

# HOW WE FEEL

*"Our feelings have intelligence of their own, and they often times, are the truest part of our authentic self."*

Women have intense feelings about love. We believe in the power of love, have been confused by love, often believing that to love properly we have to totally surrender ourselves. We have dedicated our lives to our parents, families, friends and even to our employers. We are well practiced in the art of empathy – the ability to understand and identify with another’s feelings. We are expected to hone that skill to perfection. When do we understand and identify our own feelings? Empathy does not include internalizing responsibility for other people’s problems or feeling an urgency to find a solution. Empathy must include believing that everyone can find their way to peace. Are we capable of “self-empathy?” At this stage in our lives, we must begin to develop self-empathy. By understanding the powerful impact of our culture to limit the development of a true self, we can begin to feel the reality of our own loss. As we move from one stage to another, we will become moved by our emotions. Eventually, we will come to realize that our dedication to others has often been abused. It has caused us pain. To face the realization honestly, takes courage. We may want to turn away from the admission of self-destructive love, but we must not because that admission is part of learning healthier ways to love.