



Speaking our Truth

By Renée Siegel

Most women are raised to be relational. From early on, we are socialized to play with dolls, play house or nurse, or heed the advice of others (generally males) who we are taught have our best interests at heart.

We are often taught that it is important to be aware of the needs of others. We learn that being aware of what others need is often more important or valuable than to be aware of our own needs. And yet, if we are not aware of our own needs how will we get them met? Without the awareness of our own needs, we cannot attend to them, let alone share them with others.

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 away from nurturing others and place our attention on our own needs and 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 I am 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? Is there a neurobiological propensity for this and, if so, do men ever have this neurobiological propensity, too?

How would our world change and shift if we, as mothers, parented both our daughters and sons to consider what is important to them, to honor what they enjoy and are even innately good at, even if it does not fit the stereotype of male and female?

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?