

Journey to Love



Day 3

Journey to Love From YOU to YOU!

DAY 3

Unlock your limiting beliefs about RELATIONSHIPS

Introduction

I had to stop my Facebook live and start it again because Facebook had blocked it because I had the music “This Girl is on Fire!!!”. I am going to sing it because we’re all on fire **and welcome to Day 3** of this beautiful “Journey to Love to you for you”. I wanted to share with you this fiery music that was dancing prior to our session today because I just was on fire all day. Getting amazing downloads from the universe. Not just for my challenge but also for my signature system and for many of the other things I do about this path I have taken **working with women that are yearning for love and connection. Today is about unblocking limiting beliefs about femininity.** It is a big deal issue. I just love these topics. I am passionate about them for many reasons but one reason is that I can say $\frac{3}{4}$ of my life, and I’m 54, so, since I was in my early 40s, (that’s a long time), I definitely lived my life in an imbalance: **giving room to my male side to run most of my life. Claiming my femininity has been such an amazing healing that it has a big part in my purpose right now as a coach.** I’ve definitely gone through the journey myself on many aspects and many levels and that’s one of the many reasons why I really like this. “This Girl Is on Fire” is such an empowering song and I want all of my community to be on fire, because I can safely say it, because I get to know you, each of you. I love that. **We are all women who have lions of hearts and oftentimes we are living life as mice.** And this is not my saying this is Brendon Bouchard’s but I just love it. It is so true we are all women that have to be on fire because we have so much inside. **And when we let fear block us and hold us back we are NOT living our full purpose and we’re not living in joy.** That’s what I’m passionate about this work.

Content

So, let's just jump right in and I want to jump in with a little disclaimer, which is not really a disclaimer. Today's subject has a lot to do with subject of day number 1 which was **love**, topic of day number 2 which was about **relationships**, and topic of day number 3, which is today, is about **femininity**. And, each topic relates to the other clearly, they all intertwined. Day 1 and day 2, I know that some of you started gaining awareness's of things you had not realized might have been **love blocks** for you. And, today I am going to talk about another **big piece of this puzzle and that is our femininity**. Now I want to preface this by saying (this is the disclaimer), **that being precedes gender**. **What do I mean by this and why am I saying this now?**

Being precedes gender. I am saying this before I start speaking about femininity because we are all souls. This is my belief, of course you don't have to believe it, but I believe this and I live my life through this belief. **We're all souls that we incarnate and we've incarnated before and we will incarnate in the future and for the most part we have incarnated before as males, and as females.** In this one you are all women, in this group with me, so we are all women, but we have experienced souls as males as well. So, that is why I am saying **"as souls being precedes gender"**. So, having said that please go with me. I understand that I am going to be opening up today's conversation with a few things that might sound as generalities but it's just warming our feet as we get into the topic. I ask you to actively send me feedback as I'm talking and writing things even not to my prompts. Tell me yes, I agree no I don't agree. Or complete my questionings with whatever it is that I'm asking. As you know I have my notes because I always forget the things I want to share with you.

The first things I want to ask you is this. Ask yourself: "what are the beliefs about femininity that you were raised with?". Not necessarily that you believe them but that the society or the family you were born in and raised with believed. These are the things that people are saying... they were underlined statements and that was the truth for them. For example, things such as: *women are the weak gender* or *women are weaker than men* or *women should stay in the kitchen* or *women's place is in the kitchen*, or *women should not study*.

I have friends that are from Indonesia and from Thailand and from India and they were raised with men, their parents, their fathers, thinking that they had no right to go to the university. Just share with me what other beliefs about femininity you were raised with. This is something that you may think even though in your house, specifically, women had opportunities. For example, in my house we were three sisters and one man, we were four. My elder sister passed but my parents were ok. Actually, they wanted us to go to university. They stimulated us to study. **And yet I was raised with an underlined current that women were weaker than men.** My mom kept saying phrases like this when we would be at a gathering of friends: “oh this is my daughter soso, this is my daughter soso, this is my daughter soso and THIS, she would inflate herself like a peacock, and **this is my one and only male son.** I’ve teased her after I’ve healed about all these topics. We still tease her about this because **she always said and this is my one and only son. My male son.** So, we all grew up with these issues. We all have some or less or more of these things that are underlined currents in our subconscious. And, then there are the underlined currents of the society in which we were raised because there’s a collective unconscious that is very strong. And when we speak about gender differences the collective unconscious is something we carry with us even if we want to or not. We may allow it to influence our lives more or less. But we carry this within ourselves. And, if we’ve done a lot of inner work about this we may have dissolved these beliefs in terms of how they influence our lives but rest assured that they were there and they were there at a mental conscious level.

I’ll take these examples. If you agree with these examples but you don’t want to type yours or whatever just send me a heart or a thumbs up so I know you are listening and this is resonating with you. So, the other thing I wanted to say about femininity is that as women, as incarnated women in a woman’s body, no matter what our sexual identification is, it doesn’t matter if as women we love women, or as women we love men, or if we don’t have an identification.

Comment from Alexis watching: In elementary my second wave feminist mom got me a t-shirt that read “anything boys can do girls can do better”. Although it was meant to be cheeky and fun I just that thought now perhaps it relates to a deep mistrust of the masculine. And, that women have to do it all themselves. Wow, I love this Alexis. I have that the mistrust of the masculine. It’s a beautiful one.

And, yes, we'll get there because you know the biggest joke women did to themselves was the joke of feminism by which we declared that we were equal to men and what happened was that we ended up doing all the things that women were always doing, plus, all the things that men were doing. I don't think that worked really well to tell you the truth. But I won't go there today.

What I wanted to say is that **as women we all have a masculine side and a feminine side.** And, truthfully as incarnated women, if we are women we have 51% feminine energy and 49% masculine energy. If we are men we have 51% masculine energy and 49% women energy. Give me thumbs up and hearts if this resonates with you. If you knew about this. **Basically, what this says is that we all can embody the masculine energy and get onto masculine roles and we can embody our feminine energy and our feminine roles.**

I want to ask you a question. ***Are you aware of iconic differences that are inherent to the femininity or the masculinity in terms of gender differences that are historically proven and known to be this way? Are you aware of what these are?*** For example, the typical one is that men are doers and women are be-ers, beings that know how to "be" more than "do". You know that typical example when you come home and you can relate something to a man. This could be your brother, your father, your partner it doesn't matter and you start telling them a problem you've had and all you want is for somebody to listen to you and to be an empathic listener to say "Wow and how did you solve that? How did you get through?" "Oh, you still need to solve this?" and "How do you feel about this?" This is what you would want right? Instead what you get is "Oh wait the way to fix this is this and that". And you get completely deflated. Because men get anxious, they feel that their role is to fix, that you're telling them this because what they immediately need is to go to fix whatever that problem is for you. **Because from a caveman perspective, they need to protect you and fix whatever is wrong with you. You as a woman, the only thing you wanted really is connection.** You yearn for connection from those times in the collective unconscious of women, where women raised the children all together. You know tribal communities starting in the caveman times and back further into the feudal system and then into the native tribal communities as in Africa, as in Native America anywhere there are natives ... Australia, etc. Where the communities all gathered together their efforts and women would gather and do together activities like weaving baskets for example. You know the famous gatherers versus hunters. But beyond that in terms of women, they would get together under a tent, under a teepee, under a

hut, or whatever and all the kids would be running around. All of the women can raise the kids. Every woman is a valid mother figure for that kid, all the women would work together. They would, in those moments connect, speak about whatever was working or not working, about everything. I mean to point out, **that connection is so inherent to the woman's basic needs** and what has happened in modern times is that through the way we have established society we each have our own house. We each have our own hearth. We close doors. We leave everybody outside. And if we have a partnership or a relationship, particularly if you have a relationship with a man, for the most part we tend to put into this man all of the roles that in past times, other women would have, and men would have. That already creates some problems. So, **understanding our femininity or our feminine needs is such an important part of growing and healing whatever has blocked us into having a love soulful relationship**, because here are a few standard ones... I wrote a little list just brainstorming together.

You know that in terms of energy the left side is the feminine side and the right side is the masculine side. Women tend to be more emotional. I don't want to say women are, I want to say when we stand in our feminine power we tend to be connected with our emotions. And when we stand in our masculine energy we tend to be more logical. This is really what I am trying to say that we both have both.

So, let's see Kim's question and see if I answer it as I go. So, Kim says, my question is how do we as women hold back our masculine energy to let our men be the masculine and bring more of the feminine energy out? Beautiful question. Being an alpha female, this is so hard for me because I've been on my own since graduating college never been married. Oh my God Kim I love you for asking this question. This is the essence of what I'm about to explain and I am going to give you an answer to that in just a few more moments. So, follow me for a moment and I will get there. I love it you just went straight to the point.

Let me say this, many women I do my Laser to Love sessions with, they are like you, they stand so strongly in their masculine power because women... **we are powerful**. So, the whole trick, and I will get there, is to learn to embody our feminine power. And I'll get there I just want to leave this here and get here in a few more moments because it's so juicy and wonderful. So, let me go through the typical characteristics first. So, as I was saying when we stand in our feminine energy and our feminine power we tend to **connect more with our emotions**. We

are more **heart-based vs mental based**. **Men are more connected with the mind, they are more analytical, their more cut and dry**. As women we are more adept at the social skills. You know men... it is **within them to conquer** to be the hunters. And it is a within us **as women to receive** to open up to the conquest and to be the **gatherers rather than the hunters** and you know we are the we get engaged in conversation men get engaged in construction they are fixing, they're building they're rescuing. You know as women we love to engage, to connect, to relate. These are the two very different energies for us women. **Men are fixated on the objective the goal**. OK I need to go there you know I go there for us as women if we stand in our feminine energy and this is so key. **We are so much more in the flow**. We're so much more in **enjoying the journey**. Yes, see I love that, Alexis is sharing that she says that gathering people together gives her immense joy and Alexis if I may you know you're such a feminine example of a woman that stands in her femininity and that's why you love that specifically you know the gathering of people it touches you in a deep chord. It touches you at a very deep core. As women continuing with this, women were **empaths** and we love to connect with women at the same level; for men it is about competition, who's best: I'm stronger, I'm the strongest. You know the loudest, the everything the more, the more of the other, particularly if they are alpha males. The last one in my list is that as women **we turn to nurture and care and as men we came to fight and survive**.

I'm going to get it to Kim's answer which is really the beautiful part of this. There's one part which is it's something I've experienced when my soulmate came to my life. There's one piece here. **It's all about harmonizing both sides of our being** and understanding that as alpha females and I want I won't say alpha females because what I talk about is as **empowered women** and we're all empowered women. If we're not touching into our power we need to stand in our power, we need to connect with our goddess, with our queenhood... and that's why tomorrow it's going to be about connecting with that goddess within. The point is that as empowered women it is not, this is the misunderstanding, oftentimes people think that they need to deny their masculine qualities and just stand in their femininity; but standing in your feminine power means being both harmonically. Think of a queen, **think of a benevolent queen**, think of a benevolent queen and think of a **benevolent queen in all her majestic energy**. A queen knows how to ask for what she needs or wants. **A Queen stands in her power**, she knows how to rule **but she also knows how to ask her King to take care of her**. **A King loves nothing more than making her benevolent Queen**

happy and the Queen is super feminine and super powerful. Let me go one step back on this.

I'm going to give you a personal experience. Thank You Larissa. Years ago, an older man that I knew, that worked in the company where I worked, used to tell me this that I didn't understand. He used to say "Oh women need to let men be men and conquer them, be elegant, and women need to allow the man to be elegant, open the doors for you, conquer you and it doesn't matter if the woman is completely powerful and able to do it all on her own she will also benefit and rejoice in this, allowing this type of conquest. I have to admit that for years this was gibberish for me. Literally. Until who is currently my partner came along. He is very much my King. I call him the red man because he's a man's man, he works with his hands, he works with wood, he's an entrepreneur and he's very much down to earth man and gives me very much an anchor. This is now. But what happened when we met? When we met and I was divorced with two children, he was single and five years younger. I recognized him as my soulmate and he recognized the soulmate, but we are in a small town in Tuscany and we come from such different worlds! I'm a worldwide traveler, I have three nationalities, I speak six languages and he was born and raised in this little town. Yes, he travelled the world, and he was really seriously considering if he was ready to risk getting into a serious relationship with this woman that was so far away from where his reality came: who was divorced and with two children and older than he was. The beauty of it was that he started the courtship and this courtship kept going and kept going and he would come every single morning to town to my office. I was in a real estate and would knock on the door and say oh I'm just passing by do you want to have coffee? You know mid-morning coffee in Italy is very common. We would go, and we would go, and we would go.... we were in the same bicycling team and we would have lots of encounters where the courtship kept going. *[Slight glitch in the video]* Long story short I'm not going to bore you with this, the point is coming, is that we kept going on and on and on in the courtship period. We had a few dinners on our own and I knew that I could have just said "hey I like being with you, I know you'll like this too why don't we get together come to my house." I have to tell you that many many times I thought about this and that's when what this older man had told me went like BAM!! This is what happens. The point is that by allowing your man as in this case to conquer you, at the end of the day you rejoice, more than you could have ever imagined, because it doesn't matter that you could have done it. I was totally capable. In order to claim your inner Sacred Feminine there are places in our lives

where our masculine energy is needed. For example, we need to know that it's totally ok to be in our masculine energy when we are at work for example. Particularly depending what type of work we do. If we're business owners, there's definitely activities of our business like doing accounting or paperwork or dealing with practical things or bureaucratic things or legal matters or terms and contracts, that's definitely masculine energy.

In recognizing the importance of staying in that flow, in harmonizing both our sides, harmonizing both our energies, standing in our power as women that have both sides, you stand strong in your femininity. Kim this is important for you, because, **when you are harmonized and you're standing strong in your femininity, which means that you are allowing yourself to be in your power,** as much as you're allowing yourself to be in your total flow and feminine energy, **that immediately makes room for your man to be in his masculine.** If instead you are in imbalance and you're more towards your masculine, because you believe that being an *alpha female* is standing in your masculine, which is really a misconception, **he doesn't have space to come in as a man.** So what you want to do, the answer for you, **is get into harmony with your energy in alignment with both sides female and male within you.** Have both energies in alignment. You can do meditations about this, you can do you can do some journaling about recognizing in what aspects of your life you're standing in your masculine versus your feminine, and recognize what aspects of your life are standing in your feminine. Aspects you may want to go and check are: work, home, study, sports, parenting, friendship, creative. These are aspects of your life and go check where you're using which energy.

How to be in our own beautiful female power. We ourselves have had trouble because of the way the world has gone, into recognizing that being in our female power doesn't mean denying any of the masculine parts or the female part in us. Instead it means flowing with them and knowing when we need one type of energy versus the other and standing in this harmonious flow of both energies. That is the key for you.

Question: how would you define standing in your power and what would it mean if someone says you're giving your power away?

Wonderful, so that's two questions really. The first one is how you define when you're standing in your power. I actually did a whole webinar on this, so here is the link for you to access it.

[Scroll down on the page, you can watch the webinar “You are a Powerful Co-Creator]

Giving you're power away depends on what situations they would say this. But giving your power away means that for some reason you deem yourself not good enough on certain aspects of your life, to the point that you allow the other person to run the show for you, even for the things that pertain to you and your own choices. You stop being the opposite of what you said; you stop standing in your power.

The typical example that came up in this group in the past days was of women that keep being attracted or attracting partners that are unavailable or married or with another partner. Well, that's giving your power away because you keep putting yourself in a position where you are waiting for the other person to have that time of day to be with you, that moment to be with you, to have the crumbs, to be with you. And you're there waiting. You're not standing in your power. If you were standing in your power you and not giving your power away, you would say “I want a man that is 100% available for me and unless that's what you have to give I don't want to see you again”. There are so many nuances of this but the bottom line is you're giving your power away when whatever you're doing you're doing by denying something to yourself, denying yourself either a “Yes” or a “No”. Denying yourself either a “I want this” or denying yourself a “I don't want this”. Whenever you're doing this and you're accepting whatever is that it's against your will you're really giving your power away.

Shine bright and see you tomorrow. Bye everybody.

Love and light!

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