

Keys to Enable Feminine Fulfillment

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Note: As I always maintain, everything I say below is only my opinion, which is based on my own experiences and observations. – Swami Devanand

Introduction

I wish to propose that the factors listed below are the sort of things a woman should work towards to live a rich and fulfilling life. I call these factors “keys”; each key unlocks a portion of the woman’s potential fulfillment. They are NOT listed in the order of importance.

Whether the woman should work on these keys simultaneously, or take up each of them separately, depends partly on her stage in life, and partly it is her personal choice. For example, for a young, single, independent college-going woman, “making friends” (called “connections” below) may be a way of everyday life. For a mother of a young child creativity may come very naturally. And so on.

However, the woman should avoid two traps: one is becoming obsessed with just one of these things at the expense of the rest – which sometimes happens when she is in love or when she is a mother. And the other trap is wanting everything at the same time – which, even if possible, would make her life incredibly complex.

Health

Attention to physical health is critical for everyone, not just for women. Good health is the most important factor in creating opportunities for a happy life. The reason to mention it here explicitly is that women have a tendency to ignore their health or give it a low priority while playing other important roles in their life. Some mothers, for example, get so obsessed with their children that they forget all about exercising, eating properly, etc.

Simply stated, a woman must always look after her own health, and find time to exercise, sleep and eat well, get regular check-ups, etc. no matter how demanding or interesting her other roles are.

Independence

For a woman, *independence* firstly means “self-reliance”. It means she should always strive to reduce her dependence on others for her needs. She should make all reasonable

attempts to be self-reliant, to be financially independent, and at least avoid taking favors/help when they are not needed.

Independence also means making her own decisions. She should not depend on others to make decisions for her, and must take responsibility for the consequences – good or bad. Making her own decisions (and mistakes) allows her to avoid having to blame others and to accept events even-mindedly. It also allows her to be in charge of her life.

Of course, it is important to be clear about which decisions are your “own”, and which are not. For example, how to spend your money (i.e. money earned by you) or whether to meet your male friend for a cup of coffee are matters that you alone should be able to decide, and you must fight for their ownership. On the other hand, which school your son should attend or what gift your husband should buy for his mother, are matters that need not concern you exclusively. Women try to take charge of such matters and unnecessarily add to their headaches.

Connections

A connection is a healthy association with another person. A woman needs to have strong direct connections with various people: her siblings, her mother, friends (both men and women), colleagues, etc.

Every woman has a great potential to love. But, typically she has the tendency to confine her love to a specific person or family members, thus closing doors to anybody else. This is like drawing boundaries around a heart that has an infinite potential to love. This not only leads to unhealthy dependence but also stultifies her growth. If a woman can overcome these cultural or self-imposed boundaries she would feel immense love. She would witness her own potential in every sphere – creativity, purpose, self-awakening, and so on.

A woman should have her “own” connections that are not indirect, although they may start out that way. These “direct” connections allow her to share and exchange ideas, seek help, discuss her problems, etc., with the assurance of trust and confidence.

A woman must try to build and maintain these connections irrespective of her stage in life, and as far as possible keep them independent of each other (in separate parallel universes).

One special type of connection worth mentioning is a *Feminine Circle*. There is a deep empowering bond in staying connected with a group of conscious, like-hearted women. This circle can become the woman’s support system which is non-judgmental and

which can enable mutual sharing, learning, and growing. It is not difficult to find women for your feminine circle: you can find them within your family, at work, at the yoga retreat, among women who inspire you, and so on.

Creativity

Creativity refers to an area of activity to which the woman can apply her talent and which she finds interesting and rewarding. Creativity is the quality that she brings to the activity; it is an attitude, an inner approach. Creativity helps the woman strengthen her confidence and destroy self-doubt; it leads to self-love.

Creativity is about discovering her gift/talent and pursuing it. It should not be confused with her life roles such as being a mother or a wife, although most women become extremely creative through these relationships, for example: cooking, home-making, celebration of festivals, etc. Woman's real creativity – one that she can rely on throughout her life – must be role-independent.

Only through exploration and exercises in self-discovery, she can find out her creative calling.

Motherhood

The word *mother* is better used as a verb. A woman loves *to mother*, i.e. to care for others, especially her own child, but also, other children, her parents, older people, and so on. Recently the CEO of a large corporation was asked to list her various roles in the order of importance. She said that she was a mother first, CEO second, and wife a distant third!

Women certainly don't need a how-to guide to play mother (to her own child). I would only like to suggest that motherhood should happen at her own natural clock, i.e. when she wants the child, and not at some artificial date or age dictated by her culture or relatives.

If a woman can't have her own child, all is not lost; she has plenty of opportunity to exercise her care-giving energy to care for other children, other women, older people, and so on.

For a woman to be an effective mother of her children, there is no doubt that it is desirable to have the father to help out in the raising of children. In most cases, this father is also the husband (or boy-friend) of the woman. The mistake most women make is to have dual expectations from this man: to be a good father as well as a good husband. I propose that it is best to focus primarily on the "fatherly" aspect and give

low importance to the “husbandly” aspect. The woman should try to ignore poor performance on the “husbandly” front so long as the man is doing a reasonable job on the “fatherly” front. (Of course, whether the woman should play wife to a man who does not qualify as a “good husband” is a different topic altogether. It is possible, and indeed common, that men start out as good husbands and lose steam as time goes.)

If the woman is divorced, typically the father is missing altogether from the parenting scene. I think the woman should allow him to play the role of father (especially if he is interested); his participation would make the woman’s job (as mother) much more effective and tolerable.

Mr. Yang

Finally let’s discuss the wonderful influence men can have on women’s quality of life. Of course, in reality a lot of men have a very destructive and hurtful influence, but since this article is about feminine fulfillment I will only focus on the positive aspect.

I have chosen the beautiful metaphor of Mr. Yang (borrowed from the Chinese Yin-Yang philosophy) for this purpose. Simply stated, the idea is that Yin represents the feminine and Yang represents the masculine and only when Yin and Yang come together they experience true completeness.

So, what is this Mr. Yang really like?

Mr. Yang is a man that makes the woman truly feel like a woman, who makes her aware of her feminine nature, who respects her completely, who does not disparage her feminine traits. He is someone with whom she can share her most intimate thoughts.

Mr. Yang makes the woman aware of her sexual energy and helps her release and harness it. Every woman has the potential for deep orgasms. The awakening of her sexuality has the power to aid in the process of creating self-awareness, of discovering the various dimensions of femininity – and thus nullifying the need to depend on external borrowed knowledge. The sexual orgasm can both be a joyful and a healing experience. The woman can attain this experience in a trusted environment, where she feels safe, and the company of a man who is open-minded, spiritually inclined, and respectful can certainly enhance this experience.

Finding a Mr. Yang is a tough task. The only way is to be open-minded and adventurous. She cannot depend on traditional ways, such as, arranged marriages. She needs to keep her eyes and ears open to find Mr. Yang. Generally, most women have a good nose for a man; they just need to follow their natural instincts honestly.

Unfortunately, these instincts are hidden deep beneath the burden of cultural norms or moral codes.

As mentioned, the woman must keep her eyes open to find her Mr. Yang, but she must also be watchful about not getting stuck with some idiot (which, there are plenty, unfortunately).

It is certainly a matter of great fortune to find a man who has all the required qualities of Mr. Yang. Such men are extremely rare. And even those who seem to quality are not perfect.

So what is the woman to do?

Well, for one, it clearly makes sense not to put the entire burden on a single man (typically the husband, who – poor chap – is already burdened with family, children, etc.) but be open to allowing the presence of a loving, trusted, respectful male friend to pick up the slack!

And, if the woman is truly inspired with the idea of Mr. Yang, she can certainly transform, through loving mentorship, a “promising” man into a close approximation of Mr. Yang.



Article keywords: sexuality, marriage, love, relating, motherhood, creativity, body, mind, meditation, wholeness.

Last updated: 30 June 2017