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Women: Trembling at the Threshold

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In the “bigger, better, faster” paradigm that is dominant in culture today we do not often take the time to acknowledge and honor important thresholds in our lives. We are encouraged to power through losses, successes and transitions and just get going into the next thing.

Women are in the midst of a profound rite of passage as the forces of evolution require us to gather up all of our feminine and masculine capacities to be a match for the complexities of life today, and we need to recognize this threshold.

Fifteen years ago, when I started research through my university certificate Women’s Leadership programs, women were being encouraged to break through the glass ceiling of the hypermasculine skyscraper. The only obvious threshold was to leave behind our feminine capacities and become “one of the boys.”

While the awakening of masculine strengths was a powerful developmental step forward for women it was not enough. Even after starting their own businesses or leaving jobs, homes and relationships in the hypermasculine culture, women were still struggling to tap into their authentic, sustainable power — to have a foot in both worlds.

After working with hundreds of women in our pro-

grams we began to see a new developmental path reveal itself — one that integrates women’s feminine and masculine leadership qualities, embraces women’s wholeness and addresses all the domains of her unique experience.

My co-author and I call this developmental path “The Mysterial Sequence,” and wrote the book *The Way of the Mysterial Woman: Upgrading How You Live, Love and Lead* to share it with women around the world, so that they could see themselves inside this larger evolutionary unfolding and have practices to accelerate their own emergence.

Our culture’s focus on success stories typically leaves out any of the ‘how,’ focusing entirely on the big, shiny outcome and leaving many of us feeling that we must not have what it takes, since we have not experienced more joy, confidence, ease and success. The reality is that often it is the challenging thresholds that we must cross that cultivate the resilience and grace needed for the development of our innate potential. The cracking open through difficulties is how both the light gets in and our essence streams out into the world.

There have been many powerful thresholds to cross over in the years of my research and one in particular that dramatically shifted me and my work in



the world. In 2012 with the first draft of the book complete and a new program about to launch, I was trembling at the threshold. . . excited to be taking flight with our potent code for women's awakening of conscious and leadership capacity. Instead of this glorious journey up and out I tumbled down and into a very dark and difficult abyss after my husband's tragic suicide.

From the very beginning of this brutal loss I was determined to live the "Way of the Mysterial Woman." I would find out firsthand whether this new inner operating system, running on a new code of feminine

entering into a new relationship, moving, launching a new creative project, following a dream, having a child, saying goodbye to a child, studying something new or any other catalytic moment of change.

There is something powerful about letting ourselves feel the shakiness of a new beginning — not toughing it out with positive affirmations like "I will not and cannot fail!" or spiritually bypassing it with, "This is what the universe wants me to do and it will all work perfectly!" or shaming ourselves with, "What is wrong with me? I should be more confident."

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and masculine strengths, would hold up under the most difficult circumstances imaginable.

My center held and I learned to see in the dark. It took a year to make my way back to working on the book and in the spring of 2016, as the book was about to be published, I stood once more at the edge of a very new phase of my work and life. My body remembered the last time I had been trembling at the threshold. . .

I would wake up in the mornings feeling a mix of terror and excitement in my body — something I came to call "tercitement." I was excited about all the opportunities that would become possible as the *Mysterial* pattern awakened further in the world. I was in terror of what I might lose, once again perched on the threshold between what had been and what would become.

What I know to be true is that if you follow the call of your destiny there will be times in your life when you will be required to stand naked on the edge of a new possibility.

Whether that is publishing a book, losing someone you love, starting a new job, leaving a relationship,

What if this trembling is a way that our body signals to us that we are truly at a significant threshold? What if it is a somatic invitation to be present during this great turning in our lives and not skip over it because it is so uncomfortable? What if we were to stop at the gateway and bow down to the Great Mystery before we stand tall and step through the doorway into what is next.

This is what it means to tremble before the right things. And this has been my practice in the wee hours of the morning — to be with my trembling self and say:

Little one, little one of course you are shaky. This is a big threshold and it deserves to be honored. Your body knows this. I cannot take away the unknown but I can assure you that you are trembling at the right things.

May you feel the ground of all that has come before in your life beneath you and may you feel the gentle winds of possibility that will lift you into what lies ahead. May you rest into faith that you are enough just as you are and empowered to do what is yours to do in the world. May you know in your heart that you have within you all that you will need to meet the op-



*portunities and challenges ahead. May you feel my love
and all the love that surrounds you in a great embrace
of belonging.*

*Now let us go back to sleep and tomorrow we will
stand together and face into the new day. €*



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