



# They Say Opposites Attract

6 Oct 2012

# Self Introduction



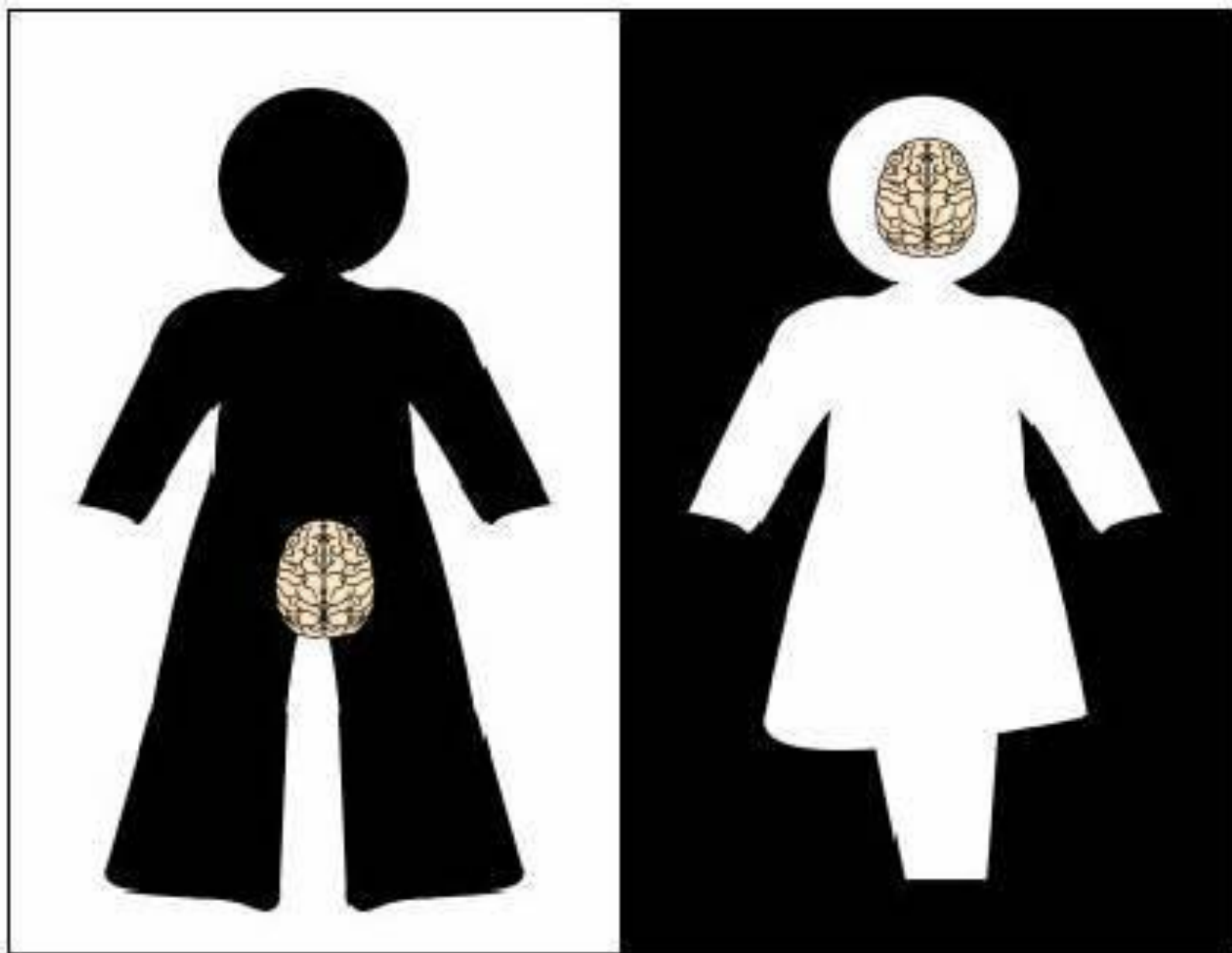
Martha Lee

Clinical Sexologist

- Doctorate in Human Sexuality
- Masters in Public Policy and Management
- Bachelor of Arts (Comm)
- Cert in Sex Therapy
- Cert in Practical Counselling
- Cert in Life Coaching

Discuss what is masculine and  
feminine energy

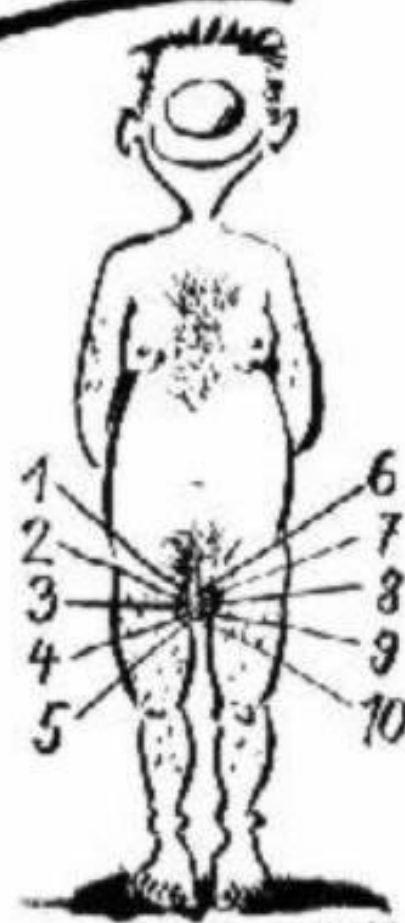
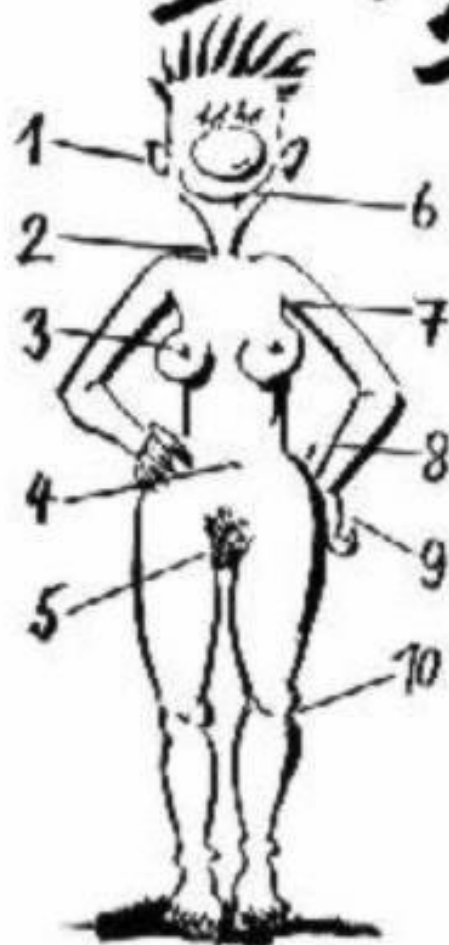




**The Simple Truth**



# The exogenous zones



BRANSON & CO. 1978



**Man**



Julia Day 1840-1860

## Woman



SO YOU  
WANT TO  
OWN ME?







**BIG  
STRONG  
BOY**



**LITTLE  
CUTE  
GIRL**

PORN MOVIES AND DISNEY ARE  
RESPONSIBLE FOR THE MOST FRUSTRATED  
HUMAN BEINGS I KNOW

where the hell is my prince charming?



where the hell is my insatiable whore?





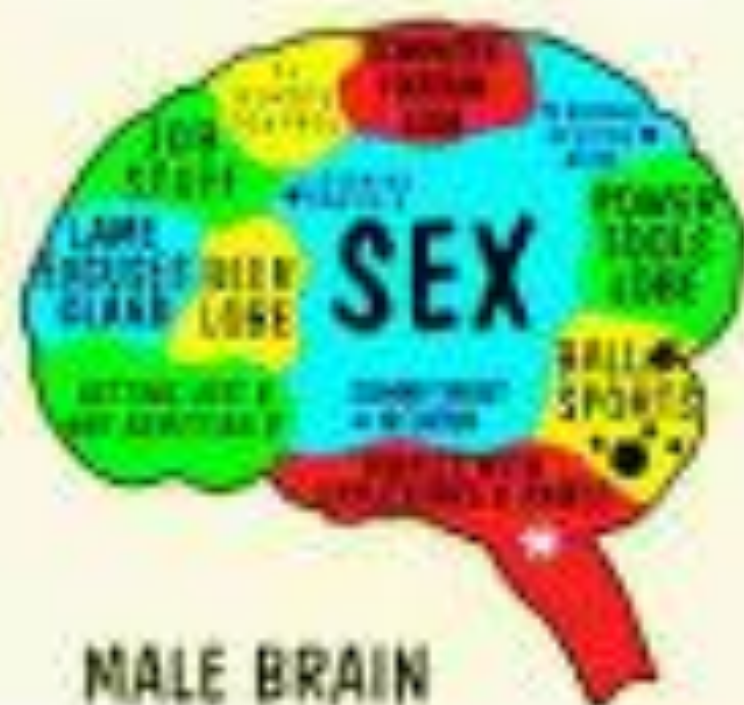
# Savage Chickens

by Doug Savage



©2008 BY DOUG SAVAGE

***So that explains it.***





**FOOTNOTE:** the "Listening to children cry in the middle of the night" gland is not shown due to it's small and underdeveloped nature. Best viewed under a microscope.



Feminine

















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# INTIMATE COMMUNION



*Awakening Your  
Sexual Essence*

DAVID DEIDA

# The Feminine Way

1. Radiance
2. Force of attraction and enchantment
3. Wanting to be noticed
4. World of sensation, body, unseen connection to the flow of elements and natural forces
5. Opens
6. Speaks 'Feel' vs' His 'Do'
7. 'Flows' vs. His 'Go'
8. Force of Creation and Destruction

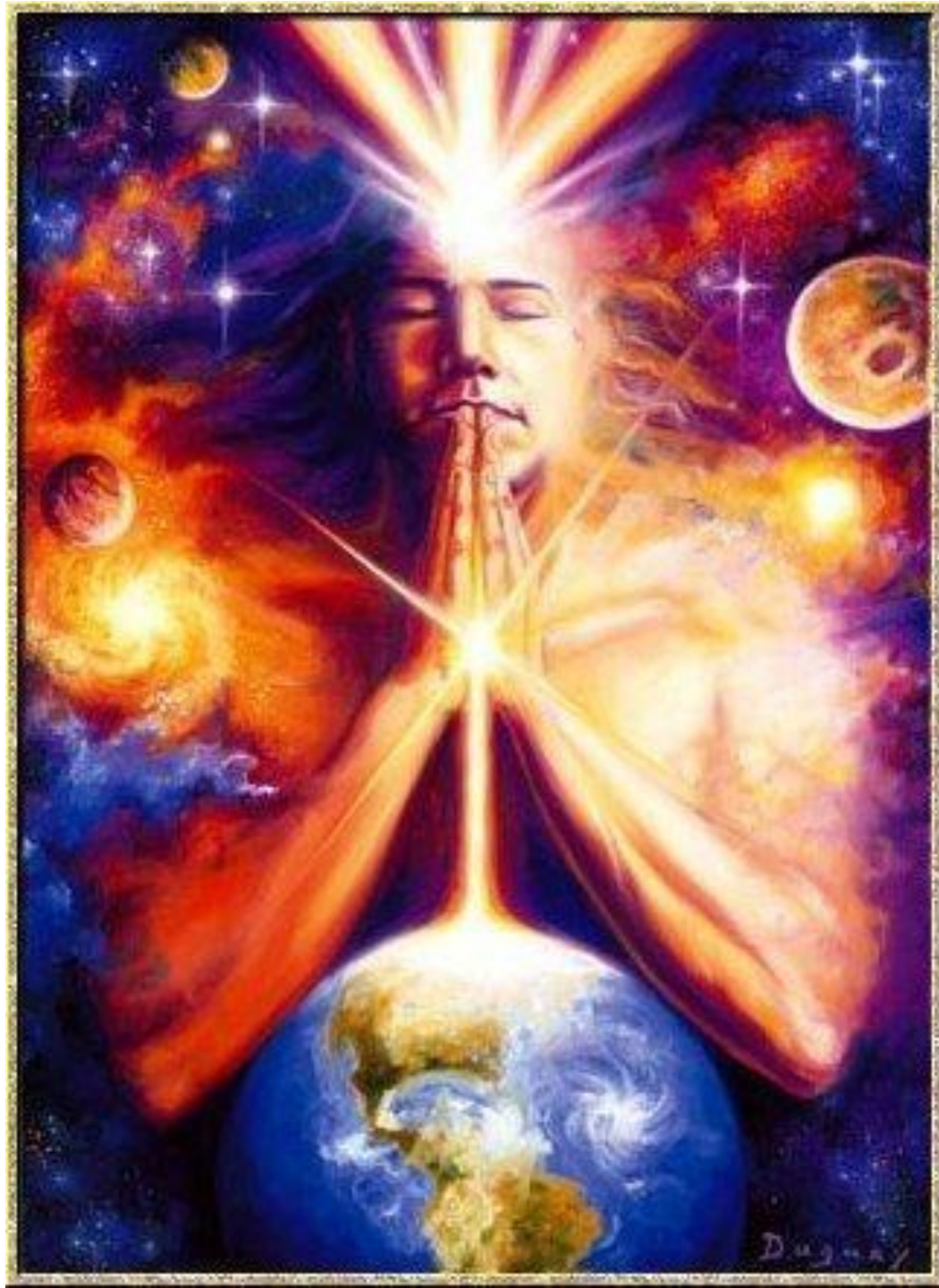






Masculine









# The Masculine Way

1. Directionality
2. Mission
3. Modal – Realms that don't seem penetrable from the outside
4. Looking for trouble
5. Release
6. The edge
7. Die to self
8. Free man



# IN PERFECT BALANCE

**The Yang- Universal  
Divine Male  
Omega  
Force**

Intellect/Thought,  
Activation,  
Dematerialization,  
Conquest/Control,  
Projection.



Entropic Change,  
Sensation/Feeling, Physical  
Materialization,  
Conservation, Potential.



**The Yin  
Universal Divine  
Female Alpha  
Force**

# Yin / Yang

1. Receive

1. Project

2. Feel

2. In control

3. Moon

3. Sun

4. Water

4. Fire





# Masculine/ Feminine

1. Solid

2. Strong

3. Powerful

4. Unwavering

5. Security

6. Faithfulness

7. Integrity

8. Unemotional

1. Soft

2. Surrender

3. Creative

4. Flowing

5. Alluring

6. Drawing

7. Irrational

8. Heartful/ emotional

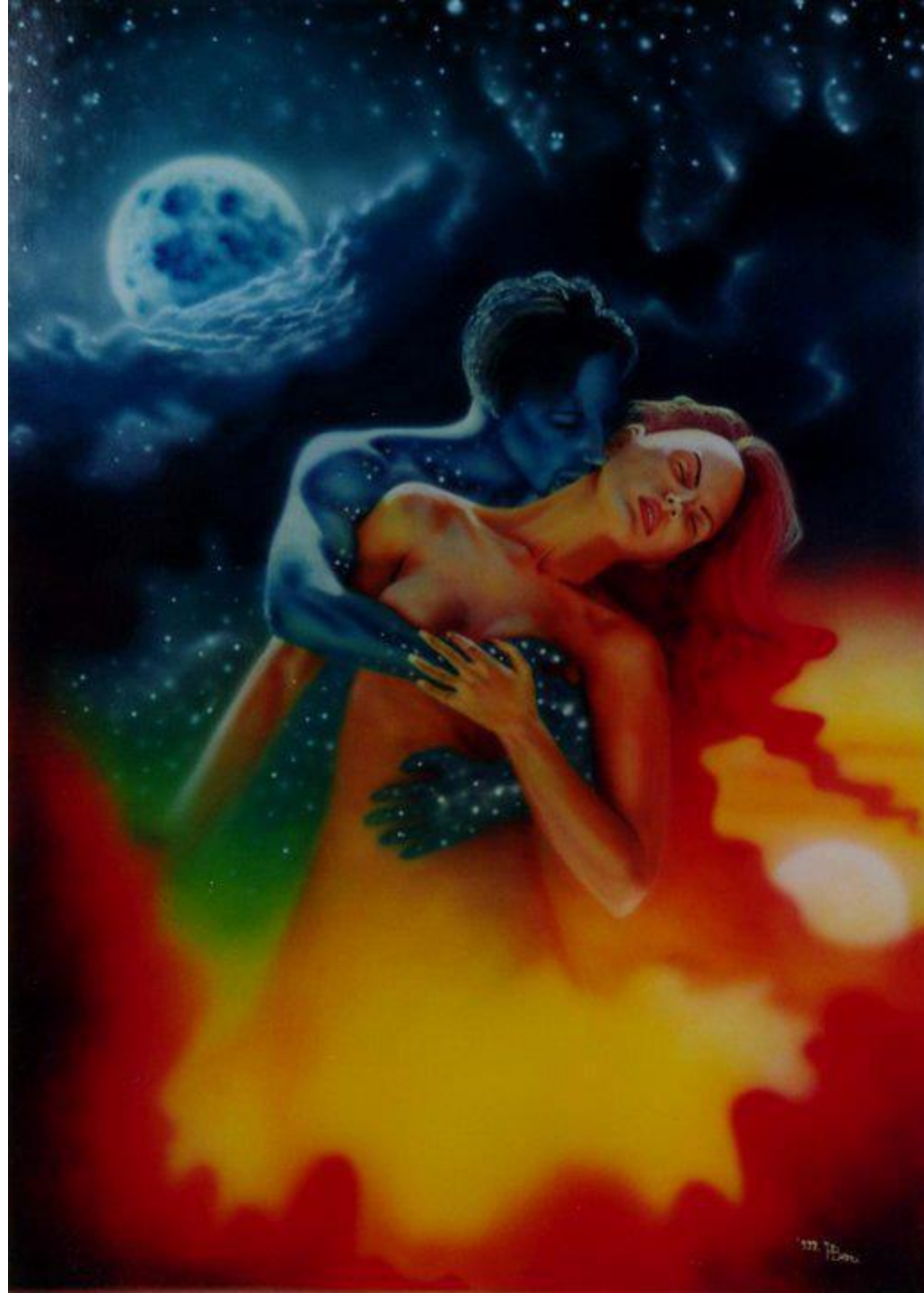
A close-up photograph of a person's hand holding a small, glowing blue, translucent orb. The orb has a textured, slightly grainy surface and is emitting a soft blue light. The hand is positioned in the lower-left foreground, with fingers gently gripping the orb. The background is a dense, out-of-focus forest of green ferns, creating a natural, mystical atmosphere. The lighting is soft, highlighting the texture of the hand and the glow of the orb.

Without  
darkness  
nothing grows  
without light  
nothing  
flowers



























Exercise:  
Are you more feminine  
or masculine?



Spot the similarities in  
these pictures





















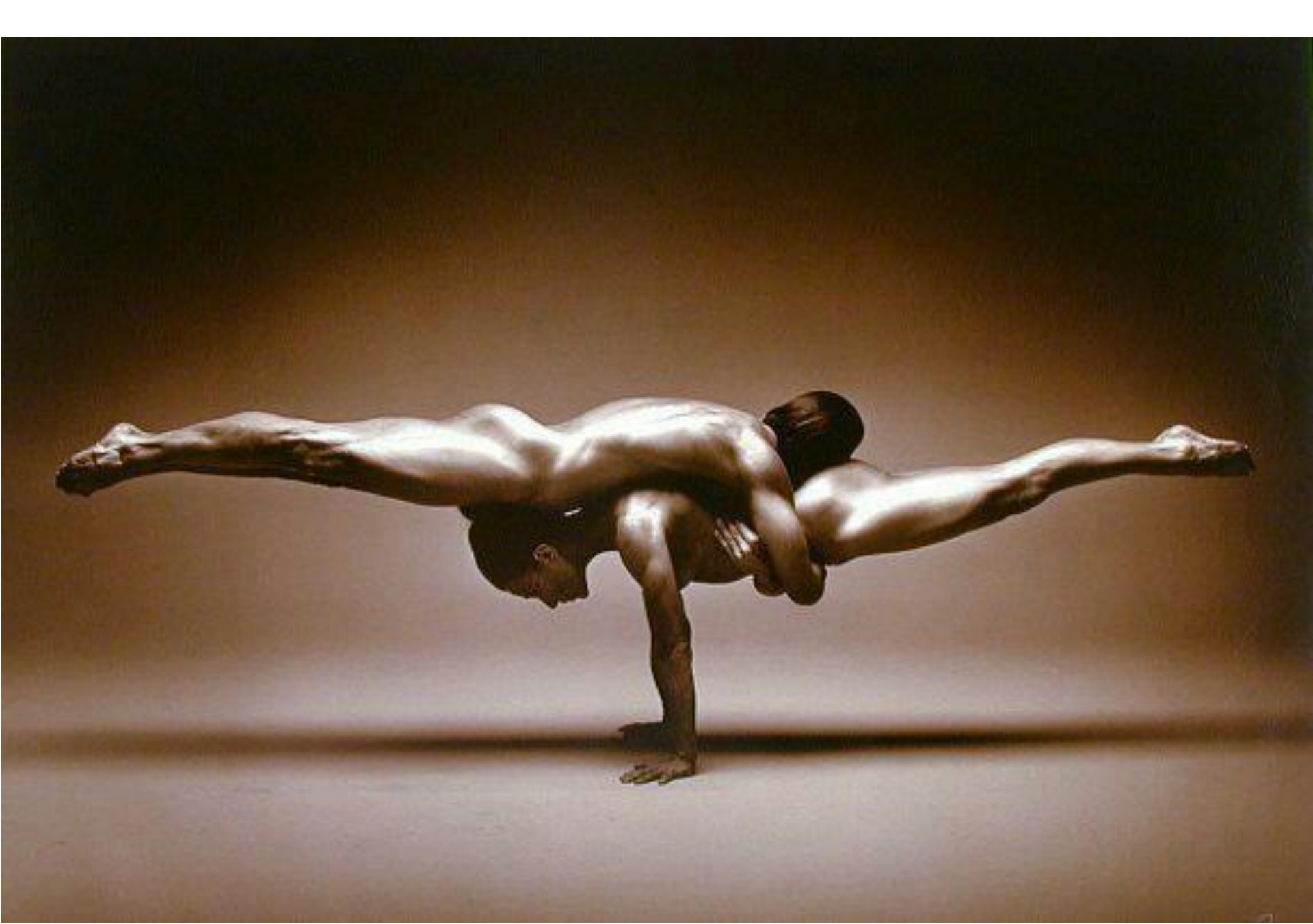


















HE SUPPORTS THEM BOTH, BUT SHE GIVES THEM BALANCE



Taken May 2012

That which divides us ...



... is simply the mind.



FIFTEENTH ANNIVERSARY EDITION

# HIS NEEDS HER NEEDS

*Building an Affair-Proof Marriage*

**Willard F. Harley, Jr.**

MORE THAN 1,000,000 COPIES SOLD

# His Needs/ Her Needs

- |                               |                         |
|-------------------------------|-------------------------|
| 1. Sexual fulfillment         | 1. Affection            |
| 2. Recreational companionship | 2. Conversation         |
| 3. An attractive spouse       | 3. Honesty and Openness |
| 4. Domestic support           | 4. Financial Commitment |
| 5. Admiration                 | 5. Family Commitment    |

#1 NATIONAL BESTSELLER

# You Just Don't Understand

"Utterly fascinating . . .  
a classic in the field."  
—SAN FRANCISCO CHRONICLE

WOMEN AND MEN IN  
CONVERSATION

DEBORAH  
TANNEN

WITH A NEW AFTERWORD BY THE AUTHOR



# Deborah Tannen

## MEN

1. Masculine
2. Independence
3. Resist being told
4. Opinions
5. Competition (One up)
6. Public talk
7. Report speak (Impersonal)
8. Sitting side by side
9. Indirect feelings
10. Divorce: from obligations, less confined

## WOMEN

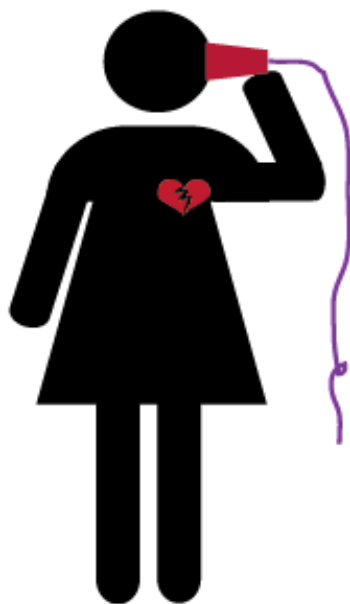
1. Feminine
2. Intimacy
3. Inclined to repeat requests
4. Open ended
5. Harmony/ negotiation (same)
6. Private talk
7. Rapport speak (Personal)
8. Sitting facing each other
9. Indirect requests
10. Divorce: independence, autonomy

# You *Just* Don't Understand

The author, Peggy Taylor, interviewed sociolinguist Deborah Tannen, who has written a book called *You Just Don't Understand: Women and Men in Conversation*. Tannen's research shows that the differences between the communication styles of men and women go far beyond mere socialization, and appear to be inherent in the basic make up of each sex.

Tannen notes that men are confused by the various ways women use conversation to be intimate with others. One of these ways she calls "troubles talk." She says, "For women, talking about troubles is the essence of connection. I tell you my troubles, you tell me your troubles, and we're close. Men, however, hear troubles talk as a request for advice, so they respond with a solution." When a man offers this kind of information the woman often feels as if he is trying to diminish her problem or cut her off.

In his eyes, he's being supportive, because men don't talk to each other about their troubles unless they really do want a solution; talking about their problems is wallowing in them. The man doesn't realize that his woman was simply trying to establish a certain kind of intimacy with him—inviting him to reciprocate and share himself with her. Because of these essential differences in approach, Tannen says that the most common complaint she hears from men about women "...is that women complain all the



**SHE** says this

*"Women use conversation to be intimate with others."*



**HE** hears that

*"Men's communicating is all about status."*

time and don't want to do anything about it...Men misunderstand the ritual nature of women's complaining."

An interesting dance emerges from these different approaches: The woman, craving closeness and intimacy with her man, talks to him about her problems with friends, family, her job, etc. She seeks to have her man respond as her girlfriends have always done, and talk with her about his concerns. The man, however, hears these conversations as requests for advice, not intimacy. He considers the problem and offers a solution, or dismisses the issue, as the boys he knew always did. When his woman continues to go on about these same concerns, showing no movement to consider his advice, he becomes confused and eventually angry; he begins to believe that his woman is an expert at talking about nothing. The woman begins to feel that her man doesn't care about her because he won't talk to her in a way that feels intimate.

It is important for women to understand that men's communicating is all about status. Think about all those nature shows you've ever seen on PBS. The prime goal of male beasties is to be able to mate; to do this they must be powerful enough to challenge the lead males in the herd. As they grow up, they bide their time by establishing a pecking order. When a beastie is big and strong enough to have most of the other males "under" him, he is ready to take on the "old man." If he wins the fight, he gets to mate with the females of his choice (and they will mate only with him).

Tannen has found that human males behave in exactly the same way. She discussed the research of Marjorie Goodwin, who studied boys in Philadelphia for a year and a half. "She found that boys give orders as a way of gaining social status. The high-status boys gave orders just to maintain their dominance, not because they particularly needed the thing done. And the boys who were being told what to do were low status, by virtue of doing what they were told."

This dynamic is important to remember when looking at another major area of miscommunication between men and women. Women cannot understand the resistance men seem to have when asked for assistance or consideration of

some kind or another. Women must remember the above scenario and understand that, for men, doing what they're asked to do means they have lost status in that relationship. Men often feel that women are trying to manipulate them. What a woman might see as a simple request—no big deal—is seen by her man as an attempt to manipulate him into a “one-down” position.

Tannen discusses this issue further:

“Women want men to do what we want. We want them to want to do what we want, because that's what we do. If a woman perceives that something she's doing is really hurting a man, she wants to stop doing it. If she perceives that he really wants her to do something, she wants to do it. She thinks that that's love and he should feel the same way about her. But men have a gut-level resistance to doing what they're told, to doing what someone expects them to do. It's the opposite response of what women have.” She reminds readers that, of course, there are men who are very helpful toward their women. “But if a man is going to be touchy, it's more likely to go in that direction. Whereas if a woman is insecure, she's more likely to go in the other direction, [and] be super-accommodating.”

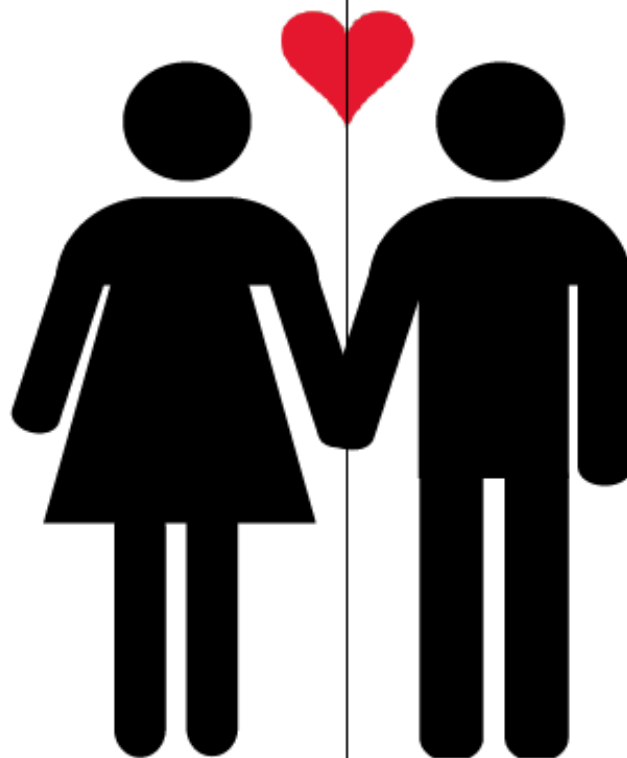
In sharp contrast to the communication style of men, which seeks to establish and maintain status and dominance, women's communicating is more egalitarian, or rule-by-consensus. When women get together they seek the input of the other women present and make decisions based on the wishes of all. Tannen notes that this type of communication style is becoming more important, and is in alignment with the Japanese style of management. Men doing business with Japanese companies often have to radically change their style of communicating to accommodate the more personal and intimate approach of the Japanese businessman.

One may get the impression from this discussion that women's style of communicating is superior to men's. Indeed, since the dawning of the women's movement there have been many declaring that men just don't know how to communicate (because they don't communicate like women). Sensitivity courses galore have been offered in hopes of teaching men to communicate more like women. However, Tannen states that there is nothing pathological about men's style of communication, and that women's communicating also has its down-sides.

One fact I found particularly fascinating follows from women's communication style of consensus-building. With women, consensus means thinking alike, being in agreement, being the SAME! When one woman in a group decides to go her own way in some matter, there is often trouble: “If a girl does something the other girls don't like, she'll be criticized, or even ostracized...What do girls put other girls down for? For

“Talking about troubles is the essence of connection.”

“Men hear troubles talk as a request for advice.”



“Both sexes need to understand the inherent differences in their communication styles so that they don't expect the impossible.”

standing out, for seeming better than the others...I mean, really—no wonder people talk about women's fear of success!” In shock, Peggy Taylor, asked, “So you're saying the female mode prevents excellence?” And Tannen replied, “It prevents displaying it.”

Pretty interesting, eh? I imagine that there are a fair number of women out there who have experienced that kind of isolation from their friends(?) at some time in their lives. It is unfortunate that exceptional women not only find themselves up against men who are threatened by their success, but are often faced with their sisters throwing stones in their path too. This need for consensus—for being alike—is something women need to explore further if we sincerely wish to support each other in advancing our individual goals and dreams.

In closing, Tannen makes the point that both sexes need to understand the inherent differences in their communication styles so that they don't expect the impossible. There is middle ground where men and women can meet and find understanding. Women must learn that the kind of intimate talk they have with their girlfriends should remain just that. Trying to turn your man into a girlfriend will usually fail because men, in general, don't create feelings of closeness in that way. Men, too can understand that when their woman is talking, she is attempting to connect to him—she's not just talking to talk, nor is she trying to readjust the status of their relationship. By sharing more of himself he shows her, in a way she can understand, that he's not pushing her away; that he does indeed love her and want to be close to her.

After reading this article, it's easy to see that a major source of fuel for the battle between the sexes is this vastly different way of communicating. Perhaps if men stopped expecting women to communicate like men, and women stopped trying to get men to communicate like women, we would have enough energy left to appreciate how each sex complements the other in a wonderful way. Life would be pretty boring if men and women were the same (and I'm not referring to naughty bits here!) Viva la difference—what a challenging way to learn about life and each other!



What is Intimacy?



*When you smile I can feel  
All my passion unfolding  
Your hand brushes mine  
And a thousand sensations  
Seduce me*



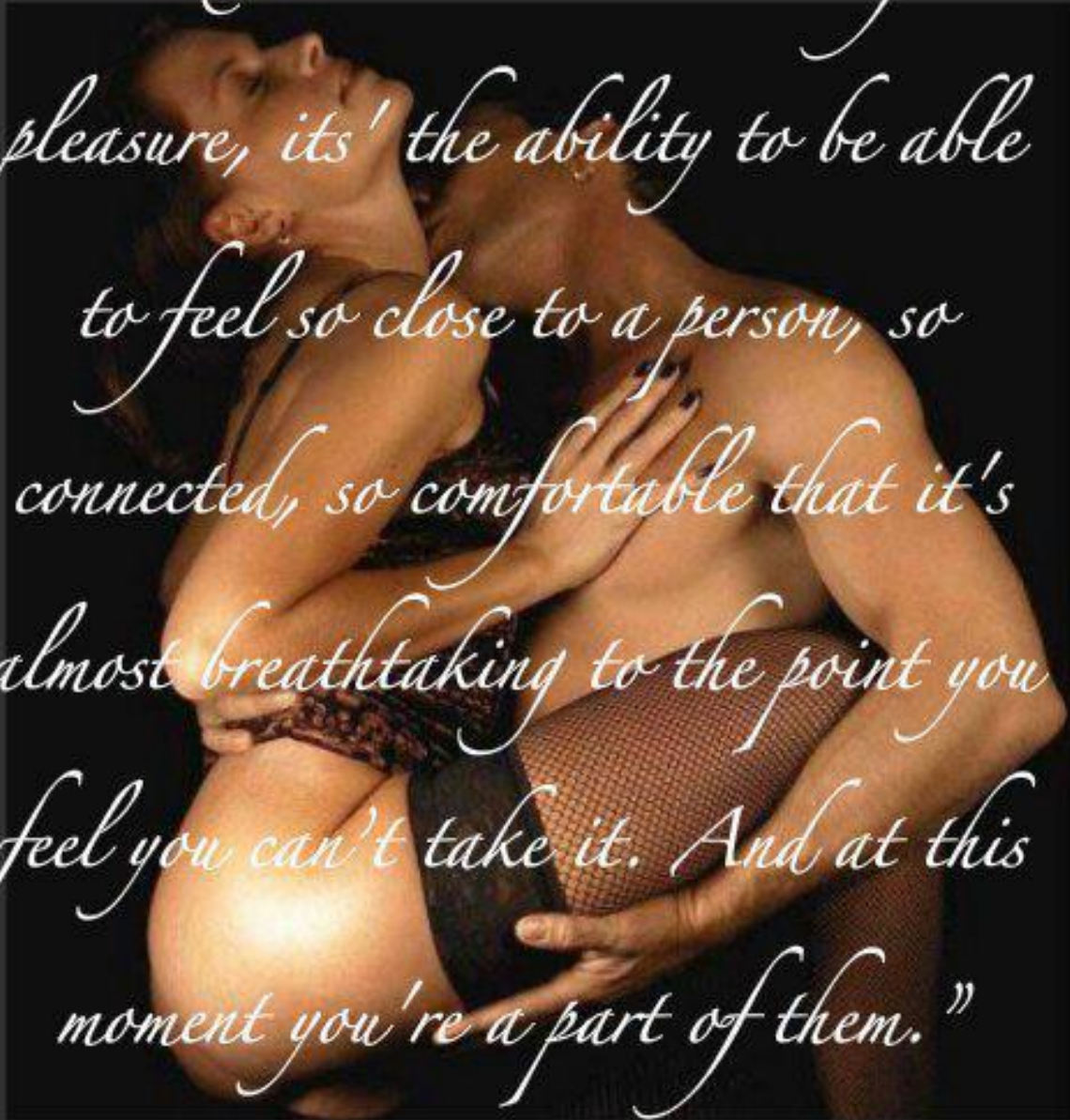
it's easy to  
take off your  
clothes and  
have sex.  
People do it  
all the time,  
but Opening  
up your Soul  
to someone,  
letting them  
into your  
spirit,  
thoughts,  
fears, hopes,  
dreams, .....  
that is being  
Naked



Run your fingers through my soul.

For once, just once,  
feel exactly what I feel,  
believe what I believe,  
perceive as I perceive,  
look, experience, examine,  
and for once;  
just once,  
Understand...

*"Sex is more than an act of pleasure, it's the ability to be able to feel so close to a person, so connected, so comfortable that it's almost breathtaking to the point you feel you can't take it. And at this moment you're a part of them."*



Intimacy is not  
purely physical.

It's the act of connecting with  
someone so deeply,  
you feel like you can see into their soul.



# Styles of Intimacy

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# INTIMATE COMMUNION



*Awakening Your  
Sexual Essence*

DAVID DEIDA

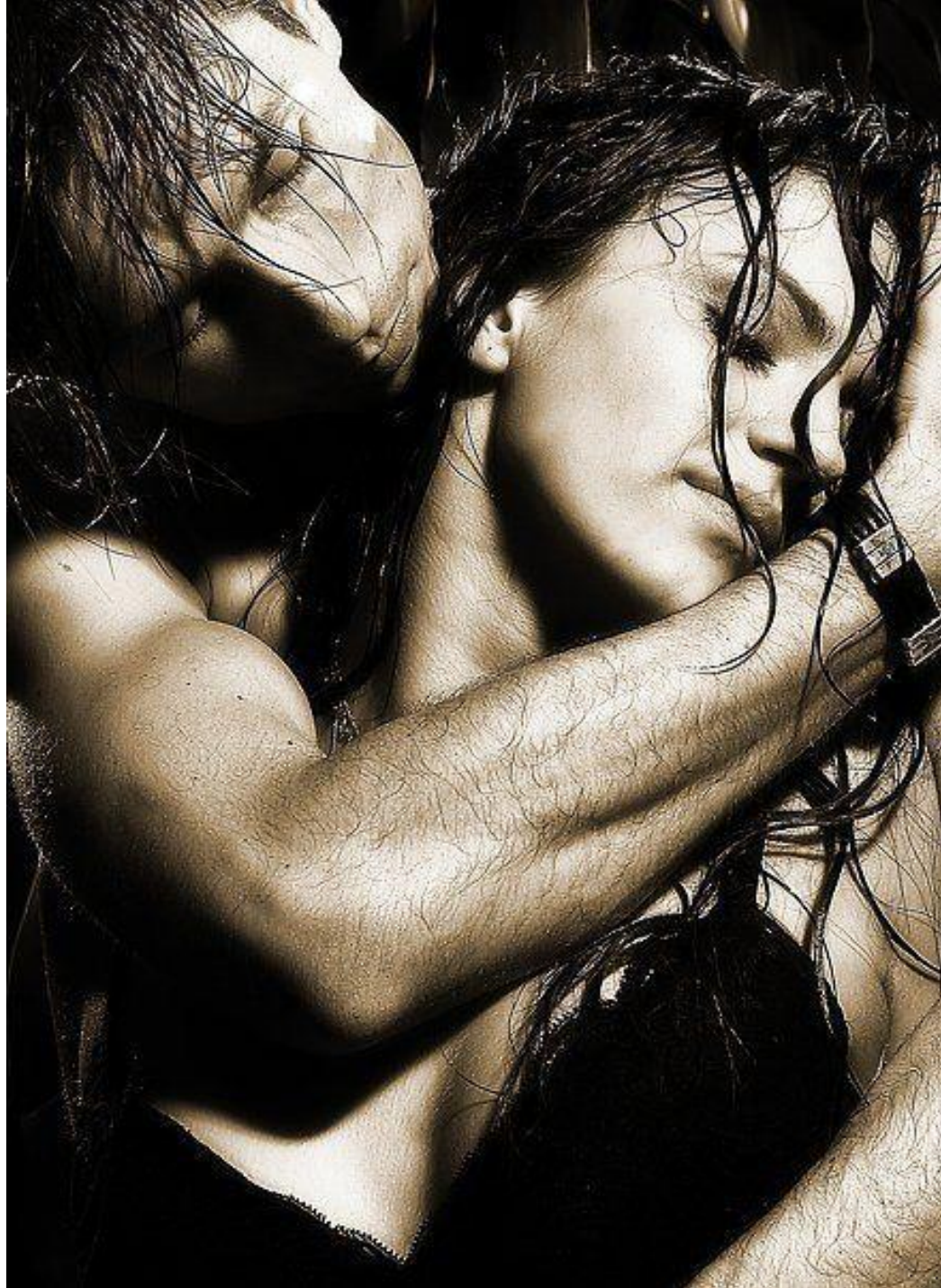
# 3 Styles of Intimacy

## 1. Dependence Relationship

- *Men are men and women are women.*
- Money, emotional support, parenting or sex → Imbalance of financial or physical power







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## 2. 50/50 Relationship

- Safe boundaries and equal expectations for men and women.
- Two independent people; equitable partnership → equally balanced or Neutral





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## 3. Intimate Communion

- I relax into oneness and spontaneously give my deepest gift.
- Practice loving, give from core, includes root of our sexuality



**"It happens all the time in heaven,  
And some day**

**It will begin to happen  
Again on earth -**

**That men and women who are  
married,  
And men and women who are Lovers,**

**And women and men who give each  
other Light,**

**Often will get down on their knees**

**And while so tenderly  
Holding their lover's hand,**

**With tears in their eyes,  
Will sincerely speak, saying,**

**My dear,  
How can I be more loving to you;**

**How can I be more kind?"**

~ Hafez,





YOUR FIRST STEP  
TO A CAREER IN

JOURNALISM

TO  
WE SET YO

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Home &gt; World &gt; Couples who share housework more likely to divorce: Study

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## Couples who share housework more likely to divorce: Study

Updated 05:31 PM Sep 28, 2012

PARIS - Divorce rates are far higher among "modern" couples who share the housework than in those where the woman does the lion's share of the chores, a Norwegian study has found.

In what appears to be a slap in the face for gender equality, the report found the divorce rate among couples who shared housework equally was around 50 per cent higher than among those where the woman did most of the work.

"What we've seen is that sharing equal responsibility for work in the home doesn't necessarily contribute to contentment," said Dr Thomas Hansen, co-author of the study entitled "Equality in the Home".

The lack of correlation between equality at home and quality of life was surprising, the researcher said.

"One would think that break-ups would occur more often in families with less equality at home, but our statistics show the opposite," he said.

The figures clearly show that "the more a man does in the home, the higher the divorce rate," he went on.

The reasons, Dr Hansen said, lay only partially with the chores themselves.

"Maybe it's sometimes seen as a good thing to have very clear roles with lots of clarity ... Where one person is not stepping on the other's toes," he suggested.

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Dr Frank Furedi, Sociology professor at the University of Canterbury, said the study made sense as chore sharing took place more among couples from middle class professional backgrounds, where divorce rates are known to be high.

"These people are extremely sensitive to making sure everything is formal, laid out and contractual. That does make for a fairly fraught relationship," he told the Daily Telegraph.

**"The more you organise your relationship, the more you work out diaries and schedules, the more it becomes a business relationship than an intimate, loving spontaneous one.**

"That tends to encourage a conflict of interest rather than finding harmonious resolutions."

"In a good relationship people simply don't know who does what and don't particularly care. Unless marriage is a relationship above anything else, then whenever there are tensions or contradictions things come to a head. You have less capacity to forgive and absorb the bad stuff."





# Tips for Men

Show me,  
Don't tell me.





*Spirit*

*ego*



Find ecstasy within yourself.



It is not out there.  
It is in your innermost flowering.

--Osho

“Only  
the united  
beat of  
sex and heart  
together  
can create  
ecstasy.”



I understand.  
I just don't care.

# Tips for Men

1. Practice lucidity
2. Be present
3. Ask if unsure: What do you want me to be doing right now?
4. Ask for specifics: Show me? How many percentage?
5. Let go of your ego
6. Sometimes love not expressed is love not received. She needs to hear it, see it, feel it.
7. Remember she is all heart

# Tips for Women





**TALKING LOUDER WON'T MAKE 'EM HEAR YOU BETTER**

***“You just don't  
get it, do you?”***

BECAUSE  
SOMEONE  
DOESN'T LOVE  
YOU THE WAY  
YOU WANT  
THEM TO  
DOESN'T  
MEAN  
THEY DON'T  
LOVE YOU  
WITH ALL  
THEY HAVE.

-UNKNOWN

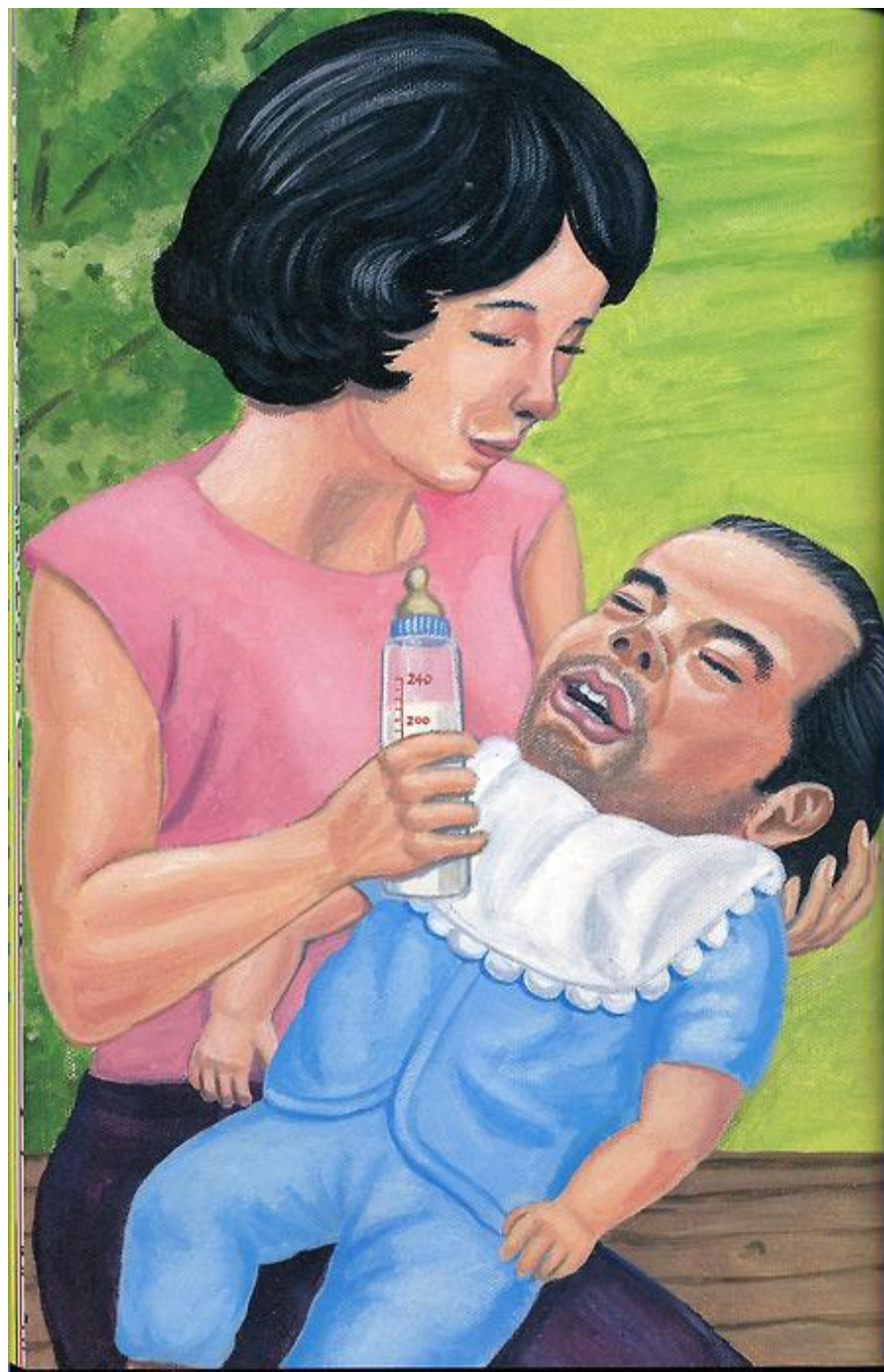


the key to a long relationship:  
keep the fights clean  
and the sex  
dirty





I am  
putting you  
on my  
to-do list.













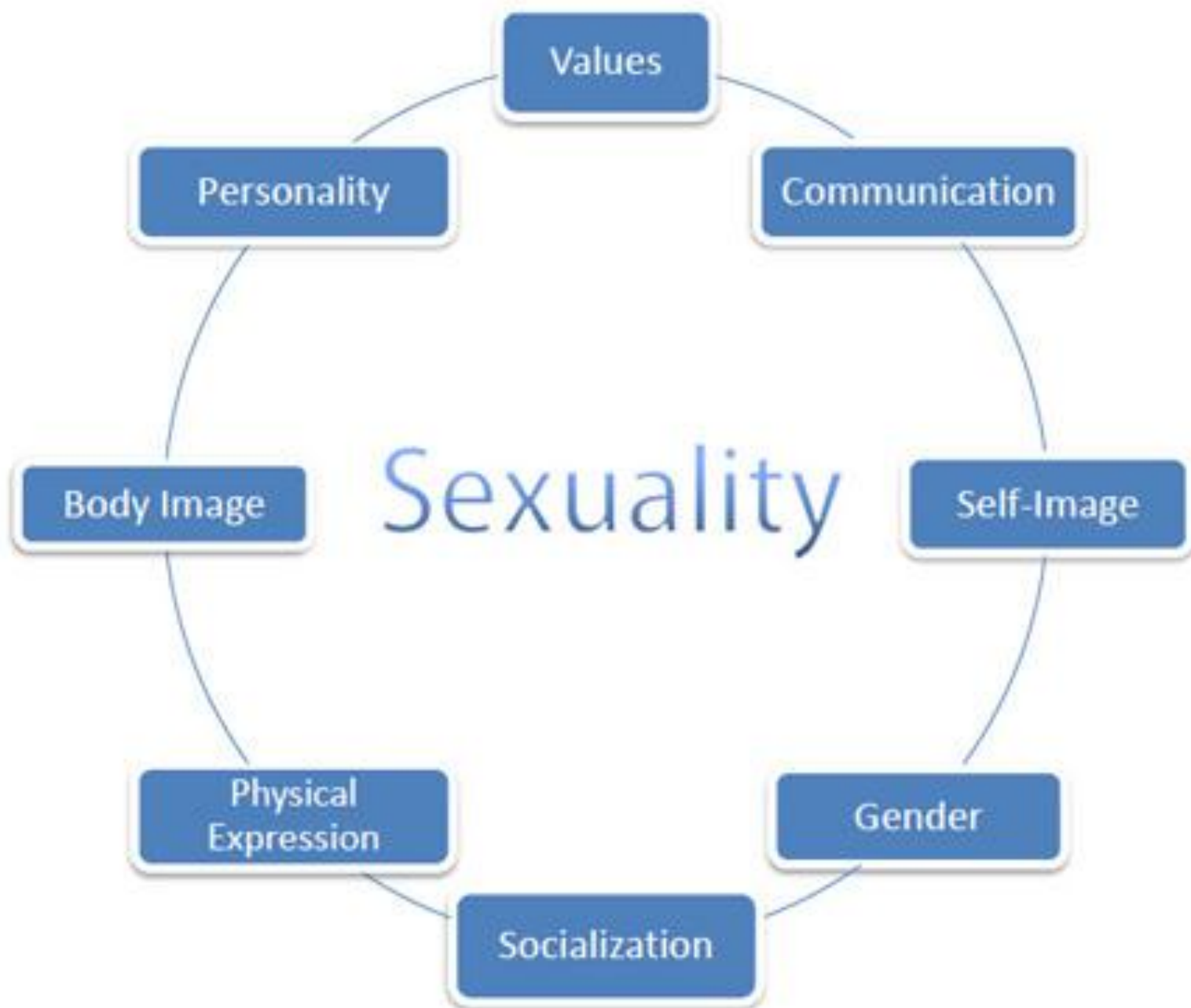
# Tips for Women

1. Give him 'face'
  2. Pose as a question
  3. Suggest
  4. Believe him – men usually tell the truth; more straight forward
  5. Be concise
  6. Be clear about your options and desired outcomes
  7. Schedule sex
  8. Invite him to open his heart
1. Don't be a nag i.e. keep repeating
  2. Don't go on and on
  3. Don't shout
  4. Don't be sarcastic
  5. Don't assume
  6. Don't internalise – it's not always your fault
  7. Don't baby him (esp mothers)

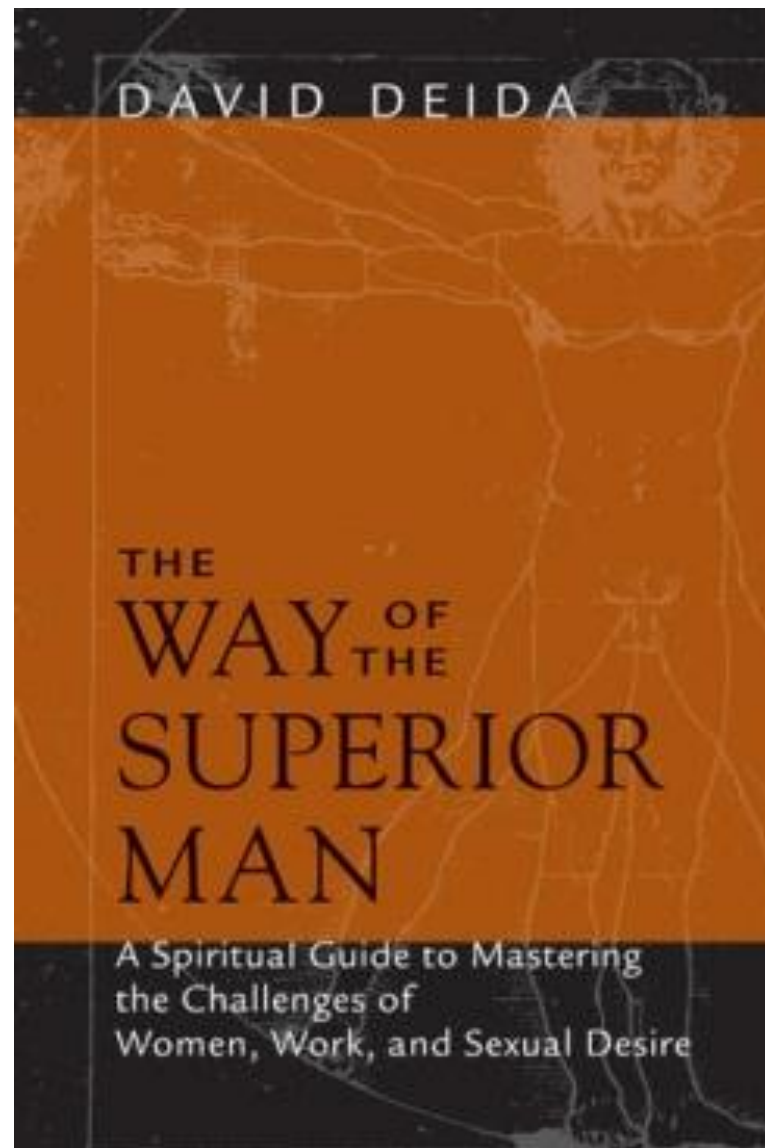
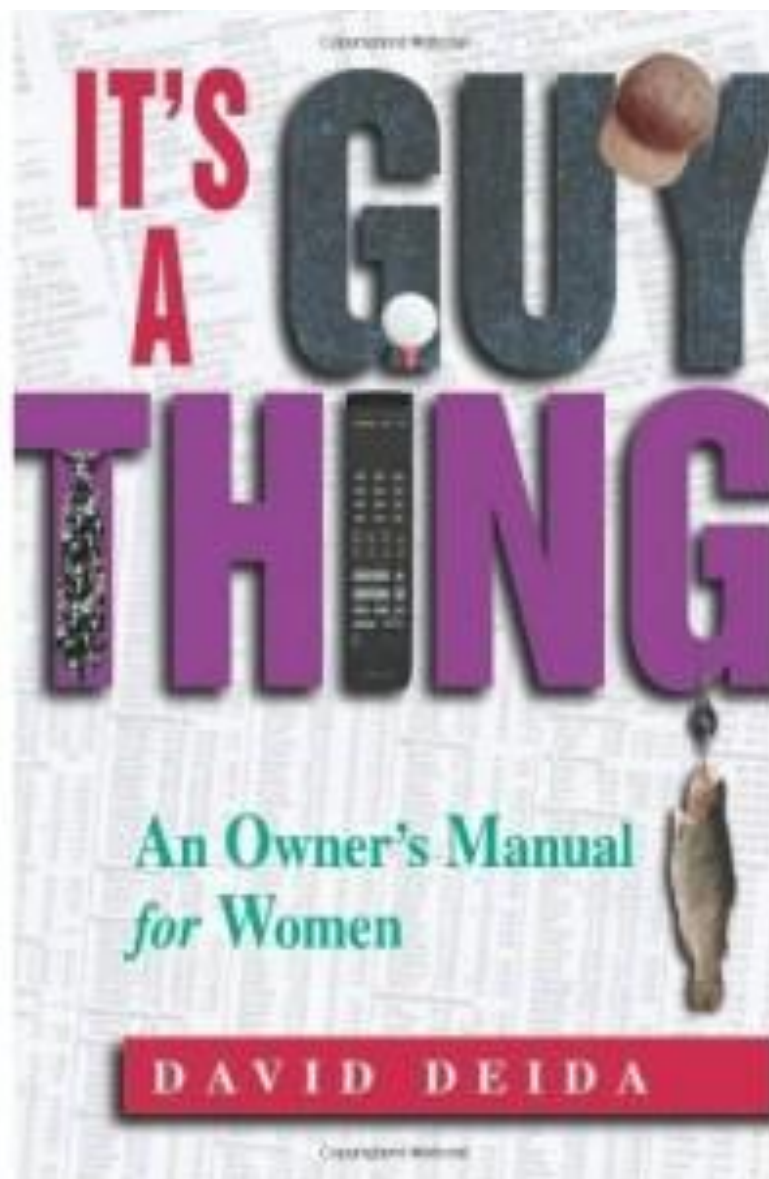
*"Choose a man who makes you open more deeply than you have been so far able to take yourself.*

*But also choose a man who takes you deeper than you would go by taking turns navigating, him expecting that you will take charge half the time."*

– David Deida







SUSAN  
JEFFERS

*Author of the bestselling FEEL THE FEAR  
AND DO IT ANYWAY*

Opening  
*our*  
Hearts  
*to* Men

TAKING CHARGE OF OUR  
LIVES AND CREATING  
A LOVE THAT WORKS

# Thank you!

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