

# Dear Women: You ARE Your Body, And That Isn't A Bad Thing; It's Your Power

The mind/body duality is as fundamental to universal nature as masculine/feminine duality. If you don't believe in masculine/feminine energy polarities or that there are "masculine" traits and characteristics as well as "feminine" ones, then maybe just stop reading because this article probably isn't for you. If you do have a deep or even general understanding of this, then continue on...

When it comes to qualities and strengths of the mind and body, it seems fair enough to conclude that the mind is used for more masculine energies (reason, logic, intellect, etc) and the body holds more feminine energy (intuition, flow, sensing, where emotions are stored and felt).

In my opinion, one simple way to break down and describe what so many people call "the patriarchy" is to say it's a **society that fundamentally operates in a way that values the mind (intellect/doing) over the body (intuition/feeling).**

We see this played out everywhere, one of the most obvious and pervasive is the ideology of science and the use of charts, graphs, and measurements to "prove" if something is true or untrue. Science is typically seen as "fixed" and "settled." There is no room for personal accounts, stories, things that are felt but not seen, etc.

This isn't to say science is wrong or bad at all. I am simply suggesting that it might not be the ONLY means to discovery. Our dismissal of things like magic, energetics, intuition, and all things meta is a sign of masculine dominance, as these things were quite common and well understood in past times. Some radical feminists point out that the process and politics of modern science is a projection and influence of the western man's values. Here is an excerpt I like from an article by Dr. Kelly Brogan:

*Ever heard the phrase, "...the science is settled?" If so, it didn't come from the mouth of a true scientist. Scientific dogmas create taboos - things you're not allowed to ask about or talk about, let alone study and research. But science is not a destination...it is a process of discovery. Moreover, it is a means of studying and honoring the wonder around us and within us. When science is bound and arrested by dogmatic beliefs, it becomes an eviscerated religion that can be co-opted for political gain and control.*

*Rupert Sheldrake is a brilliant renegade scientist and theorist with this to say on the matter:*

*“We are, many of us, waking up from a several century long slumber induced by Scientism – the dogmatic belief in the dominant narrative of science as religion. As we wake up to nuance, to new science that defies the old, and to a complexity that often leads us to an awareness of all that we don’t know, those Scientism believers will become more and more uncomfortable. These people may be your family, your doctors, or even your formerly trusted media reporters. They may foam at the mouth and threaten violence at the suggestion that Scientism’s sacred cows (pharmaceuticals, bioengineered foods, industrial chemicals) are not what we have been lead to believe. Stay strong and reconnect to the elegance of a world of natural design, harmony, and regeneration.”*

Another way we witness the unconscious cultural belief of mind > body is through this idea that women’s bodies are “objects” and we should stop appreciating and wanting their beautiful, sexy bodies and instead pursue them for their mind/intellect/creativity. Again, not that the latter qualities are not important, but why isn’t the body seen as equally significant, desirable and powerful?

Ironically, it’s typically other women who I see most demanding to be noticed and recognized for the qualities they possess in their mind, while mocking and ridiculing anything body-centric, essential to female biology (which is a damn powerhouse), is focused on appreciating the female form, or uses intuition as a compass for living.

One might call this the *real* “internalized misogyny.” The deeply unchecked belief that the mind is more valuable than the body.

In a world where we are so divorced from our bodies and mostly live in the mind, the mind is seen as superior, and all of our ideas and advocating for reform are still rooted in these masculine values of systems, intellect, tests, logic, data, etc...

To me, the new feminism would be a *return to embodiment*. Yet, as it stands today, it seems we still generally believe the mind is the more sophisticated and trusted between the two, while we depreciate the body as the weaker one. Something susceptible that is to

be feared and not trusted. Just a powerless “object” that acts as a distraction to men, couldn’t possibly know when and how to give birth, and offers no healing in and of itself.

I believe if women owned the power of their body, heart, and sex, and made embodiment *their practice*, that is to say, focused on radically changing “in here” rather than trying to change how everyone responded to us “out there,” then we would see shifts in our world beyond what we could ever imagine.