

Relationships & Sexuality

What do men want in a relationship? What do women want?

<u>Qualities women want in men.</u>	<u>Qualities men want in women.</u>
Presence	Beauty
Intelligence	Sexual Openness
Strength	Trust of their (man's) direction
Passion	Support for their (man's) vision
Direction	Intelligence
Humor	Healthy radiance

Table 1: David Deida – Survey

Summary: In actuality, men & women both want the same thing in their partners: **the authentic other, which is to say, the authentic self.** Men want women who are being their authentic selves, and vice-versa. The list of qualities in the table above are some authentic, innate qualities of masculine & feminine energy.

How does one practice acceptance and non-attachment in a relationship?

One's ability to practice acceptance & non-attachment corresponds directly with one's level of consciousness. This growth of consciousness ultimately leads to self-realization, or the direct realization of self and/or another.

Practice 1: Put your attention on the other as a divine, non-physical, conscious being. An individual with choice.

Practice 2: Once a day, consciously choose to do something for another person. An act of loving service. Do it without any attachment to the results of your action, and with no need or desire for recognition or acknowledgement. Notice how you feel when you are doing this. What is your experience? Once you are able to do this consistently, choose to perform 2 acts of loving service each day, and so on.

How does a person who is naturally feminine leave their (masculine) work behind at the end of the day and return to their natural essence?

Practice 1: Create a “coming home” ritual. A physical, emotional, mental, & spiritual process that separates work from play. Change clothes. Take a shower/bath. Put on some music. Do some breathwork & body movement. Sing. Prepare some food. Light some candles. Leave the workplace behind: don't take any work-related calls, emails, texts, etc. Put your attention on your partner, kids, pets, or plants.

Practice 2: Journal. If there's a work-related issue that is on your mind and you cannot let it go, try writing down everything that you are thinking about. Once you feel complete with it, let it go and trust that by letting it go, the issue will be taken care of. It is often better to approach something with a fresh mind, and letting something go and relaxing is both healthy *and* productive.

How does one bring feminine energy into a masculine work environment?

Let's rephrase the question so that it applies to all situations: What would most deeply serve this space right now? How may I offer my deepest gift to this moment in time & space?

It is not always appropriate to bring feminine energy into a masculine work environment. *Feel* into what the space needs and requires for the deepest fulfillment of everyone & everything.

Often, a sterile, masculine workplace needs feminine energy to re-invigorate the space. Humor, lightness of touch, sensitivity, nourishment (food, drink), contact & encouragement, compassion and inspiration are all needed to help balance and nourish a masculine workplace.

How does the feminine hold space for the masculine, and vice-versa?

Short answer: **Love**

Longer answer:

There are 2 components here: holding space, and masculine/feminine energy.

We hold space for each other out of love. In doing so, we support each other's growth & development in life. The masculine & feminine grow differently, however.

- The masculine grows primarily through challenge.
- The feminine grows primarily through praise.

On average, most men grow best with around 80% challenge and 20% praise; most women grow best with around 80% praise and 20% challenge.

So, rephrase the question as: How does the feminine support the growth of the masculine, and how does the masculine support the growth for the feminine?

The following notes are written for men who's natural essence is more masculine, and for women whose natural essence is more feminine. These suggested practices must be adapted for each individual and can, of course, be used by anyone regardless of their physical gender.

General Practice: Visualize a man and a woman dancing together. Ballroom dancing is a perfect example of masculine & feminine energy in relationship. Frame the context of any “problem” or situation in terms of a dance between the masculine and feminine, and consider how they can support each other in this dance.

For Women:

Understand that your role is not to directly challenge your partner, because that would put you in your masculine and create conflict. Instead:

- support their vision
- trust their direction in life
- trust them to grow through their own mistakes
- provide feedback in the form of pure feminine expression
- support them with feminine love

On the occasions that the masculine cannot “lead” the dance, you can take over, but understand that you're doing this only until they have regained their confidence and can start “leading” again. The greatest pain for the masculine is not being able to “lead” the dance. i.e., not knowing or fulfilling their purpose in life.

Men also need other men to challenge and support them.

For Men:

Understand that challenging a woman to grow is the wrong approach for the feminine. Instead:

- provide for them
- protect them
- guide & direct “the dance”
- praise them
- support them with masculine love

Very Important Point

Men and women both have masculine & feminine energy inside of them, and this balance is unique for each individual. For example, a woman who has a strong masculine side, with a strong vision and purpose in life, may grow and respond better to challenges than to praise. In private, however, she may respond and deeply desire to be appreciated for her feminine beauty.

Likewise, a man with a strong feminine side may grow and respond better to praise, and desire a partner who leads the dance more. Polarity is the attraction of opposites.

Conclusion: Know yourself and your innate balance of feminine & masculine energy. Also know what your partner's innate balance of feminine & masculine energy is. Create a dance that works for you both, supporting your growth as individuals and as a couple.

How does a man open to his feminine side in a male-dominated society?

Suggestions:

1. Take up a hobby that allows for creative self-expression. Art, photography, dance, etc. Join a group of people that are doing the same things, such as a dance club or school.
2. Find and hang out with like-minded people. People that will support your personal growth in masculine and/or feminine energy.

Long-term relationships

No “secret to success” with regards to successful, long-term relationships.

Some contributing factors, however, include:

- Compatibility & agreement on the basics:
 - Sex
 - Money
 - Goals in life (children, family, work)
- Love
- Good communication skills
- Maturity
- Commitment

Claiming & Surrender

Feminine – ISE (Invitation, Surrender, Expression)

Masculine – PCP (Presence, Claim, Penetration)

Large topic, dealing with the dynamics of masculine & feminine energy. Another night.

Monogamy, polyamory, infidelity, etc.

Another night.