

presence of the goddess in all aspects of creation, evident in the ebbs and flows of Grandmother Ocean and the changing of the seasons. But, what of the youth, father and sage? What of the god aspect: the male consort to the goddess? We, as men, have forgotten what it means to be a real male, as apposed to a 'real man', while many women are striving to remember what it means to be a woman. In ancient times, it was the women who dreamed the future and determined the path of the people. It was the women who visioned where the best hunting was to be found and the safest ground to set up camp. It was the women who governed the people, and they did so by trusting their intuition and their connection to Spirit. It was the men, though, who took these dreams and visions to the Creator Spirit and asked for signs as to how they should be brought to fruition. The men trusted Spirit because they trusted their women. They knew that neither would let them down, because they trusted their *own* spirit and knew their purpose and who they were in the bigger scheme of things. The men honoured the menstrual blood as the driving force of life, and saw the bleeding of the women as a sacred time of immense power. In the days of our ancestors, the men and the women worked hand in hand. Their lives were interwoven on all levels. There was balance. They complimented each other physically, spiritually and emotionally and they supported and compensated one another's weaknesses.

Women were once seen as emissaries of the metaphysical realms, fulfilling the role of the romantic, prophet, healer, educator and philosopher. Men have always been the active ones: the developers, hunters and collectors, the foot soldiers and defenders. Despite these clearly defined roles, both men and women once gathered in sacred counsel. They may have gathered separately or at individual power times, but when they did, they stood opposite while honouring the other as a balancing force and equal in their own right. The women dreamed and shared their visions with the men, who sat collectively at peace within their role as the ones expected to consciously bring them to fruition. Although the women were the ones who visioned the future, the men were the ones who harnessed the energy and manifested the outcome. Vibrationally, masculine energy is insubstantial in form and cannot be held within the palm of one's hand. Masculine energy is generally witnessed or experienced rather than being physically contained. The warmth of the sun, the passion created by an intimate encounter, the violence of war; all these occurrences are energetically experienced and are therefore masculine in form. Feminine energy, however, is tangible and real to the touch. The

experiences had within the womb, the birthing of children; the ever-changing cycles of nature and the growing and eventual harvesting of the crops are all energetically feminine in their form. They are physical experiences that can be bodily explored and recorded by the senses. The ancients knew this, and celebrated the fact on a daily basis in both ritual and ceremony as well as in their day-to-day lives. It was real, practical and afforded them great power. It was the way life was meant to be lived.

In Chinese philosophy, the yin-yang is the symbol of balance and harmony between all that is masculine and all that is feminine. The yang aspect, the lighter coloured area, represents the light of the sun. The dark area, the yin, signifies the night and the diminished light of the moon. The yang symbolises 'man' while the yin embodies 'woman'. It is a fundamental observation that affirms the yang cannot grow and prosper without the yin and the yin cannot give birth without the yang. The two halves that are opposite in form and equal in spirit come together to create a perfect whole, a circle with representations of each honoured at the fullest, most potent times of the other as little 'fish-eye' dots. The power found within the feminine is neither different nor the same as the power found within the masculine for, although they are opposite to all intent and purpose, they are equal at every degree. I believe that it is now time to understand our role as masculine and feminine energy forms, to come together as one and to live in harmony and balance with each other instead of arguing over who, what, when and why.

As men, it is time for us to remember the sacredness and power of the opposite sex while taking responsibility for improving public image of our own, and women need to do the same. Women get annoyed because their men 'do not understand' what it is like to suffer physically and emotionally during their bleeding time. They complain because their men do not help with the kids, offer to cook dinner or clean up around the house. They get frustrated because their intuitional realisations are labelled as 'fancies' and the wisdom of their elders are laughed off as 'old wives' tales'. Why do women today get annoyed with their men? The answer, I believe, is that they unwittingly encourage them to remain ignorant. They keep them blind. They gently rubbish them in front of female friends and family, and get angry with them when they are alone. They expect their men to know what they want but remain silent as to how they should go about finding out.

Without making excuses, men cannot be

expected to know what it means to have a period and how it messes with the day to day aspects of life. They cannot know what childbirth is like. They cannot know how emotional and tired their women get after a day 'at home' with the kids. They cannot know how to live their life trusting their intuition 100% while still being expected to maintain a regular job that brings home x-amount of dollars at the end of each week to cover the mortgage and car repayments. They cannot know unless their women tell them and, by this, I do not mean sitting them down and instructing them with diagrams and training videos. I would love to see men inviting their women into the inner sanctums of what it means for them to be 'men', and visa versa. Just as men today need to let their guard down with their women, to heal their past and talk, cry and share from the heart, the women need to support the process by welcoming the men they love into their worlds. They need to trust that their men will not use and abuse them like the men who came before them. They need to invite their men into their sharing circles, healing lodges, temples and wombs. They need to educate their men by explaining the sacredness of being a woman and by teaching their men to trust their intuition and to share the burden of daily routine. They need to teach them how to show their love and appreciation by buying their men flowers or helium balloons and opening the occasional bottle of champagne with no other reason but to celebrate their relationship. Otherwise, how will he know to do the same? A lot of men today *want* to know about periods, childbirth and 'women's intuition'. They *want* to be included in the shopping, the home decoration and the choosing of their kid's birthday presents. They *yearn* to trust their dreams and to vision their futures like their women do. They *are* learning to love their wives unconditionally and to participate in the lives of their children, because they are learning to love themselves, to forgive their parents and to openly celebrate their emotions. Today's men are *tired* of being 'blokes' who play footy, watch porn and drink beer. They *want* to do more, but their women need to show them how by encouraging them and providing space to explore, ask 'silly' questions without fear of ridicule and to make mistakes. Women must drop expectation and realise that their men are largely innocent (not ignorant) to the ways of Spirit and that they need time and patience if they are to catch up.

I believe we have come full circle. We are once again looking to one another as brothers and sisters, equals and as vital strands in the Web of Live. The spiritual reawakening and healing that women have collectively done over the years has