

Husbanding Your Inner Feminine (Or, Pampering Your Inner Bitch)

“One ought, each day at least, to hear a little song, read a good poem, see a fine picture and, if possible, speak a few reasonable words.” Goethe

Most men spend the majority of their time in their “masculine” – doing.

Between work, stuff that needs to get done, looking out for everyone else’s needs – even fucking – we invest the majority of our daily energy giving to everyone else but ourselves.

But here’s the deal: we men have a “feminine” energetic side that needs regular and consistent care and nurturing. We may take great care of the feminine creatures around us – girlfriend, wife, mother, daughters, and co-workers – but our own inner feminine all too often goes wanting.

Here is how you know when your inner bitch needs some TLC:

- When you have addictive impulses or go on binges with food, drugs, alcohol, porn, spending, gambling, or masturbation.
- When you are triggered into codependent behavior: caretaking, pleasing, avoiding, fixing, giving to get.
- When you are pursuing an unavailable partner for sex, attention, or affection.
- When you are mindlessly fucking off: wasting time in front of the television, surfing the internet, watching YouTube, browsing Facebook, or playing World of Warcraft until 3:00 in the morning.
- When you are feeling lethargic, uninspired, passionless, aimless, or nihilistic.
- When you react defensively to the demands, criticisms, attacks, or accusations of other feminine creatures.
- When you are feeling resentful, done to, or victimized by how much you give and how little you get back.

Sound familiar?

A while back, my coach and teacher John Wineland introduced me to the idea of “husbanding” my inner feminine. So what the hell does that mean?

David Deida teaches that the masculine is activated and filled by challenge and seeks mastery and freedom. The feminine is activated and filled by connection and the flow of love.

For the sake of this discussion, think of the feminine as being “done to.”

The feminine is receptive. She absorbs. She opens. She lets go. She submits. She is penetrated. She follows. She is nurtured externally. She magnifies and reflects the love she receives.

The feminine is an empty vessel longing to be filled (and usually longing to give back from the overflow). Unfortunately, for both men and women, the inner feminine is often either neglected or “done to” in ways that feel less than nurturing or loving.

Husbanding and nurturing your inner feminine can include anything by which you give to yourself, open up, ask, slow down, relax, receive, and are generally pampered, nurtured, and loved.

Since the feminine tends to connect to the world through her senses, nurturing the feminine typically involves introducing sensual and pleasurable experiences. It also typically involves slowing down and/or turning off the mind. The “thinker,” the problem-solving machine in which most of us men spend so much of our time, is essential to the “doer” in us, but it is often an impediment to the receiver.

Here are some ideas for husbanding your inner feminine:

- Stretching or yoga.
- Listening to relaxing or beautiful music.
- Taking naps (without guilt).
- Daydreaming (mindfully).
- Reading or listening to books for pleasure.
- Meditating.
- Doing almost anything in nature.
- Watching clouds or birds.
- Walking mindfully.
- Enjoying a bath or warm shower (for the sheer joy of it).
- Soaking in a hot tub.
- Breathing essential oils or incense.
- Doing almost anything that involves candles.
- Enjoying a storm or rainy day.
- Enjoying quiet moments alone.
- Enjoying mindfully a cup of coffee or tea.
- Getting a massage.
- Getting your shoes shined.
- Getting a good haircut.
- Appreciating a glass of wine, cocktail, or beer (only the good stuff).

- Going to a movie.
- Looking at the stars and moon.
- Making a snow angel and catching a snowflake on your tongue.
- Chilling with a good friend.
- Enjoying a sumptuous meal.
- Letting your partner give you a massage, rub your feet, pick out your clothes, scrub your back, or suck your dick.

What can you add to the list?

Almost anything that is agenda-free and done reflectively and mindfully will qualify as feeding your feminine. This includes most things that involve receiving – even things you give to yourself (simultaneously giving from your masculine while receiving in your feminine).

Let people give to you when they offer. Ask for people to help you meet your needs. Build cooperative, reciprocal systems to help you get your needs met.

Consciously plan these kinds of experiences into your day. Don't just leave them to chance. They probably won't happen unless you plan them, and if they do, you probably won't be mindful of or receptive to them.

Neglecting to plan nurturing, soul-filling experiences into your day is the quickest way I know to piss off your inner bitch and make her feel totally unimportant and unloved (watch out).

In all cases, give to your feminine what she most wants to receive. Be a good ascerner. Very definitely, speak her love language (i.e., don't make her listen to Wagner's *Ring Cycle* if she hates opera).

Since I became conscious of the need to nurture my inner feminine, I have incorporated the following rituals and behaviors into my daily life:

- When I first wake – even before I open my eyes – I ponder things for which I am grateful.
- Every morning after we drop the kids off at school, my wife and I go to the beach for 45 minutes and watch the sun come up.
- Every morning I mindfully enjoy my coffee.
- Every morning I play relaxing music and do some easy yoga – tree pose, cat-cow, child's pose, downward-facing dog. I meditate. I read inspirational books and poetry.

- I have green plants in my office as well as a fountain and garden outside of my office window upon which I meditate for a few moments several times a day.
- I have painted the interior of my house rich, inviting colors. I regularly pause and feel their vibrational energy.
- I have colorful handmade wool rugs and original artwork throughout my house. I regularly pause and enjoy them.
- I listen to relaxing music while I work.
- I take naps.
- I read for enjoyment.
- I take walks in nature.
- I let my wife nurture me and give me massages and pedis.
- I float on my back in my pool and contemplate clouds and birds and trees.
- I eat mindfully and with gratitude.
- I get sufficient sleep on 600 thread-count Pima cotton sheets.
- I connect regularly with my guy friends who help fill my bucket.

Even if you don't have a garden, a pool, a fountain, or a beach close by, you can still surround yourself with beauty, slow down, be grateful, enjoy the moment, and take good care of yourself.

Remember, when you react to your woman with rage or resentment, when you are on a binge, or when you are feeling "what's the use?" it is usually because your own inner feminine is feeling cheated because you are taking care of every other bitch but her!

"Experience the easeful, burden-free pleasures of the innocent feminine in everything." Leo Babauta