



Speaking our Truth

Integrating the Third Eye and Throat Chakra

By Renée Siegel

Most women are raised to be relational. We are taught that it is important to be aware of the needs of others. We learn that being aware of what other's need is more valuable than to be aware of our own needs.

Our relational perspective serves us in that we are able to be supportive and fulfill roles that are meaningful in the lives of others. This is most beneficial in creating or laying a foundation for cultivating the maternal instinct and providing a nurturing and supportive environment to those we care for.

What would our world look like if we were raised to take the focus of nurturing others and place it in the inner landscape of our lives as women? If we began with that paradigm it might aid us in laying the foundation for self-relationship development. We must begin relationship development with ourselves first.

The new consciousness being birthed makes welcome all of humanity doing just that. We might begin by claiming ourselves, female or male; identifying that we, ourselves are each part of a divine wholeness and unique expressions of that whole. Only then might we be able to respond to the question of, "What holds value and importance in my life, regardless of whether or not you are doing it with a partner? We then plant the seeds for happiness to grow. After all, happiness has always been an inside job!

How is it that we, most of all womankind, know what it is to nurture others?

How do we learn what it is that needs to be imparted to our children, daughters and sons alike for them to grow and flourish?