasies. She knows the quality experiences of connecting with her essence and she lives from this place. Sharing her essence with the world never drains her. It is never a chore. Rather it is simply an opportunity to share and amplify her inner experience.

She interfaces with the world through the feminine; she is tender, compassionate and loving in all thoughts and actions. The way she feels is expressed in her tone of voice, the way she holds her body and the expression on her face.

She celebrates life and inspires men and women to rejoice in life and the unique expression of their essence. She knows that men become men when women become women, as that is the way of polarity. Polarity is always balancing itself. When a woman has moved into a masculine posture, the men she attracts will be more feminine, and when a woman falls deeply into her feminine she attracts masculine men. Women may force the premature end of a relationship due to “his lack of manliness”. However, she would find that through taking care of herself and learning to express her feminine, either the relationship will shift and he will reclaim the masculine space or the relationship will fall away, leaving her to attract a partner who is a more suitable polarity match.

So whenever, we are experiencing discomfort in our relationships and waiting for the other to change, look inside. Ask yourself what needs to be taken care of internally. The discomfort is simply your own being calling you home. The joy of life is restored when men and women remember who they truly are.