

## Feminine Power--The Art of Surrender

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To many, feminine power--the art of surrender, may appear to be a paradox. I have learned that there is often truth in paradox. When one surrenders from a place of love, it is an act of great power. Even though men such as Jesus, Moses, and Gandhi, have surrendered to the will of God, the act of surrender in both men and women comes from the inner feminine aspect. What is the power of surrender? Why is it important? What is necessary to accomplish it? How is the sexual arena especially important?

Many leaders with true power have surrendered from a place of love. Moses surrendered to God's will when he went into the mountains and returned with the Ten Commandments, thus having a major impact on Judeo-Christian religions. Gandhi surrendered when he allowed himself to go to prison for his beliefs. When Mother Theresa helps the poor of India and surrenders to an inner calling, that act has power. In smaller ways, too, when a mother saves her child's life by lifting an automobile off of him, she surrenders to love.

In my own life, various occasions have been presented where I had to rely on the feminine power of surrender. Several years ago, I quit working for a therapist under threats of retaliation and possible failure, to do the work I felt called to do. I was afraid of letting go of security and facing an unknown situation. Only from my deepest agony and a desperation so great that I felt my soul was dying did I finally listen. I ultimately heeded the continual guidance from therapists and teachers and went out on my own. The events which followed were miraculous to me, offering uncontrived rewards and unusually rapid growth and success.

Another time, I relied upon my feminine power to end an unhealthy relationship. I was able to summon unconditional love for a man and accept who and what he was, even though he had emotionally abused me. I felt compassion for what he had experienced in his life, and through the feminine power, I surrendered to ending that relationship. Although I still loved him, I found the strength to accept the highest good for both of us and move on. As I have learned, feminine power is that force which allows us to override fear.

It is absolutely necessary to realize feminine power, not only for our personal lives, but for the planet as well. This is a critical time in the evolution of our world. The native Americans warn that Mother Earth is dying.. Lynn Andrews has said, "..Men have to heal the female side of

themselves, and they can only do that with a woman of power. ...Women have to learn to be true magnificent women." Only through the power of the feminine,, will the earth be healed.

To develop feminine power requires giving and receiving unconditional love from a place of strength. Love without judgment, criticism, or blocks is a profound spiritual power. You can avail yourself of it when desired, if your energy channels are open. To open your energy channels demands a clearing of your own emotional debris. Breathing work, deep massage, hypnosis and energy work are some of the techniques I have found useful. Above all, growth takes courage. We must confront all our worst fears and addictive patterns before we can become vessels for the spiritual energy.

When we know the sacredness of all life, dedication and courage follow. Feminine power is the first step in serving on the spiritual path. The feminine comes from a place of receptivity in creating union, cooperation, love, and oneness. From there, it takes the male energy to put forth action and bring dreams into fruition.

One of the ways feminine power is expressed is through sexuality. Shamans know that the only real energy, life force, or chi we possess is from sexual energy. In the taoist, Tantra, and Quodoushka tradition, sexuality serves a spiritual purpose. In the act of making love when two people can give and receive their unconditional love, they experience their own God-nature. In the Tantra tradition, the woman is viewed as the gateway to bliss and to God. Mutual surrender goes even deeper during lovemaking, Rajneesh says that "Oneness is centered within you... Now you are in a deep communion with the Existence itself, and the door (the partner) the other, is no more there...you can be in the sex act with the whole universe." This is assisted by the experience of feminine power-the act of surrender.

Healing is one of the benefits from a total lovemaking experience. Ruth Montgomery in her book, Born to Heal says "One of the main fueling nerves in relation to the magnetic field of women is the clitoris nerve. When this nerve is dormant, it does not properly relay fuel to the magnetic field. With partial dormancy of this field, there is insufficient distribution of the energy and the nervous energy increases." The woman's partner will also feel the affects of this tension and experience, irritability, tension, and friction. According to the Taoist tradition, during normal intercourse mutual healing takes place as corresponding acupuncture points on the penis and vagina are stimulated. I have also found that during intense orgasmic states, a profound healing occurs through deep emotional and/or physical releases.

Deep love requires a willingness to expose ourselves and be vulnerable--to surrender. The act of surrender during lovemaking takes us to ecstasy, and ecstasy to God.

Ironically, it is often quite frightening to let go fully into an ecstatic lovemaking experience. The fear occurs as one approaches unknown territory. It is the approach of the death of the individual isolated self as one merges with another and all of life. This is not a physical death; it is a spiritual death, often heralded by an explosion into cosmic joy and a feeling of having arrived home.

Reaching this pinnacle of cosmic joy in lovemaking can be assisted by consciously feeling and directing the energy. This may be experienced as heat or vibration. Sometimes visual imagery will occur simultaneously. Feminine or masculine power can be utilized to do this.

For the feminine power to reach its fullest potential attention, focus, and will must be activated. Energy follows thought. Your attention on love or the sexual center (genitals, second chakra) produces a corresponding energy. You can direct and move that energy by focusing your thoughts when your own energy channels are open enough. It means using your will to focus your attention where and how you want it. Attention, focus, and will is at the base of most spiritual practices. Imagine the energy in your sexual center moving up your body, to your heart, out your crown. From there, bring the energy into your partner's crown, down their body to their genitals, and back into you.

To be able to use sexual energy in this way requires greater balance of the male/female energy within. It takes a truly powerful woman (or a man willing to know his anima) to take this on.

From the ancient traditions, Inanna is the oldest goddess of love. Then came Aphrodite and the emergence of the Tantric priestess or the sacred prostitute. These goddess images represent the alchemical goddess of transformation. Aside from bringing sexual and sensual pleasure, she is the vessel by which raw animal instincts are transformed into love and lovemaking. According to Nancy Qualls-Corbett in [The Sacred Prostitute](#), she makes love to the man as though he were a god. He invited her into the mysteries of feminine sexuality under aegis of the goddess. This awakened her innate nature of giving, receiving, and containing love. To him she rekindled the divine spark of life and well-being. Intercourse and the mystery of sex paralleled the mystery of religious teachings.

Fear of feminine power has been a major cause in the debasement of women's sexuality and patriarchal exploitation. Fear was expressed as women became chattel , sex was negated for anything except procreation, men took more than one wife, and witches were hunted. Now it is important to overcome this fear.

Real feminine power is surrendering to the will of Spirit from a place of total love. Sexuality can be an important vehicle. Through utilizing attention, focus, and will, one can direct and awaken the spiritual energy. In this way, man, woman, and the earth itself will be healed.

Helaine is a marriage and family therapist in Van Nuys, CA. She is conducting workshops on: Sacred Sexuality for Women, The Feminine Warrior and Sexuality--The Dance of Love (for men and women). She does on-going groups, classes and individual work, including the area of changing addictive relationship patterns.

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