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Opening Beyond an Impasse



I have learned more from you about my own blindness than from anyone else. Many times, your pained face and wounded heart have shown me that I have been living short of my potential, offering my life with less integrity than my heart could truly offer. I just can't see it by myself.

I try. I'm willing to look at my life and listen to the feedback of others. But even so, I have blind spots that apparently allow me to continue living in ways that are less true to love than I can live. And your heart's sensitivity always shows me what I can't see because of my own shells. I trust your heart's depth to reveal the parts of my life that my shells keep hidden from my view.

Because the feminine is connected with the flow of life energy much more intimately than the masculine is, you will often feel when your man is "off" before he does. You will be able to feel instantly when he is lying to himself or to others. Your heart will cringe. Your body will tense. Your breath will tighten.

You may not know exactly why. You may not be able to precisely articulate what you feel is "off" about your man's actions; you just know that your heart feels something is amiss. Your man is not living his deepest truth, he is not feeling your heart and everybody else's as deeply as he can: he is deceiving himself, living in his own justifications, and choosing a course that is less than his deepest gift.

You may try to tell him about what you feel, but he can't see it. Or, he may admit that he is "off," and then he may do nothing about it. When you try to talk with him about the way he is living his life, you may feel him defending himself, getting angry and deflecting your insight.

He may tell you that you are projecting your own needs onto him. He may claim that he is being honest with himself and with you, or that he is doing everything he can. Eventually, you may just give up trying to help him see his blind spot. You may even begin to question your own heart—do you really feel his self-deception or is it your own block that you are up against? Are you the one who can't feel your man's integrity, or is his integrity actually "off"? Are you afraid to totally surrender to your man's sexual claim, or is he truly blind to your deepest heart's yearning?

If you don't trust your man, you can't surrender open with him, sexually or otherwise. If he denies that he is "off" but you continue to feel it, then your frustration, rage, and confusion build inside. You begin to feel stuck, full of pain, unable to tell what is "his stuff" or "your stuff." The separation between you and your man grows.

Naturally, you try to guide yourself when you don't fully trust your man. You begin to rely on your own masculine capacity to navigate, since

your man seems unwilling to even consider that he has a blind spot limiting his integrity. Or, he considers it, feels nothing, and then dismisses it as your own emotional neediness and lack of trust. Yet, you can still feel something off, something not quite right, about the way your man is conducting himself in the world and in bed.

Other than those critical moments when telling your man exactly what to do is definitely called for, your two-bodied trust would grow deepest by giving your man your fully expressed feelings while allowing him the chance to correct his own actions. Rather than telling him exactly what to *do* with your masculine directional guidance, tell him with words and show him through your body and expressions how you *feel*.

Reflect to him how his "offness" hurts you and affects your heart. Rather than saying, "I think you should do such and such," express what you feel—hurt, anxious, mistrustful—but allow him to find his own way to a correction and learn to navigate from a deeper truth.

If you regularly tell your man what to do—even if you can clearly see what course he needs to take—then you are depriving him of a learning opportunity. You are stepping in and applying your masculine capacity to navigate rather than allowing him the chance to exercise and cultivate his own masculine navigational skills. You are creating a relationship in which he will come to depend on your masculine guidance. Is this what you want? Can you fully surrender your heart and body to a man who regularly depends on you to tell him what to do?

Obviously, there are critical moments in life when you should step in and take charge for the sake of you, your man, and your family. But how often do you want to be in charge of your man because he hasn't learned to navigate? How is your sexual desire for one another affected when you take charge and tell him what to do?

Learn to trust and value your heart's deep sensitivity. Fully express to your man how you feel as your lives proceed together, moment by

moment. But, as frequently as it feels appropriate, give your man the opportunity to step into the space of being the navigator. If you don't relinquish this space for him to step into, then he may never learn to guide with integrity and correct his own errors, and you may never fully trust him with your heart's surrender, sexually or spiritually. Your man may be willing to listen to what you think he should do, but the price you pay for him stepping aside to let you navigate is sexual neutralization and spiritual mistrust.

Meanwhile, don't suppress your pain and passively wait for him to get his act together. Show him your wince every time his actions are shallower than you know he is capable of living. Shout your anger every time he persists in denying his lack of integrity. Every time you feel him unreceptive to someone's honest feedback—yours or his friends'—display your disgust. Give your man your fullest expression in response to his self-deception or blunders, and allow him the opportunity to learn how to correct himself.

Your energetic attunement is a gift to your man. He often gets lost in the surface results whereas you can feel whether his deepest heart lives through his actions. You can show him, through your pleasure or displeasure, how profoundly his heart-depth affects you. He probably has no idea that you are so pained when he lives his life less deeply than you know he can. He probably can't feel his own lack of depth—he gets lost in rote tasks and the results of his actions. Apparent success is often enough proof for him to think he is doing the right thing. So your heart's response may be his only way to feel that he could be living more deeply.

If you both stand within your shells, then you will remain at an impasse, separate and self-reliant. You won't be able to open in two-bodied devotional trust.

Your man may say, "I can tell if I'm living true to my own heart. How can you know this better than I?"

You may feel, "Why are you defending yourself? I love you and only want your deepest heart to come through your life and our relationship. Why can't you see that you are pushing me and others away, saying you are open to feedback but justifying somehow you are right? I can't trust that you will see your errors, so I can't totally give myself to you."

Your shells make you the last person able to feel whether your true heart is being expressed through your body to the world. That's why, as you grow more open in two-bodied love, you must choose and inspire a man whose spiritual and sexual direction you trust more than your own. And your man must choose and claim a woman—you—whose heart-responsiveness and deep sensitivity he trusts more than what he can see for himself.