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Healing The War Between The Genders: The Power Of The Soul-Centered Relationship (book author, Linda Marks; book reviewer, Carroy Ferguson)

Carroy U Ferguson, *UMASS Boston*



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PERSPECTIVE

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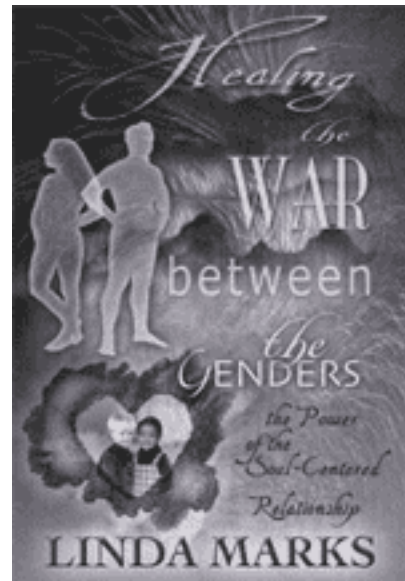
HEALING THE WAR BETWEEN THE GENDERS: The Power of The Soul-Centered Relationship

BY LINDA MARKS

HeartPower Press, 2003, \$20, 240 pp., ISBN: 0974452203.

Reviewed by Carroy U. Ferguson

As humanity seeks to understand its next evolutionary journey and to evolve its consciousness, insightful thinkers and writers have emerged to identify where we must first heal and to provide guidance for how to heal. In her book *Healing The War Between The Genders: The Power of the Soul-Centered Relationship*, Linda adeptly discusses what she calls a “cultural heart wound” as being at the center of the gender struggle. In this context, the struggle actually transcends heterosexual relationships, gender-role conflicts, and particular one-to-one dynamics per se. As each person has what are often called male and female energies, “the war” is a much deeper struggle about how best to blend these energies, using the head and heart. To a large extent, then, as the deeper struggle is healed individually and culturally, we give birth to what Linda calls “soul-centered relationships.” This is a major shift in consciousness for thinking about relationships, and Linda deserves a great deal of credit for calling our attention to what must be healed, how we can go about doing it, and what the genders can do to co-create a different way of relating to self and others. In this



regard, Linda provides the reader with excellent frameworks for thinking about co-creating soul-centered relationships.


Appropriately, the healing that is required is related to what Linda calls “the traumatized heart.” Referencing important research about the electromagnetic field related to the heart, Linda shows that such heart-focus healing is not just a metaphor. There are real things going on between people, between the genders, at an energy level—heart-to-heart, heart-to-head, and head-to-head. In some of my own writings, I call this kind of healing activity “soul-linking,” which is very much aligned with Linda’s ideas about soul-centered relationships. In this context, Linda does not shy away from the hard questions related to the “war between the genders.” Indeed, she embraces the questions and explores how to “honor the male heart,” how to “hear the female heart,” how to “integrate sexuality and spirituality,” how to give “birth to soul-centered relationships,” how to “empower the heart’s voice,” how to “prevent the gender wars in the next generation,” and how to “restore essential connections” to our nature, soul, relationships, community, and God.

Linda suggests that the current paradigm for our personality-based relationships is “rooted in doing, externals, and role performance.” In contrast, the new paradigm we are evolving toward for soul-centered relationships is “rooted in being, internals, and intimate connection.”

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This soul-centered model of relationship is viewed as rooted in the emotional, spiritual, and process aspects of a relationship such that:

(1) relationship is understood as a spiritual partnership as well as a practical partnership;

- (2) the partners understand the importance of emotional awareness and more sophisticated communication skills than were expected in personality-based relationships;
- (3) needs are recognized as points of human vulnerability, connection, and exchange;
- (4) a primary partnership is viewed in the context of a system of significant relationships; and
- (5) two people come to a partnership each anchored in a clear, grounded sense of self.

To build a soul-centered relationship, for example, Linda outlines the following components:

- (1) self-marriage as the first commitment;
- (2) recognizing that the relationship is a living organism: $1 + 1 = 3$;
- (3) learning about space needs (separate space and relational space);
- (4) cultivating connection by using all of one's senses and experimenting;
- (5) taking time for relationship process work to talk about the hard stuff, fine tunings, and appreciations;
- (6) making time to touch each other emotionally, physically, and sexually;
- (7) developing a shared vision which incorporates both partners' dreams;
- (8) incorporating play, fun, and pleasure into the relationship.

CARROY U. FERGUSON, Ph. D., is Professor, University of Massachusetts- Boston, and Associate Editor, Journal of Humanistic Psychology.