

# Healing Your Relationship with the Masculine

## Divine Masculine Healing Ritual

[michelewillmott.co.uk](http://michelewillmott.co.uk)



## Healing Your Relationship with the Divine Masculine

If you are struggling in your love life, like with many women there often tends to be an objectification of love.

Here, love is seen as something that you come across by chance or it is something that happens to other people & therefore always seems out of reach for you.

You may seem to be in a perpetual cycle of feeling stuck or 'waiting' for your partner to transform or for the right man to show up in your life.

Even if you know that you need to change, you often just don't know where to start. I will be going over a practice in this guide, which will help you start to change your paradigm in love & replace it with one that is far healthier, supportive & loving.

It is designed to help you relate to love in a completely new way, so that you stop falling into patterns of behaviour & thinking whereby you see love as something outside of yourself.

This is how you can start to 'build' a healthy love life moving forwards.

**[michelewillmott.co.uk](http://michelewillmott.co.uk)**

## Healing Your Relationship with the Masculine

I am going to share with you a ritualised practice that I recommend doing for 21 days, in order for you to become really familiar with how this new paradigm feels within you.

It takes time to change our conditioned behaviours & patterns & it also takes time to develop that feeling of trust within yourself. However, you can rest assured that you will be developing a strong sense of inner support by undertaking this work.

It is something that you will always be able to draw on, especially in your times of need but also in terms of ensuring you don't fall back into old patterns of 'waiting' for a man or your partner to rescue you.

The current paradigm for love in Western society encourages a devotion to the idea that when you meet the 'right' man, all your prayers will be answered.

Now I know you know on an intellectual level that life is not like this. However, you will be surprised at how deeply ingrained this way of looking at love is, to the extent that your behaviours, thoughts & feelings will often reflect this without you even realising it.

[michelewillmott.co.uk](http://michelewillmott.co.uk)

## Healing Your Relationship with the Masculine

We become so fixated on having a happy, fulfilling relationship but no-one has taught us how to do this.

Of course this is because we genuinely want to share our life with someone but the problem is we receive messages, which suggest we will only be complete once we have a perfect partner & relationship.

As a result women end up focusing or 'devoting' themselves to the wrong masculine energy.

They are continually looking to a man or their partner to fill what seems to be missing or to give them the love they feel they need or deserve. In turn this results in recurring feelings of loneliness, frustration, hurt & disappointment.

All of this is happening because they are relating to the masculine within themselves in an unhealthy way & this then gets reflected back to them in their external reality time & time again.

[michelewillmott.co.uk](http://michelewillmott.co.uk)

## **Healing Your Relationship with the Masculine**

**When I say 'relating to the masculine within yourself  
in an unhealthy way,' what do I mean?**

It means that there is a lack of trust in & connection to our own special gifts & innate power to create a truly loving & supportive romantic scenario.

As a woman you have been taught by society to give your power away to people who are controlling & who abuse positions of power.

You have received all sorts of messages that say you cannot have what you want or be who you want to be; that you are too much or not enough & that your emotions are not appropriate.

Where there is an unhealthy relationship to the masculine there will also be an unhealthy relationship to the feminine.

Healthy feminine energy is generally not valued & is seen as something to be wary of. This results in men & women not being 'allowed' to feel, accept & transform their emotions into the gifts that they actually are.

**[michelewillmott.co.uk](http://michelewillmott.co.uk)**

## Healing Your Relationship with the Masculine

If true masculine & feminine energy are not revered or honoured, then we have at our hands, a mass of people who are not able to relate to themselves or their partner in a healthy way.

I must add that this is not about blaming & vilifying men. Whilst we live in a patriarchal paradigm & there are men who are behaving completely from shadow, it is not the framework that is the problem as such, it is the way we have been conditioned to relate to our power & thus our emotions that is the problem. This has all resulted in minority groups in society being marginalised, abused & penalised.

Unhealthy masculine energy is something that we see in both men & women. It is largely reflective of the fact that people have been encouraged to live in states of struggle & fear based behaviour, in order to 'survive' at all costs & at the expense of others, so that those in power can advance themselves.

Another unhealthy way of relating to love that is also perpetuated in society, is the idea that 'it is normal' for people to argue & experience conflict. This may be normal in that it is common, but it is still dysfunctional & unhealthy.

**[michelewillmott.co.uk](http://michelewillmott.co.uk)**

## Healing Your Relationship with the Masculine

It is completely possible to get beyond this way of relating to a partner & create a relationship that is based on harmony & which is argument & conflict free.

It can of course, take quite a bit of 'messiness' & conflict to get there to start with, this is part of the journey to get beyond society's norm of co-dependency in relationships.

Also, once you get there it does not mean that you never have a conversation where you feel uncomfortable again. It just means that any discomfort that arises is due to the radical honesty, vulnerability & acting with integrity that is required to create true freedom, connection & intimacy in your relationship.

Your shadows will still do their best to come up.  
However, in this type of relationship,  
shadows NEVER get to run the show.

This is because you have two people who are able to deal with their own mental & emotional well-being in a healthy way without getting dragged into each other's 'stuff', getting into a fight or avoiding what needs to be said or done.

[michelewillmott.co.uk](http://michelewillmott.co.uk)

## Healing Your Relationship with the Masculine

In order to create such a scenario, it is essential to heal your relationship with true masculine energy.

Devoting your attention away from the 'wrong' masculine, which is intent on forcing, controlling, corruptive & destructive type energies & behaviours & re-pointing it towards the Divine Masculine, which is loving, providing, supportive, nourishing, life giving & generative for the good of everyone.

Once you have a strong & healthy relationship with your masculine within, your inner feminine will feel safer & far more confident that she can receive.

You will feel much more provided for in love. The more you do the inner work the more you WILL see evidence of this showing up in your reality.

This is all completely possible in  
**The New Paradigm For Love.**

I like to describe it simply as; a relationship, where you feel deeply loved, heard & seen & where you are able to show up in your fullest expression, without having to hide parts of yourself

**[michelewillmott.co.uk](http://michelewillmott.co.uk)**



## **Healing Your Relationship with the Masculine**

The less you have to hide the more you will be able to embrace your best qualities & your capacity to love another human being, who is also not perfect but unique in every way.

In this paradigm you do not have to fall back into old default behaviours, where you are holding your partner to ransom & being manipulative without even knowing you are doing it. You will be able to look after yourself because you have a strong, foundational support framework in place, backing you at ALL times.

### **Here are some other specific outcomes that result from re-pointing your focus towards the true & Divine Masculine:**

- To 'right' your relationship with yourself as a woman i.e. to be the subject of your own desire rather than the object of a man's desire.
- No more abandoning of self but greater integrity in relation to your values, desires, standards & vision.
- Being able to fully inhabit your body rather than falling foul of the overthinking, saboteur mind.
- The cultivation of greater presence.
- The reduction of anxiety.

**[michelewillmott.co.uk](http://michelewillmott.co.uk)**

## Healing Your Relationship with the Masculine

- Greater alignment with your desires & how you want to live.
- Becoming a master of time & space & therefore be able to manifest what you want.
- Fuller expression as a woman & greater capacity to use your vulnerability as a strength.

**In this practice you will be calling on the Divine Masculine as The Protector & The Provider & you will be doing this using your Inner Feminine energy.**

I recommend doing this for a 21 day period, as essentially it represents your commitment to moving away from trying to 'get' a mortal man to love you in exactly the way you want (& in doing so preventing him from fully loving you in his own unique way);

& replacing this with a commitment to yourself, your values & desires as well as your own innate power to create **WITH** the support of the Divine Masculine, i.e. you don't have to do this on your own.

[michelewillmott.co.uk](http://michelewillmott.co.uk)

## Healing Your Relationship with the Masculine

This is what I call replacing “false devotion’  
with true devotion &.....

### Devotion

(to healthy masculine & feminine energy within yourself)

**IS the energy to  
open the door to your desire.**

**Your desire is your lifeblood,  
your turn on & your north star.**

This is where you have to decide to take your  
overly focused attention away from your  
partner or a man & put it onto the divine  
within & without, so that your feminine feels  
safe enough to enter into sacred union within yourself;  
otherwise known as **heiros gamos**.

A woman who is able to commit & devote herself  
in this way is willing to prioritise herself &  
clean up her own energy, such that she finds  
true love & support within herself first & foremost.  
She is not willing to subscribe to old paradigm  
ways of thinking & doing because  
she knows that she is fully responsible for  
creating her own ideal love scenario.

**[michelewillmott.co.uk](http://michelewillmott.co.uk)**

## Healing Your Relationship with the Masculine

Before you start this ritual, please know that I felt a little strange doing what you are about to read & some of the things I suggest you to say. However, it was far more important to me to transform my marriage rather than see it disintegrate into something that would be the equivalent of 'settling.' I decided to commit to the practice & made it my own regardless of how strange it felt. I suggest doing it for the recommended period & making it your own as you get more used to it & use words that feel right for you.

If you come from a background where religion has been oppressive in your life, this practice is not intended to have any religious connotations whatsoever.

Whatever your relationship to the Divine, whether you see yourself as religious or not, I am guessing that at some point you will have turned to 'God' for help or support, especially in those times where you have felt desperate or in a lot of pain.

The times where you are hoping & literally praying for a miracle to happen.

**[michelewillmott.co.uk](http://michelewillmott.co.uk)**

## Healing Your Relationship with the Masculine

The thing is with this there tends to either be a 'I'm at rock bottom, please help me' type of irregular approach or if you have a consistent devotional practice, you may still be relating to the divine as something that is going to save you.

This practice is designed to help you cultivate an unconditionally loving relationship that is completely different to any of the above kind of practices.

It is in support of you being in your full power rather than giving it away.

Remember you are dedicating yourself to changing your relationship with the masculine for the better not worse.

**1) Find a quiet place where you will not be disturbed & make yourself comfortable** preferably on your knees.

Use cushions & blankets to help you feel comfortable. Take your time. There is no rush. Take some deep breaths to start with. There is no trying or forcing.

Imagine that you are in a throne room kneeling before the Divine Masculine Consciousness, you can call this God if you wish - there are no religious connotations here.

[michelewillmott.co.uk](http://michelewillmott.co.uk)

## **Healing Your Relationship with the Masculine**

This is an all loving, all providing & all protecting masculine energy. You are safe & supported here. This is a completely different masculine energy to what most of us women have been taught to relate to.

### **2) Start by saying out loud:**

**'Divine Masculine come in, Divine Masculine come in'.**

Repeat this for 3-4 minutes. This is a good practice to add to any meditation & can act as a mantra in itself.

### **3) Imagine you are breathing the presence of the Divine Masculine into your body.**

Imagine breathing in a supportive providing energy. Breathe it in your heart centre allowing it to radiate outwards.

### **4) You can add any of the following &/or any of your own words that resonate with you.**

\*Divine Masculine I open to receive  
your presence every day.

\*I allow you to descend into my life.  
I love being in your presence, I know that  
I am safe in your presence.  
I receive you & make room for you.

**[michelewillmott.co.uk](http://michelewillmott.co.uk)**

## Healing Your Relationship with the Masculine

\*I COMMAND you to create with me & through me.  
I allow myself to be led by you. As the sovereign queen  
in my life my desire guides you, so that you can lead me.

\*I command you to BLESS me & all  
areas of my life I am ready for your provision in my life.  
This is my devotion; this is my intention.  
This is my commitment. This is my requirement.

\*I raise you up as the provider in my life.  
Fill me up until I am overflowing with  
your blessings.

\*I will not stop or give up until I am overflowing.

5) \*You are my true beloved  
& I commit to devoting myself to you.

The word **command** is used because it symbolizes your  
ability to create with the Divine rather than having to  
'hope' or rely on just wishful thinking.  
Commanding carries a powerful energy.

You are allowed to invite this level of support into your  
life & your love life.

[michelewillmott.co.uk](http://michelewillmott.co.uk)

## Healing Your Relationship with the Masculine

**See yourself being crowned by the Divine Masculine.**

Allow yourself to receive his blessing.

**6) Give your appreciations for his support if you feel so inclined & for any manifestations you have received recently no matter how small.**

### **IMPORTANT!**

**If you are feeling strong emotions in relation to your partner or romantic life you can also give up your pain, frustration & hurt to the Divine Masculine.** You can add this to the above devotional practice, whenever you feel the need or just use statements like I have added below to help you reinforce the feelings of being supported when you feel most alone.

**The Divine Masculine will take your hurt & pain for you. You are not alone.**

### **For example:**

'I want my life to be healed.'

'I give to you my grief, rage & my fear.'

'I feel grief & hurt from the loss of .....

'I am still struggling with feeling used.....'

**[michelewillmott.co.uk](http://michelewillmott.co.uk)**



## Healing Your Relationship with the Masculine

Notice where each pain is located in your body (if it is not obvious don't worry). Imagine breathing into each pain, imagine it is like a ball.

Breathe into the ball & breathe out & down into your sacrum / base of spine. This is how masculine energy grounds you, by taking the emotion downwards, rather than upwards into the mind & all the stories that go with the emotion. Breathe in here & hold your breath for 3 seconds, breathe out & refocus your attention back to any other pains you would like to transmute. Notice how the more you ground your emotions the calmer you feel.

The Feminine needs to hand over her pain to the Divine Masculine, otherwise her female pain body takes over her life & she is perpetually in a state of victimhood, often without even realising it.

### **The Feminine says & embodies:**

I am the mystery.

I am creating in the unknown.

I have the power to create WITH God /  
The Divine Masculine.

I surrender the aspect of me that feels she is  
unable to / cannot attract love in the way I want.

**[michelewillmott.co.uk](http://michelewillmott.co.uk)**

# Healing Your Relationship with the Masculine

## **If you are feeling RAGE....**

If you feel something much stronger, which would generally be rage, it is always a good idea to let this out by shouting & saying all the profane words you would never normally say. It is healing for the psyche & the body to get this out of your system.

Women carry a lot of rage, it is handed down to us on a generational level. It needs to be processed.

You are allowed to get in touch with this. You are also allowed to not want to feel it too, although this is not an excuse to not process the emotion.

You can experience this ritual as part of the meditation I have provided or you can set up your own practice using the information in this guide. Either way, commit to doing this for at least 21 days & if you meditate I highly recommend continuing to use it as part of your regular meditation.

**[michelewillmott.co.uk](http://michelewillmott.co.uk)**