

## FREEDOM TO FEEL

By Dorothy Segovia

We all know the history of women according to what has been done to us by men. We've spent the last few centuries struggling to emancipate ourselves from their laws. Now that we've set the wheel in motion and it has a momentum of its own: let's move on. Let's celebrate Women's History month by remembering that we are Goddesses.

The Goddess way of remembering is allowing ourselves to honor our female lineage with our Self. I'm talking our NOW self. Our body self. To paraphrase Marion Woodman, author of Leaving Our Fathers House, I'm talking about dropping into *subtle* body: our women's body, our creatively intuitive, deliciously soft female body.

(I know, just when we've stuffed our psyches with media based pleas to snip, lift and tuck it; I'm asking you to let gravity take its course!)

Dropping into subtle body means being aware of our true freedom: our freedom to feel. While most of us are pretty comfortable with feelings that were honored by our family or by society in general, there are plenty of buried feelings just waiting to come out. Beware! One of the first feelings of the feminine for those who haven't been feeling lately could be *pissosity*--but that just might be me.

The basic step I'm talking about is allowing your self to FEEL. Anything. Just simply get comfortable and feel. Your body will tell you what to do next. Trusting our body messages is the whole point. We've spent our female lives in a culture that only describes our bodies in relation to men, or to our children. It's no wonder that we've forgotten how to trust this inner language. Once we learn the habit of listening to our bodies, the messages are loud and clear.

So, get quiet and really be with your feelings. Have a journal book or drawing paper to record what comes up. Be sure to include a cup of tea and a candle to make this a celebration. I've recommended a few of my Goddess gurus that have led me on this sacred feeling and sometimes scary path, with humor, grace and plenty of chutzpah.

Angry? Try Gabrielle Roth's Bones CD and dance it out. Centered and ready to go deeper? Treat yourself to Women's Intuition by Paula Reeves. Need a creativity confidence boost? Take a tour through one of Julia Cameron's books. Empowered? Read Healing The Soul of America by Marion Williamson. Feeling sleepy? Then grab one of Clarissa Pinkola Estés audio storytelling CD's and let your Self dream. Simply need to relax with a great girly read? Three Black Skirts by Anna Johnson reminds me why it's so much fun to be a grown up girl. Feeling so many feelings that you're overwhelmed? Living With Feeling by Cambria local Lucia Capacchione is an excellent guidebook.

Feeling gives us roundness. This is what I mean by naming this column *Circling the Square*. We've spent our lives learning that our round women selves don't fit so well into the square edges of a patriarchy. But the idea of a patriarchy can fit into our feminine circle. Our round self circle. Our large, feeling, expanding women holding hands across the nation, circle. This is how the square and the circle can be together in freedom. We need to expand our ideas of what it is to be female. And loving our feisty female feeling bodies is the ONLY way to start.

May you and your daughters, and your daughter's daughters, always be juicy.

*Dorothy Segovia is a freelance writer that specializes in individual biographies, company mission statements and other creative writing. As a songwriter, she creates customized songs as gifts. She also mentors and teaches women to re-discover their creative life. She can be contacted at mulukuku@charter.net or 805-995-2697.*