

FEMALE FOREWORD



Linda and I met through the wonderful connecting world of e-mail. She was familiar with my Inner Bonding work and wanted to know if I would give her feedback on a book she was writing. I told her I would be happy to participate in and support her creative process, so every couple of weeks over a period of months, I received an e-mail from Linda with a chapter to review. It was through this process that I've discovered the soul and brilliance of Linda Marks.

I've been exploring and counseling in the realm of relationships for the past 35 years. I've read most of what others have written and one of the things I want you to know is that this book offers many new and powerful perspectives and concepts that will greatly deepen your understanding of the relationship challenge. Linda knows what she is talking about. It is evident that her deep understanding and knowledge comes, not only from her training as a therapist, but also from her own personal experience of relationships.

I often tell my clients that relationships are the Ph.D. of personal and spiritual growth. Relationships offer us our most profound arena for unearthing the unhealed wounds within. I have the experience over and over of working with people who thought they were "healed" only to discover layers of woundedness upon entering a new relationship. It is this deep woundedness that Linda addresses in this wonderful book. She not only beautifully articulates the cultural heart wounds that lead to gender wars, but also she shows us pathways to healing.

Linda helps us move out of operating just from our head — our intellectual understanding — and into collaboration between head and heart, which leads to understanding each other on the soul level. Obviously, the more we understand each other and ourselves, the easier time we will have in resolving the inevitable conflicts that arise in relationships. This book creates the sense of community we need to heal the male and female heart wounds that create such a distance and power struggles between us.

Power struggles — this is what characterizes most relationships. One partner pulls for time, attention, validation, sex — with demands, anger, niceness, tears, explanations — and the other partner withdraws and resists to avoid being controlled. The desire to be in control to feel safe battles with the desire to avoid being controlled to feel safe. Our fears of rejection and our fears of engulfment — stemming from the deep heart wounds that Linda describes so well — create the

gender wars that characterize most relationships today — whether heterosexual or homosexual. Since we all have both male and female within, these wars can be part of any relationship.

It is time for us to move out of these power struggles and into compassion and true partnership with ourselves and each other. This cannot happen on the level of the intellect alone — it can only happen through partnership between our head, heart and soul. It is a spiritual journey.

Linda leads us through this journey toward the inner and relationship integration that is essential at this time in our evolutionary history. It is essential that we as women open with compassion to our own heart wounds as well as the heart wounds of the men with whom we share this planet. Linda beautifully shows us how to address the traumatized heart within all of us so that instead of acting out of fear and woundedness, we begin to act from consciousness, caring, compassion.

It is not an accident that you picked up this book. The fact that you are about to read it means that you are ready to move out of your old way of relating and into a new partnership — a partnership of the heart and soul with yourself and others. I wish you well on your journey to wholeness!

— *Margaret Paul, Ph.D.*

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