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# SPIRIT, MIND & BODY

## Accessing the Feminine

In preparation for Women's History month in March, I thought this might be a great opportunity to talk about something we all have in common -- the Feminine essence in each of us. That's right, gentlemen, I am speaking to you too! So if you want more understanding about how to access and benefit from the feminine nature inside of you, read on.

Let's first listen to the word "feminine" and begin to note what images come to mind. Say to yourself, f-e-m-i-n-i-n-e. There are thousands of images that race through my mind. Universally, the concept of the feminine represents fertility and the source of all life. Consider Mother Nature, Mother Earth, and Motherly Love. The feminine also represents opposition, lending its creative and intuitive sense to its masculine counterpart to establish the balance in all things. Think of the Sun & the Moon, Yin & Yang, or Shakti & Shiva.

On another level, the

feminine represents the softness and suppleness of life. The sensual pleasures that make our life so rich are of feminine origin, from the food we grow and eat, to the way we express our uniqueness in dance, to the way we nurture and care for



each other. This sensuality is the feminine incarnate within each of us. On a very basic level, the feminine most of us think of is represented by curvy lines, bright and flouncy fabrics, grace and lightness.

The feminine speaks to the creative, emotional and intuitive parts of our nature. It is the feminine that wants "love not war". It is the feminine that sees beauty in all living things. It is the feminine that cuddles, nurtures and protects us against the harshness of our own reality. It is the feminine that we seek when we are injured, sick or vulnerable. Understanding and compassion are feminine. Mysterious and mischievous are feminine. She is playful. She is spontaneous. She is hopeful. She is soft light. It is the feminine that creates a place for us to rest our weary minds, a place for us to heal and to simply let ourselves "be", so that we may grow from a seed into a flower and give our sweet nectar to life.

There is nowhere that the feminine is not. Of course, the feminine essence is stronger in most women that it is in most men. However, the feminine nature in all of us can be developed and harnessed to help heal a world that is deeply longing for her mother's soft embrace, just as we do when we are sick.

Do this exercise if you wish: Think of your favorite feminine qualities in the people you know. Write them down. Take notice of why these qualities attract you. Notice also how it makes you feel to be in this person's presence. Warm & fuzzy, right? Now look inside yourself and notice which feminine qualities YOU possess. I suspect it might be the part of yourself you find most endearing -- the part that is forgiving and kind -- the part that is grateful and loving -- and the part that makes the "hunting and gathering" of life worth the effort.

Each of us can help heal

the world through loving kindness, through dance, through creating our own beauty. Each of us can learn to bend instead of break. Each of us can come to realize that nothing worth having was ever gained by force.

*"Man egotistically claims he can push a button and burn the world to ash when he doesn't understand the power that moves his own finger. We must return to the world the nurturing energy of the feminine." ---Amma*

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**BALLARD STREET**  
 by Jerry Van Amerongen

Audrey stands down for the remainder of the morning.

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