

The background of the page is a repeating pattern of two items: a dark-colored necktie with a light-colored, intricate paisley or floral pattern, and a dark-colored remote control with several buttons. These items are arranged in a staggered, diagonal grid across the entire page.

17

**Practical
Exercises for
Healing Your
Relationship**

What Can I Do When He Is in a Bad Mood?

The highest form of feminine radiance is love, which can be expressed in many ways. Men feed on this radiance. This love heals their hearts. When they receive it, men feel, *Yes! This is the woman I want to be with!* It is this radiance, this happiness, that shines through a man's bad mood.

Nothing makes a man happier than your happiness. Plan tonight this way: Be as happy as possible and give your happiness as much as possible. Give your happiness in the way you enjoy it, with energy and creative imagination. Don't imagine his negative reaction, *Oh, he'll never accept it.* Give him happiness the way you want to.

Kiss him, hug him, hold him, tell him you love him, tell him how good it is to see him. Do whatever expresses your happiness. He might scowl and mumble, "I don't feel like it. I feel horrible." Don't absorb his masculine refusal of life and energy. Transform the moment, literally, into a garden of life: music, loving affection, food and light. All of it is just an expression of your radiant happiness.

The feminine force is the force of life. Your happiness is the heart of this force. The masculine bad mood is all about dissociating from the force of life, but you don't have to withhold your gift just because your man tends to refuse you. The masculine always tries to avoid or manipulate the force of life. Take this into account, humorously, and be happy. Your feminine force of life is your unique gift to your man, and, deep down, it's what he wants from you, regardless of his resistance.

Men most readily receive their woman's happiness and energy in a physical way. That's why sex is often so important to a man: It's one way he feels love directly through the body.

Imagine that your man is in a typical, one-sided masculine orientation to life. *He feels, Life sucks. I've had a horrible day at work.* You can lift him out of this by offering him the gift of bodily life in the garden. Suddenly he tastes something incredibly delicious. He feels something warm on his skin. His muscles relax in your love. He drinks deeply of your energizing radiance.

It's the goddess coming to greet him which transforms his mood of "life is hell." This is the largest gift you could give him and yourself; to be connected with your own love and happiness, whether or not he is willing to receive you. If you are relaxed in, and giving, your native feminine energy, and he will not receive it month after month, then either you are with the wrong man or he is a very slow learner.



How Can I Tell Him I Don't Want to Be His Mother?

Your man probably treats you like mommy sometimes, and at other times he doesn't. Specifically, when you are sexual with him he probably treats you like a grown man treats his lover, not as a little boy treats his mother. If this is so, then in the moment you feel he is treating you like mommy, shift the energy by being sexual with him. Be overtly sexual with him, on the spot. If you don't want to go as far as sexual intercourse, at least touch him very sexually. This should instantly shift his energy from little boy energy to adult man energy.

It is good for him to be able to shift into his needy child energy now and then. But this energy could inhibit growth if it habitually pops up and prevents his full, masculine gift of love and integrity. The way to serve him is to help him feel

the difference between his little boy energy and his adult man energy. You can demonstrate the difference by touching him sexually when he is in his little boy energy, instantly evoking his adult, masculine sexual energy. He will feel the difference and be able to grow and take responsibility for his own masculine energy.

Instead of telling him what he should be doing, which would depolarize him, just touch him like a woman touches her lover. He will probably respond by shifting into his adult man energy. As his recognition grows, he will be able to take more and more responsibility for his energy pattern in relationship with you. He will become aware of his tendency to trust you like mommy, and you will have a powerful yet humorous and sensual tool for helping him shift into his adult masculine energy.



How Can We Regain the Passion We Had Before We Became Parents?

Between children and work, many parents find themselves without much time for each other as lovers. If you can't arrange to have an hour together away from the kids, with at least some frequency, then you won't have the opportunity to relax as a lover with him. You will always be in your mother energy and he will be in his father energy. It isn't easy to relax into your lover energy with your children around.

As an experiment, try this for two weeks. Whatever it takes, arrange your lives so that for an hour every third day your children are out of the house and taken care of. You and your man are alone. It doesn't matter what time of the day or

night it is. What does matter is that this hour is to be used for intimacy with your man.

It is important that your children are out of the house and well taken care of so that your attention is not compromised in any way by them. Furthermore, spend your hour together in complete silence. Do anything you want. Remain present together without leaving each other's company.

Practice this for two weeks and remember to remain silent. If you speak, you will probably fall into your old patterns again, talking about work, the children, your needs. The tone of your voice and your words carry the energy that defines your mood: tired mother, needy girl, good friend. If you don't speak, you are more likely to be simply present and open to intimacy. You will be feeling each other, simply and freely. You may touch or you may simply gaze into each other's eyes.

Just sitting in each other's company, silently and fully present, serves to move you into true intimacy. He may lean over and touch you or you may touch him. Allow for spontaneity. It will work out.

Allow time for his and your sexual energy to find their natural and relaxed expression. For this hour, you are not parents. You are lovers. His masculine and your feminine energy are dedicated to gifting each other with love, rather than to caring for your children. If you don't consciously make this time to be together in relaxed polarity, full-time parenthood will probably put an end to your sexual passion.



How Can I Learn to Enjoy Sex More?

Many women don't fully appreciate themselves as sensual beings. If you can't really enjoy your own body and take delight in all the sensations it can provide for you because of some form of guilt or shame, then you won't be able to fully enjoy sex with your intimate partner either.

In order to have a full sexual life with your intimate partner, learn to appreciate yourself physically. Take some time in private and give yourself permission to touch yourself everywhere, in any way that feels good. Don't necessarily touch yourself in order to achieve an orgasm. Touch yourself to relax deeply into the flowing energies of your own body, enjoying the force of your own pleasure. See if this doesn't open new possibilities of play with your intimate partner, or new ways you may consider playing in sexual love.



How Can I Stop Flip-Flopping Between Feeling Helpless and Feeling Strong?

Within you is a helpless part and a strong part. Within you is a part that thinks *I'm ugly* and a part that thinks *I'm beautiful*. There is a part that feels totally dependent on receiving love and a part that feels completely independent. Each of us has within us two sides to every judgment, mood and desire.

When you feel dependent on your partner, it means you are only listening to one side. When you feel independent, it means you are listening to the other side. When you have listened to one side for a long time, then it is healing to listen to the other side for a while. Wholeness is being able to witness

and hear both sides within you, and to choose your action based on intuitive wisdom rather than on either of these voices.

To help you witness both sides within you, try saying out loud, “There is a helpless part of me and there is a strong part of me.”

Or you can say, “I’m feeling confused and I also feel clear at times.”

Whatever comes up in you—hurt or anger or wanting to be alone—acknowledge it completely, but don’t acknowledge it as the only part. Instead, say something like, “I’m feeling the need to be alone, and at times I also feel the need to be with you.” They are both true.

Here is another example: “Part of me wants to leave, but part of me wants to stay.”

Both sides of a desire are always true. As you grow, you learn to accept both sides of yourself, and therefore both sides of your partner. You can even grow to accept, “I love you” and “I hate you.” There are always two sides to every emotion.

Realizing that the whole includes both sides instantly relieves the moment of one-sidedness. Rather than feeling trapped, you are free to witness both sides of every desire, and choose your action from this place of clear awareness. Always say the whole. “I’m feeling happy now, and I also feel sad at times.” “I’m feeling lonely now, and I have also felt loved.” “I’m feeling angry now, and I have also felt compassion.” “I don’t want to be with him now and I do want to be with him at other times.”

The practice of intimacy requires that we make free and clear choices. Such freedom and clarity arises when we embrace and witness both sides of every desire and emotion so we are no longer trapped by one side or the other.



How Can I Connect with My Intuitive Wisdom About My Relationship?

Sit quietly for a few minutes and center yourself. You can close your eyes or leave them open, whichever is more relaxing. Take several deep breaths and relax any tensions in your body or emotions.

Feel into the deepest part of yourself, deep into your heart rather than the words that are going on in your head. Rather than any particular emotional quality you may be feeling now, feel into your deepest self.

There is a fundamental undertone there, a constant sense of being. Allow yourself to feel into that most directly right now.

Visualize your intimate partner. If you don't have an intimate partner, visualize your potential or imaginary intimate partner. If you don't like to visualize, think about your partner, feel your partner or hear your partner's words. Contact your partner, or potential partner, through whatever way you can really sense him, through imagination, vision, touch, feeling, emotion or sound.

Feel what happens in your body as you imagine him or sense him. Is there tension? Do certain parts of your body open and certain parts close? Be sensitive to the texture of the different parts of your body as you hold the imagination of your partner approaching you and being with you.

What comes up in your mind? Are there thoughts about what he might do? If he wants you or likes you? Do you want him? Are there doubts? Just allow whatever happens to happen.

Allow your imagination or thought to continue, letting it go free form. Maybe you will begin arguing. Maybe you will

begin making love. Maybe you will touch each other and talk. Find out what happens.

Then, from the very deepest part of you, your most knowing, intuitive place, allow a message to emerge to your consciousness. It can be a message telling you what to do, with respect to this actual or potential relationship, or perhaps a message that is a question about the relationship.

Allow your deepest self to communicate directly with your conscious, verbal mind about the relationship. Whatever spontaneously comes, let it come. And if nothing comes, that's fine.

Whatever spontaneously comes about the relationship, let it come.

Honor whatever part of you gave you that question or message. Do the same if no question or message was given. Honor the part of you that you call your partner, or your potential partner. Accept anything you felt or thought and release it, like the breath, inhaled and exhaled.

Open your eyes when you are ready. Practice relaxing and staying sensitive to the intuitive wisdom of your deep self, even when your eyes are open.



Is Discrimination or Surrender More Important for Real Commitment?

True commitment is to love. If your commitment is to another person instead of to love, then you will suffer. First of all, that person is going to die, sooner or later. And while alive, that person will change continually. So there really is no fixed or unchanging person that you can commit to forever, only the eternal love you share with that person.

The form of the relationship may change, too. Sometimes love is most increased by separation, temporary or long-term. By committing to love, you are not only being committed to the love in yourself but also the love in the other and the love that both of you bring into the world. You are committing to whatever serves the magnification of love.

The masculine aspect of love is the question, “What increases love—this option, or this option or this option?” The feminine aspect of love is trusting and opening, rather than weighing consequences and thereby guiding behavior. It is important that each of us exercise both our masculine and feminine aspects so that our intimate relationships are balanced.

The masculine aspect of intimacy involves the discrimination of what steps are best to take next to maximize the incarnation of love in our lives. The feminine aspect of intimacy involves a remembrance of love in the present; it is a relaxation, a surrender, into love now.

It is your gift as a feminine incarnation of the Divine to attract your man from his head into his heart and to invite him into love. It gives him tacit permission to feel, sexually as well as every other way, from his heart, rather than from just his head or his genitals. This gift is your embodiment of the feminine principle, of the goddess. The feminine is far superior sexually to the masculine. Gift your man with your superior energy and sensitivity and invite him into the realm of the feminine.

It is your gift to incarnate feminine love without fearful inhibition. You don’t have to withdraw your energy, feeling, *He’d rather be working now so I shouldn’t gift him.* You don’t want to interfere with his path of truth, but there are many times when his path veers away from the truth of his heart into the needs of his head or genitals. In these moments,

allow yourself to be free, to be wild and radiant in your unique way. Invite him into love, don't just accept where he wants to go. This is your gift to him as a woman, because the power of love is as inherent as your breath.



How Can I Clarify Whether I Really Want to Stay with My Man?

If you are trying to decide whether to stay with your present partner, you could use a daily contract as a tool. Every morning when you wake up you could sign a contract with your partner. It is either a marriage contract, a separation contract or a divorce contract. Every morning you select a contract for that day.

If you wake up and you feel divorced, you would sign a divorce contract for that day and live that day as if you were divorced. The next morning, you may feel married. So you sign a marriage contract for that day. Both of you then act as if you were married for that day. Each day is a new choice. Sometimes by shifting the energy and assuming, “Today we are divorced,” the relationship is clarified. Relationship is not a given form. We often think that once we are married, that's that. But really, relationship is an ongoing decision.