

How Women can help Men Grow

Part Two

Matthew: Welcome back, everybody.

I'm Super excited because we just talked about the idea of loving your partner for the purposes of growth and self love and having your own personal practice and taking it on so that you're not taking on the BS that your partner unbeknownst to him or her is likely passing to you.

And through this conversation we had after that recording, Dr. Lisa had a very powerful insight, and it's important. I think everybody understands this next stage, the layer of understanding why it can work and why it doesn't work.

So instead of paraphrasing it, Dr. Lisa Please Share.

Dr. Lisa: So this took me many years.

I had practices or daily practices that I would do.

And so I felt like that was self loving, giving myself love.

And about a year ago I realized I could feel love from Matthew and from my children.

But when I tried to bring in the energy and feeling love for myself, it just wasn't as strong and it wasn't there.

And so what I realized was in these practices, I thought

I was giving myself love.

But I still had a lot of resentment when I would do for others, like do for my family, Cook.

And in that resentment, I realized I wasn't loving myself.

And now that I really have brought self love in, so through my practices, but just also daily, my resentment has started to melt away.

Now I don't have that resentment and in doing for my family, because I really feel filled up from myself.

It's beautiful.

Matthew: Thank you.

So if I heard you correctly or I basically pose it as a question so you can clarify, it is important to have a routine to have self practices, to do self care, However, to go through the motions without the essence of a rooted connection to what it represents.

It's kind of a false bottom.

Dr. Lisa: So that's true.

So what I was doing is exactly that.

I was doing the motions without feeling the sense of helping myself and the feeling of what this is doing for me and the feeling of loving myself, they were just sort of doing motions.

And knowing, like checking this off my list applies.

Oh, I need to do my daily practice, check.

I need to do this check, but not really feeling that I was making a difference in that feeling of loving myself.

Matthew: So I want to excavate a little further because I know your personal past, and I think that all people likely... Correct me if I am wrong.

All people likely arrive at this place of checking the boxes or functioning through their duties, and the essence of it kind of gets filtered or disseminated out because it's not appreciated by those that are receiving it.

Right.

So before I met you, you had another life and our beautiful children I inherited in our relationship have a different father. And without going into that, I think a lot of women, and very much men to, through their jobs, you know, if they're a traditional family, and the man works and all that sort of thing, which we have everything these days. However, I think that essence is if either person, whatever relationship you're in is not appreciated in doing their duties, if you will, or their chosen duties or the agreed upon divided duties really aren't valued by the other partner. It becomes mundane, and it becomes like, I'm going to go

do this again?

But like, I sort of don't like the fact that I'm doing it,
or I don't know why I'm doing it, because they just don't
even realize the value it's providing us.

And so it transfers into that false bottom in essence.

And so you're kind of having the life sucked out of you
through your activities instead of your activities bringing
the life into you.

And so you, I don't believe, arrive at that place randomly,
I think that that was something where You were towing the
boat, you were building the house, you were paying the
bills, you were taking care of the kids.

It was ridiculous.

Dr. Lisa: I agree.

And I think it goes even deeper to a value issue with myself.

So I chose a profession, medicine that doesn't bring value
to doctors.

It's all about what you can produce.

And so I think from a young age, I've been searching for
value of myself.

And so my path I chose I thought that being a physician
helping people would bring me value.

And so Externally it looked like it because everyone is like,

Oh, Wow, you're a physician.

Oh, you're a pediatrician.

You want physician of the year.

All those accolades.

But I still didn't feel valued because I felt like I was a machine just doing what the system told me to do.

And so then I chose my ex husband, the same thing.

So until I brought in value, which I'm grateful, I have a wonderful man now. And until I could really bring in feeling value for me, not from an external surface or external source, then all of those other things, it doesn't matter whether somebody else values it or not, because I feel valued in folding clothes and doing the dishes.

Like I feel that's important for me and whether the kids thank me.

You always thank me.

And so I'm really appreciative of that.

But I feel valued.

That makes any sense.

Matthew: It makes complete sense.

Yeah.

Marcia, you have anything to add?

Marcia: I think I kind of called it

Center, you know, like, I Cook if I Cook, which have been doing recently, but I have plans to Cook today. It's like, get a chance.

We don't go anywhere.

But anyway, you're cooking for me.

Centers me.

You know, it makes me feel like to have a purpose.

Dr. Lisa: Yeah and So I Cook so much because I have young kids and to feed. And so for me, I had to reframe it. And it's like, I don't want to Cook anymore, as this is a meditation. So now when I Cook like, I really think about the vegetables I'm chopping, I really think about the food.

I really try to infuse that into my meal so that I know I'm providing good nutrition not just for myself, but for my family. And that brings an enormous sense of centeredness and value.

So I agree with you.

Like, the daily mundane task can be so much more powerful just by bringing that Center to it.

Matthew: So to conclude, the purpose has to be a higher purpose other than the action, and it has to be a connected purpose to healing. And there we have the

higher purpose.

Healing.

Thank you for listening.