



GREEN HOPE FARM  
FARM COLLECTION

## **A BULL STORY**

### **A Balancing of Male and Female Energies**

By Molly Sheehan, April 1996

Thirty feet up stood a magnificent bull which, at any moment, could step off a hayloft into a flying beef free fall. The crowd below included local police, the bull's owner, neighbors, passersby, even a few barn cats. The spectators' concern was laced with fascination. They were witness to a drama which could, through no fault of their own, take a rapid, violet turn for the worse. Not only could the bull leap to its death, it might gore and toss anyone trying to save it. All this and no admission fee paid.

Enter Jim, friend, neighbor and dairy farmer. Jim arrived at the scene of the great escape in a police cruiser. Offering his advice, he'd been handed the rescue mission. Jim pushed through the crowd and climbed the stairs to the loft. When he removed his jacket, the crowd nodded expectantly. Jim was going to WRESTLE THE BULL WITH HIS BARE FISTS! Everyone below positioned themselves to watch the epic struggle. Jim, however, had other plans. He tied his jacket around the bull's head so that it could not see. Then he firmly pulled the docile bull down the stairs by a halter. Written up in the town records as an act of extreme courage, Jim saw what he did as the obvious solution to an easy problem.

I love this bull story. It is a tale about the triumph of common sense but it is more than that. The bull represents the out-of-balance part within most of us that is determined to go where it pleases, regardless of whether it is a good idea. I see this bull energy that gets us in dangerous predicaments for very questionable gains as Male energy out of balance. The crowd of bystanders also reflects an out-of-balance part of ourselves. Within most of us is an energy which chooses to act helpless, devoid of responsibility, but happy to predict worst case scenarios. I have come to see this spectators' energy as Female energy out of balance.

My neighbor Jim represents Male and Female energy strengths used in balance. He depended upon both the inner wisdom of his Female energy and outward action-oriented skills of his Male energy to solve the problem.

Most of us could take a lesson from Jim. We all need both Male and Female energy working together to move forward in our lives, to get the bull out of the hayloft, so to speak.

What are these two energies? Our Male energy gives us the will to do, and is necessary for anything to be accomplished in the physical world. Male energy is "Can Do" energy. Our Female energy gives us the heart connection with our Divine self which guides us about what to do, what will be in alignment with our Creator, and what will give us the maximum learning for our efforts. When we use our Male energy in isolation from our Female energy, we pursue activities that are not good ideas. If we tap into our Female energy without using our Male energy, our visions become naught.

Not only do we need to use both energies in balance, we need to use the strengths, not the weaknesses, of both energies. In a culture which dismisses the significance of intuition and listening to one's heart, a common Female energy weakness is to choose to be neither seen nor heard and a Male energy weakness is to choose not to listen. Horror movies are great examples of the Male energy weakness of pursuing a bad idea counterpointed by the Female energy weakness of refusing to respond to one's inner alarm system. A historical example of this imbalance at work occurred during the early years of the Vietnam War. Male energy refused to listen to a silent Female counterpart which knew the war was a bad idea. Later in the war, the protest movement was an example of Female energy taking responsibility and insisting it be heard. This was a great lesson for the country for it was the process of both energies working together that brought an end to the war. Unfortunately this did not start an enormous trend.

Globally, the Male energy weakness of not listening has been matched by the Female energy weakness of not speaking up. The result is the situation that exists on the planet today. At the close of the century, widespread ecological havoc, raging nationalism, vast proliferation of guns and weapons, and the subjugation of whole races of people and gender groups calls us to collectively come into a better balance of Male and Female energies.

This balance must be achieved by each of us individually if it is to happen collectively. Not only is this possible, all life supports us in this task. Each of us has the full potential to bring our Male and Female energy strengths into balance because each of us has both energies within us. Every circumstance in our lives is there to encourage us to use a balance of our Male and Female energy strengths and give us instant feedback about where we are in the process. It is worth listening as masterful use of the strengths of both energies is essential for any balanced activity in the outer world and for any lasting self empowerment.

Most of us come into incarnation feeling more comfortable with one energy than the other. This is not gender-related. Many Male Essences are in female bodies and many Female Essences are in male bodies. What better way to learn to love the unrecognized energy strengths within you than to live in a body which calls you into the unrecognized parts of yourself?

A Male Essence will usually possess inherent Male energy strengths as well as weaknesses. Those fully in touch with their Male energy know how to accomplish a great deal in the world, but a potential male energy weakness is the tendency to feel victimized and angry when those plans go awry. Balancing Male energy means receiving Female energy course corrections and accessing the Female energy understanding that the outcome of our endeavors has no relationship to the appropriateness of the action. This necessary Female energy is clear-sighted, compassionate and unemotional. It moves us out of what Alicia Silverstone in the movie *Clueless* calls "a shame spiral." Many Male Essences avoid seeking the inner counsel of their Female side because they carry an erroneous belief that Female energy is inherently weak, emotionally overwrought, even defective. These Male Essences trap themselves in a cycle of frenetic, unsuccessful activity followed by bouts of anger and judgement. Often this anger is directed at the unacknowledged Female side of themselves which they will blame for their lack of success. This blame game bolsters their denial of the Female energy within them.

The opposite is true for many Female Essences. They will know what they need to do but will avoid using the untapped Male energy within themselves, preferring to have Male Essences around them handle the active role of "do or die." When things do not work with this passing the buck, the Female Essence will often think his or her information is correct and not stop to consider that maybe the flaw in the process is expecting someone else to manifest his or her vision in the new world.

As a way to demonstrate how our life patterns will naturally pull us towards a reconciliation and balancing of the two energies, I thought I would follow the thread of this balancing process as it has operated in various key situations in my life.

I am a Female Essence. Since my goal in this incarnation is to bring my Male energy into balance with my Female energy, the work for me is to try to bring forward my Male energy strengths and examine my Female energy weaknesses for the correction and removal of those unhelpful ego patterns. In other words, my task is to believe in my guidance and stand true to it in thought, word and deed.

As a child, I had a variety of figures in my life using Male and Female energy both appropriately and inappropriately. I had several people in my life who were very strong Male Essences and who used this energy destructively and to the exclusion of their Female energies. This brought forward my own inner bias that there was something defective about Male energy. An important Female Essence in my life let the Male Essences around him run the show. I needed to see how poorly this avoidance of responsibility worked so that I would not choose to live by this method.

As a child and young adult, I was very comfortable with my private, inner, Female energy world. I experimented with my Male energy, but I always thought it was lesser energy, a not very nice kind of bully to use only in certain circumstances where I was willing to sacrifice niceness to get what I desired. I drew a line in the sand about what I wanted in life and used my Male energy to get these things—a good education, my first full time job, a wonderful husband.

My Female Essence strengths gave me a childhood closeness to God, the Angels and the recollection of my history as a soul in other incarnations. However, without the confidence that Male energy brings, I began to doubt myself and my inner knowing. By the time I was 10, I had learned how to use my Male energy to suppress my inner wisdom in order to better fit into life on earth.

I was motivated in this task by fear. My soul remembered many lives in which I had been tortured and killed when I publicly stepped into my truth. I was afraid of the Male energies of the world and what would happen again if I stood in my truth. I did not understand that I needed to own the Male energy within me in order to heal the situation and be able to safely be my truth in action. I did not understand that Male energy was not "other."

As I learn to own my Male energy, I realized I contributed to these traumatic lives by not supporting myself with my Male energy. In one life in puritan New England, my husband was lost at sea and everyone in town, including me, knew he was dead. When I quietly took a lover, I was using a parcel of my Male energy to give myself some of the happiness I desired. However, when I was found out, I ended the relationship, meekly moved to the outskirts of town where I had been ordered to go by the raging townspeople (Male energy out of balance) and wore their scarlet letter for them (Female energy out of balance). I cannot play out the scenario again but I wonder what would have happened had I stood my ground a little more (I will have to check with Demi Moore!)

In this life, I was first called into the unapologetic use of my Male energy when my second child was born with several medical problems including a cleft palate. After a traumatic experience in the hospital, we were sent home with a mountain of medical misinformation. Among other erroneous ideas, doctors assured us that I could easily breastfeed this baby. The actual truth of the matter is that because the nasal cavity is fully open to the mouth cavity in a child with a cleft palate, a baby with a cleft palate cannot create any suction and has an extremely difficult if not impossible time breastfeeding. I knew that all was not well as I tried to nurse this child round the clock. Each day I weighed her on the scales at the village store trying to convince myself that she had gained weight. The doctors insisted all was well. I did not trust myself enough to say, "You are wrong."

Finally, when Elizabeth was well under her birth weight at 6 weeks of age, I went to the doctors and said that I needed to do something else. They insisted that breastfeeding was not the issue. One doctor said that he had seen a cow with a cleft palate nurse so he knew it could be done. The doctors felt it was either my anxiety causing the problem or it was a heart defect. They told me to return in three days for some

tests. This was a classic example of Male energy out of balance. The doctors did not listen to me or look at what was actually happening but followed the dogma of the day that every child can breastfeed. Furthermore, they believed my female intuition was the problem. Up to this point, I had fallen into the Female Essence weakness of passive acceptance in the face of this Male Energy out of balance. Finally, I reclaimed my Male energy and stood behind my Female energy strength of knowing the truth. I told the doctors that breastfeeding was not going to work and that I was going to go home and rig up an alternative method before we discussed running a zillion tests on the baby's heart. At home I cut off the end of a bottle nipple and created a feeding tube that needed no suction. Elizabeth gained a pound in three days and three pounds in ten days. It was the beginning of my true life. Abandoning my blind allegiance to whatever the doctors said, I listened to my own inner promptings and followed through 100% on this guidance. My life has never been the same. Thank God.

Elizabeth's birth led to an intense search for meaning and purpose behind the difficulties in my life. The search process led to a whole new life for myself, one that included the creation of Green Hope Farm and Green Hope Farm Flower Essences. Every step of this creation process involved learning to balance both Male and Female energies.

The start of my spiritual quest had all the landmarks of another retreat into the Female energy weaknesses of extreme introspection and avoidance of full and responsible action. I read. I meditated. I read some more. However, once I made a clear connection with the still small voice of God within and with the Angels and Elementals populating our shared world, my guidance called me back out in to the world to put the information I was receiving into action. Wholeheartedly, I did what I was asked to do.

The process of using Male and Female energy in balance requires tapping into Female energy wisdom first and then following through with Male energy action. This can give Female Essences an advantage in the balancing process in that they are in their Female energy to begin with. Male Essences often need to hit many brick walls before they start a new venture by first attuning to their Female energy wisdom of what to do. Female Essences enjoy wallowing in their inner knowing. It can take a force like Nature to push them out of the nest. In my case, Nature was a glorious teacher, showing by example that all divine creation is the perfect synthesis of Male and Female energies and helping me believe that I too could follow suit.

During the early years at the farm, it was a total joy to listen and follow the voice of the God within and the Angels and Elementals of the Nature Kingdom. The creation of the gardens we designed together was a use of my male energies which felt safe to me. I enthusiastically planted enormous gardens in unusual geometric configurations. The resulting gardens had extremely high vibrations, abundant produce and a lush, opulent beauty that belied our zone 3 climate. The creation of Green Hope Farm Flower Essences was also a gentle birth for me. My deep love for Flowers opened me to accept and integrate their energetic wisdom in the life of myself and my family. It came as no surprise to me that Flowers could heal and I was glad to share their gifts with a growing circle of friends. These early years at the farm built confidence in combining my Female Energy guidance with my Male "Can Do" energy. This momentum was vital because spirit has led me to use this balance of energies in ways that have been much more difficult for me.

After several years of gardening with the Angels and working with our co-creation of Flower Essences in relatively quiet ways, the Angels asked me to take our show on the road. I felt such gratitude towards them and such delight in what we were doing together that my past life fears of being hurt by standing in an unconventional truth were put aside. It was wonderful to speak my truth in public but there were complex lessons for me as well. I had to learn by trial and error how to handle the negativity directed at me when I spoke. A deep pattern was to energetically appease angry folks in order to get them off my back. This Female Essence appeasement in the face of angry Male energy left me very drained and sometimes in great pain. While I was not always clear that I had opened this energy doorway at the time, I always felt the effects afterwards. During one talk to several hundred people, I opened myself energetically and left the talk with full-blown pneumonia. Over time, I learned to shut the door on reading the audiences' reactions to what I was saying and stay connected only to the God within me. This was a great lesson for me.

During one particular workshop I was guided to change the entire format from what had been advertised. This left most of the group furious at me. In fact, several of the participants got down on the floor, kicking and screaming in protest. I stayed centered in my heart, followed the directions of the God within and fully protected myself. In retrospect, I realized that particular workshop was a graduation for me, a gift showing me how much I had grown. The balanced use of my Male and Female energy allowed me to be the presence of God in the midst of this group who had used every subtle, sophisticated and blatant tool to throw me off my stride. I left the workshop radiant with confidence.

After that workshop, spirit told me that my lessons on the lecture circuit were over for now and that we were to embark in new directions. This next learning curve involved growing a large business with Green Hope Farm Flower Essences. The product of love, balance and integrity, Flower Essences have been an essential gift in my life. The fact that they are out in the world in a big way was not something I consciously planned. However, I can see that it was the perfect next step for my growth.

With all my heart, I love the process of making the Flower Essences. It is a process of taking the infinite wisdom of God and coalescing this vibrational wisdom into matter. It is an example of Nature's own balance of Male and Female energy at work and is my model. Frankly, my flow has not always been as graceful as Nature's.

I receive excellent guidance about how to grow this business but all of the tools and the experiences are new and foreign to me. For example, ten years ago I was determined to close out the 20<sup>th</sup> century using only green ink on linen paper. I have found myself, by necessity, a convert to the computer. Reluctance has become enthusiasm, but not without downloading and then erasing 10MB of fear of technology and an equal amount of doubt in my ability to understand this technology.

I love the opportunity to support people's healing processes. It is a love as deep as my love for Flowers. For me, I imagined this would always involve one-on-one conversations. These are as natural as breathing to a Female Essence like myself. With the growth of Green Hope Farm Flower Essences, my support role has evolved differently than I expected. While I do get to talk with people on the phone once in awhile, my work has become more focused on efficiently moving a vast number of Flower Essences out into the lives of individuals all over the world. By necessity, this calls me into untried areas of Male energy. Finance and accounting, marketing and sales, inventory control, capital improvements and employee management are all classes my conscious self did not plan to take this time on earth. Either I was going to be out in my garden smelling the roses or I was going to be involved in one of those aforementioned heart-to-hearts! The God within me knew differently and provided the perfect classroom for balancing my Male and Female energies through a hands-on curriculum. Each day presents new challenges to me as I explore the Male energy territory of action within and without. My strengths are my steadfast loyalty to my Female wisdom and my determination to make peace with this long-denied Male part of myself. It is a whole new world for me. There are days of exhilaration and days of confusion. In the middle of this business learning curve, I do not always see the way each new task brings my Male and Female energies into stronger balance but I know it does. Futhermore, I have come far enough to know two things for certain.

First, there is no better partner to support us in this balancing act than Nature. Nature is Female knowing balanced with Male experiencing, creating the sublime joy of being. Flower and their gift of Flower Essences are a particular blessing as they hold a very evolved and radiant version of this sublime beingness. Yet, with or without Flowers, a partnership with Nature supports us in finding our own unique beingness, our own inner balance of Female energy wisdom and Male energy action, our own joyful "I AM" Presence.

Second, each one of us can find this balance. Divine law works and it works for everyone. The Garden of Eden beckons each of us, awaiting our return into a place of right relationship and Oneness with all creation. As the crowd said to the bull, "Come on down!"

-Molly Sheehan, April 1996