

Woman to Woman



Inspirational Messages from Women All Over the World

"When a woman tells the truth she is creating the possibility for more truth around her".

- Adrienne Rich

A Woman's Place.

by Michele Rhoten



The journey of a woman is not linear, nor are there any maps to guide us. This is new territory. The awakening energy in the world is now calling us to take our places as soul-centered leaders in our families, businesses and any other place our sphere of influence touches. This is not a rebirth of feminism. This is not freedom "from" anything. This is freedom to do that which your soul calls you to do...

Listening to our soul's directives is as natural as breathing but, in many ways, as difficult as learning a new language (which indeed you are)! We have become so accustomed to listening to the noise in the world: the

constant barrage from the media, societal expectations, advice, popular social beliefs of the moment. No wonder we are so exhausted and discouraged. We are never enough, according to the world. And therein begins the lie. Our souls have been trying to tell us that we are enough, we have always been enough, and we will be the new way of the world.



It is time now for women to become the stewards of their hearts, their bodies, their minds and their energy! It is time for women to both expect, and believe, that they may now step into the experience of themselves operating at the highest form of that which they already are.



“Our souls have been trying to tell us that we are enough, we have always been enough, and we will be the new way of the world. It is time now for women to become the stewards of their hearts, their bodies, their minds and their energy! It is time for women to both expect, and believe, that they may now step into the experience of themselves operating at the highest form of that which they already are.”



If that sounds like a tall order, it isn't. You have been the steward of your heart, body, mind and energy for your entire life. The difference now is that you will be in charge, not the voices 'out there'. You will no longer be held to the standards of a crazy world with impossible standards of behavior, achievement, beauty, health and obligation. You will simply be responsible for breathing into the moment. Noticing what your body is telling you and then acting upon the natural "next step", which is inspiration.

Inspiration has no ego, no rules, no "shoulds". Inspiration is simply that innate wisdom of your body coupled with divine guidance. There is no lack in this place of inspiration, no competition, no right or wrong. This may be quite new to most women as they have a tendency to feel as though they are competing with other women. This is one of the key components of stepping into our authentic power. We will begin to support one another as women, and begin cheering each other on, to bigger and bigger 'wins'.

We will no longer look to men for protection or survival. We may still look to them for counsel, of course, because we are not working against them, but with them.

The male / female dichotomy creates two halves of a whole and a male and a female, standing toe-to-toe, with equal power and authority, would be capable of achieving nothing short of greatness! Diminish the authentic power of either, and the coupling would be of far lesser power.

“Imagine a world where women gathered to support each other and there was no illusion of lack. Imagine women rejoicing in their innate joy, and men relaxing into the great synergy that exists when ying / yang combines and grows!”



There is much talk of “reinvention” of oneself these days. How can a shining and glorious spirit in a dynamic human form be reinvented? Wouldn't a better concept be to awaken to one's authentic power? We could say that our sense of self has been in hibernation mode: snoring away peacefully under a dutiful façade, waiting to stretch its cramped limbs and roar with pure glee!

The movement has already begun. Women are awakening and rising up to support and nurture each other in this new way of influencing the world. Imagine a world where women gathered to support each other and there was no illusion of lack. Imagine women rejoicing in their innate joy, and men relaxing into the great synergy that exists when yin / yang combines and grows!



Our children would be supported in recognizing their soul purpose at an early age before life has the opportunity to squash and corrupt it. What a lovely world that would be, for many of our social ills arise from feelings of helplessness and despair about who we are, and where we belong. No little girl who has been raised to honor her truth will allow herself to be abused, nor will she abuse herself with drugs, alcohol, promiscuity and no little boy who is raised to honor his truth will grow up to abuse others, his power or drugs. So simple and yet so profoundly transforming.



Elegant in its simplicity, let us begin the journey with breath. Deep, cleansing, breath that brings life affirming oxygen to each cell in our body. A concentration on the in and out of our breath stills our chattering minds. In that stillness lies our mostly deeply revealed truth: we are here to heal, to challenge, and to evolve.

Moment by moment. LCM

Michele Rhoten is a Career Coach. She brings a combination of executive recruiting experience and coaching skills to support her clients as they “follow their hearts” in wonderful new directions. Contact: mrhoten@cableone.net 208.329-9040

