

WAKING UP

I understand how limited my personal life became as myths of femininity overwhelmed my identity.

How We Think

“Waking up psychologically is not easy... especially, when sleeping feels natural and protective. This awakening is a choice.”

It is vital for us to understand that throughout our lives as women, each of us lost a part of our self. Our personalities were influenced by a force few recognize. That force is socialization. It permeates our inner and outer world at every stage of our lives.

During childhood, we are uncertain about who we are; consequently, we look to adults and institutions for guidance. As children, we were vigilant about watching and listening to the adults who directed our uncertain hearts. We were motivated by love and a need to belong, so we willingly complied with all the directives about acceptable behavior for little girls. Without knowing what was happening to us, our lives were influenced by the most powerful cultural force: socialization, or simply put, learning to live within the culture of our birth. At each stage of our life, the messages of socialization change and intensify. As we mature, the messages may become uncomfortable for us. They may feel imposing and unnatural, but we continue to comply because when we don't, we are punished in a variety of ways. The process of socialization goes on and on without any conscious scrutiny by the socializers or the child who complies. You may have felt your life slipping away from you as a child, but didn't quite know how to manage your doubts. You may have felt like you didn't have the right to question what was presented to you as fact and as absolute. Now is the time to question the messages of your childhood history because questioning is an important part of maturing. Understand that now is your time. Cherish this invitation because it will bring great gifts to your spirit. This work will bring you home to your deepest and truest self.