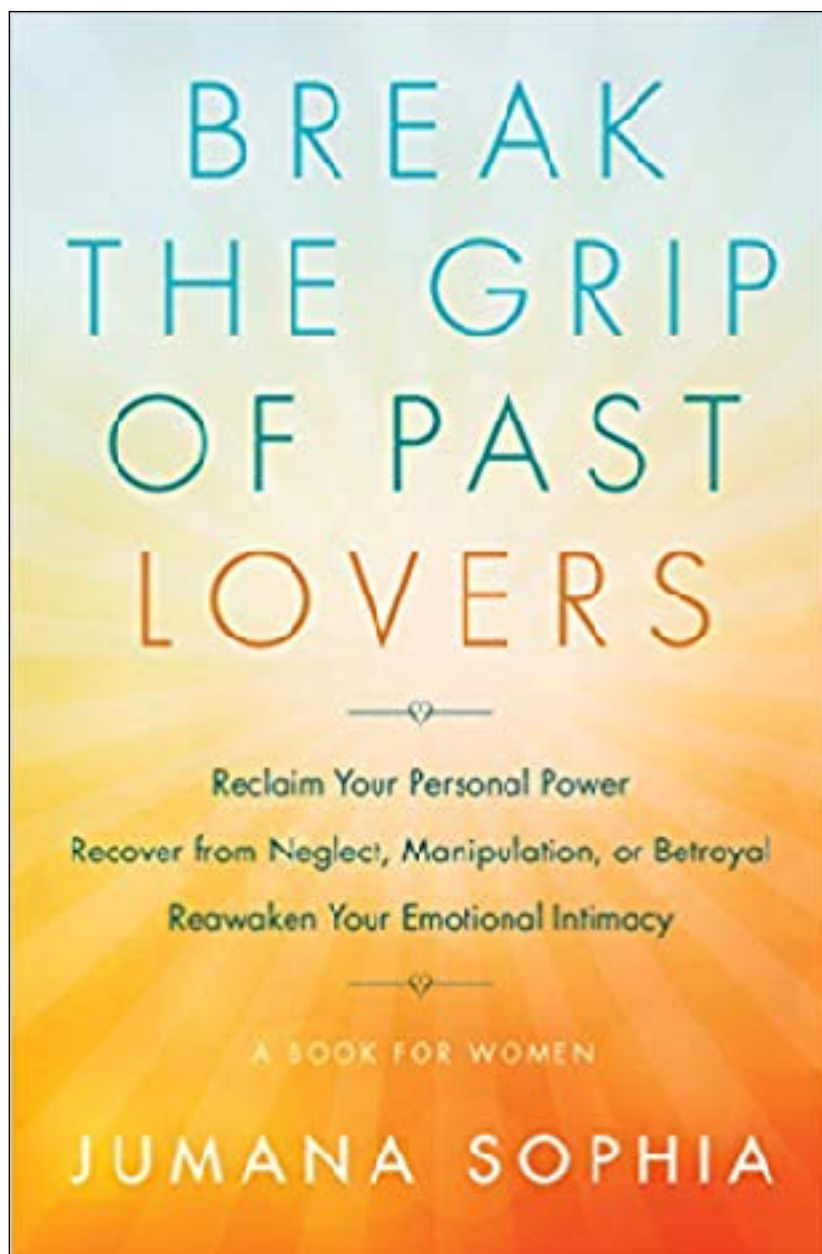

Guidelines for Men - Break the Grip of Past Lovers

Though this book was written “for women,” much of what it addresses is simply human. This is a short, introductory write up that will re-contextualize the content for men who have read the book, want to read it, or who are themselves needing to heal and recover personal power from the dissolution of a sexual intimacy.



It's OK, You're Welcome Here

If you're drawn to this book, then you're most likely hurting, confused, and in need of trustworthy support. You most likely are, and should be, cautious of exposing yourself to people or perspectives that are shaming or diminishing in any way.

It would make sense, given the current cultural climate, that you might be hesitant to look into a book "for women." For so many reasons. But I want to clarify for you how I hold "women's work." There is nothing shaming towards men or "the masculine" in here. That kind of degradation has no place in my space, my circles, or my work. If a woman, or anyone, has to belittle others in order to rise, she's not rising to any place I'm interested in supporting.

It's Up to You to Translate

That said, the book is sprinkled with gender specific pronouns, and practices and guidance that often source in the female body. I trust you to translate it in whatever way works for you. You'll know what in there is for you, and what is not for you. If it speaks to you, for heaven's sake don't let pronouns get in the way of anything that has true wisdom that could support your journey back home to yourself.

However, Here are Some Translation Suggestions

When I speak to the womb, or other anatomically female places of power or sexual residency, you may find it very powerful to use that invitation to come into greater residency in your own erotic anatomy. The approach can be the same even though your body may be different. I don't reside in a male body, so I don't actually know what your personal correlation to the womb will be. But if you think of the womb as a reservoir of sexual potency, creative potential, and discernment, I am sure you can locate a place in your low belly or root that feels right. Reverence, deep listening, and a choice to claim your sexuality as your own, as nourishment and power for you first and foremost, is the point.

There is no question that we have all been equally orphaned as sexuality (both female and male) has been manipulated and degraded over time. The invitation into sovereign sexuality is for all of us. The way in which sexuality, emotion, soul, power, and vulnerability all weave together is not less significant for men.

When I use terms like “deep feminine essence” or “deep feminine soul,” please don’t let that make you feel excluded. It *is* true that there are powers and vulnerabilities to inhabiting a female body that are specific to women. **But we do not have to be the same to be safe with one another.** We all take refuge in the same healing grace. I would recommend substituting “true nature,” or I guess if you want, “deep masculine essence,” in those places. OR you could go ahead and just look towards what “deep feminine” means in your own experience. We’re splitting hairs here a little, but it’s also true that words are powerful.

If something comes up in the wording of the book that feels off-putting or irrelevant to you, you have two choices: ignore it and focus on what you relate to OR take a moment to reflect on what the words are, what the feeling is, that correlates for you. When I describe deep feminine sensibilities in the book, how does that live in you? Either way, the most important thing is to let yourself fully absorb what nourishes and uplifts you and disregard anything that does not.

Just like women who read the book, if you are looking for anything or anyone else to blame, then you’re in the wrong place. This work will call you home. Your past intimacies are catalysts, initiations. If you read this book with an intention to step fully into your power and sexual sovereignty, it will serve you deeply.

