

More Benefits Of Healthy Polarity In Relationships

Why Let A Man Lead?

As I mentioned in the Feminine Communication Guide the idea of a man 'leading' is often misinterpreted & treated with disdain by many women. Other women have a sense that they actually like the idea, they are drawn to it energetically, but others argue vehemently against it. This makes sense on many levels due to how women have been treated throughout history & there are still many men who are controlling, domineering & acting from shadow as opposed to their true power.

It does beg the question 'why would you let a man lead?'

Let's take a look at some of the ways a man leading is a good thing & how it does not have to mean he is being controlling or domineering at his partner's expense.

I would like to start with the fact that most women are not being radically honest or open in their relationship even though they think they are. They think they are because they give their opinion a lot. This is not the same as emotional honesty & opinions do not generally help create emotional connection or physical intimacy.

I hear a lot of 'hiding' from women when they are in conversation with their partners. They are avoiding what is really going on in the present moment & the present moment is where the gift of transformation lies.

Ideally a woman should be able to be totally honest from that emotional point of view, but many are fearful of being dismissed (which has been their current experience so far, so this is understandable). This has happened because men don't know how to respond to their partner's emotional expression (another reason why the communication & principles need to be shared with them) & because they generally have an unhealthy relationship with their emotions & feelings.

If a woman is not being truly honest about what is going on for her & she is hiding behind her words & opinion, perhaps out of fear, then **what if her partner could 'lead' her to her fullest expression for the health of the relationship?**

What if he could say to her something like...."I sense that there is more to this than you are saying. You sound anxious, is there some fear underlying all of this?"

Or what if he could just say "are you okay, it seems like something is up, what's going on for you right now?"

If more men could do this & their partners feel safe to express themselves then such 'leading' is nothing but a good thing. **Leading can be a very subtle, gentle thing it does not always equate with being forceful or domineering as some people would have you believe.**

This is what real partnerships are about.

Creating an environment which supports each person becoming their true self. Getting the best out of what it means to be a woman & a man.

Of course a man needs to know how to do the above & many are missing the information. Many men will also find this difficult to start with as they are not comfortable with their own emotions. However, we have to start somewhere. Men & women both need to step up & be prepared to change. This is why this information needs sharing with your partner too.

It's a little like the chicken & egg scenario. **Who should be taking the initiative?**

In my eyes, it does not matter.

A woman who is able to express herself with vulnerability & with full responsibility will be an inspiration for a man to get more in touch with his emotions, in a society that on the whole does not let him have emotions!

On the other hand a man who can see that his partner is struggling or holding back can help lead her to the kind of expression that enables an intimate connection or conversation to unfold.

Also just think, if you are being controlling or letting your own pain body & emotions lead then the chances are you are not acting in a way that will serve you or your relationship. Would you rather your partner just let you keep doing that or instead try to help you say what is really concerning you?

I hope that you are now seeing how the term 'leading' is not always a bad thing when it comes to a relationship?

You may think 'but why wouldn't I do the same for him'? i.e. talk to him in the same way & get him to reveal his innermost feelings. All I will say here is that you can try if you like, but as I said in the guide this is highly likely going to feel energetically 'off' & it won't serve the relationship over the long run. This dynamic doesn't help keep up the spark & aliveness of a polarised relationship because it needs difference not 'sameness'. It pays to let a man express himself when he chooses & of course you can ask after him if you are genuinely concerned & you remain unattached to him answering in the way you think he 'should'.

Women who are in healthy polarised relationships thrive in the knowledge that they are a leader too without ever leading their partner in the same way as he might lead her.

Such a woman knows that her intuition & desires are highly valued & thus she acts as a guide for the masculine.

Their relationships are not abusive. They do not feel downtrodden or weak.

They know that they also get to be in their full power as creative, REAL & openly loving women.

These women do not need to compete verbally or intellectually although they certainly do discuss at great depth & absolutely add further wisdom & insight that may be missing.

These women also do not need to nag, or control or be over functioning (which is a major problem women have to the detriment of their relationships).

Neither do these women need to pride themselves as being so independent they don't need anyone else, especially a/their partner.

This is because they enjoy the co-creation that comes from a relationship where they are not afraid to let their partner lead in certain ways, which as I am sure you are aware now, is not the same as telling you what to do from a controlling or domineering standpoint.

These women are respectful of the empowered masculine. They recognise how it can help them.

They understand that a man who behaves & thinks from this energy is devoted to their well-being & needs. They appreciate him for this.

He needs her.

She needs him.

Couples who think their relationship is equal based on the fact that they relate to each other in exactly the same way are generally missing the desire, passion & sheer aliveness of a healthy polarised dynamic.

If your relationship feels a little or a lot stagnant, the lack of polarity will be why.

A relationship without healthy polarity is an outdated mode of relating.

It will be based on 'rational' thought, which is the dominant status quo voice. This voice always speaks an element of truth however, it fails to consider the multitude of perspectives or unlimited possibilities that also exist. Most things are seen from a black & white perspective hence there is a resistance to the idea of polarity in the first place because people who oppose it only look at past evidence of why men should not be 'leading' a woman.

Past evidence is not a guarantee of future outcome when action is taken from the right energy & in line with a vision that supports the well-being of all parties.

This is why the majority of relationships tend to become stifling & the reason why so many couples end up like roommates over the long-term.

Men & women need more than this.

They need REAL.....but the truth is most people are hiding & avoiding.

There are a small minority who are willing to stop the facade & take a stand for being loved for their real selves.

I hope that you will take the leap & take this stand for yourself & your love life.

It is not always the easy path to take because you are having to go against the grain so to speak. However, it is always the most rewarding path because you get to act in integrity with yourself & this means trusting yourself rather than trusting what 'popular' opinion always says is the right thing to do.