

## **Passion & Purpose - Wisdom for Women In Relationships**

Many women long to connect deeply with their partner but have been unable to do so. They may be successful in other areas, but creating a fulfilling relationship remains elusive. What is it that keeps women from having what they really want?

There are many factors, as individual as the women themselves, but there is a common thread. The biggest obstacle to having intimacy with a partner is the unresolved hurt and betrayal of childhood wounding and the negative relational experiences that follow. Your relationship templates are created by your relationships with your primary caregivers. You may have left your parent's home decades ago, but your relational imprints remain until the edges are softened by new positive experiences.

Unfortunately, you may live out the same patterns, never giving yourself the chance to create new positive experiences. You may disempower yourself by believing that someone else is creating your painful experiences. So you shut down in an attempt to protect yourself from further pain and focus on how your partner is not giving you what you want. You have forgotten how truly powerful you are as a woman to invite a man's committed presence into your life. This can leave you feeling stuck and lonely, even with a man you love. Your desire for connection tells you that you want to be with your partner, but you have felt too vulnerable to open to the possibility of being hurt again.

What do you really want? What have you always longed for? What would it take to believe in yourself and give yourself a chance? Now is the opportunity to be your own protective father and your own nurturing mother so you can set boundaries and care for yourself emotionally. Now is the time to give yourself what you've never received from anyone else – complete adoration, acceptance and compassion. Are you ready to really open up to your man and, if not, what would it take for you to become ready?

Many women believe they are ready to be intimate but they are not in their bodies. Intellectually they understand relationships, they may even know what it takes to create a healthy one but they are cut off from their own experiences. Their breath is shallow, their bodies constricted and tense – no movement or flow is allowed because it would open the door to locked up pain that needs attention. And yet, this is the door to freedom - the freedom to experience both pleasure and pain, to be fully alive in your own body. You experience relationships on all levels: physical, spiritual, emotional and intellectual. All of these areas need attention and they need to be aligned with one another. If any area is neglected, it's impossible to be fully present. If you are not fully present, trusting another person can feel very precarious.

To trust someone is to surrender, to give up some measure of control. To give up some measure of control, you need to know it is safe and that you can trust yourself to see clearly and set appropriate boundaries. Seeing clearly requires being in touch with yourself. Setting appropriate boundaries requires feeling worthy enough to take care of yourself. Many women have been

deeply disappointed by their fathers and other male role models throughout their lives. After being hurt so many times, they came believe they were unworthy of love. This painful conditioning caused them to repeat the pattern and pursue unavailable men who confirmed their negative beliefs.

Be there for yourself no matter how you feel and stop pretending that you're fine. Let down your guard and heal through the love of an accepting other who wants to know you completely. Stop giving yourself away in order to get love; there's nothing to earn or work for. Love itself will heal and expand who you are. In the light of love's healing, you will radiate beyond your pain and conditioning to be even more magnificent.

Staying connected to yourself and centered in a relationship is like a meditation – when your mind wanders, you just keep coming back. It's important to take it slow. Be discerning and get feedback from trusted friends or counselors who can see the situation objectively and give you a map for moving forward. You need the empty space of slowing down and tuning in to connect with yourself and open up to someone. You need the room to feel your body and hear your intuition so you know how you really feel and what you really want.

Decide to make room for a committed man to enter your sacred space. This requires enormous trust to believe you can have this if you've never had it before. It means deeply valuing yourself and trusting that someone will really see and appreciate you. It means exposing yourself and trusting your own perceptions. It means setting boundaries when you need to. It means worshipping yourself as the goddess that you are and inviting your man to do the same. You set the tone. You create the loving example. Set your own standards for how you will be treated - because you are wise and powerful, not because you are frightened and in control.

The attractive women are the radiant open flowers with life beaming out of them. Smell, taste and feel life as you're moving through your day. Let the playful child and the powerful woman emerge to be seen and appreciated. Realize that your man will be irresistibly drawn to your radiance if you just let it shine through.

Believe it is possible. Know you are worthy and commit to letting it happen. Take the necessary risks to make yourself available to love. Heal your body and open your heart. Connect with other women who support you and rekindle your passion for life. Meet yourself and take a stand for who you are and what you want – then surrender to the magnificent mystery of how it will manifest. Appreciate what you already have and set your intention to expand it. How could ecstatic love NOT flow through such an open, receptive channel?

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