



Unscripted: A Woman's Living Prayer

Lael Couper Jepson

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Balance. Grace. Flow. Peace.

I have heard those words said so often by women – like an endless loop of unrequited desires that has become akin to a mantra. I have spoken those words many times, feeling myself grasping for an elusive something just outside my reach.

Those words all sounded good and looked appealing, but what did they actually mean? And more importantly, how could I get what I was seeking?

I realized that I was the size of Texas but had spent most of my life trying to fit myself into Rhode Island. Despite my best efforts and clearest intentions, I was still playing small, holding myself back, and reigning myself in.

Why was that?

It wasn't about external circumstances, rules, or barriers. This was my own doing – something inside me that I wasn't allowing myself to fully express. I was tired, frustrated, and resentful even as I led a relatively fulfilling life and ran a successful business.

I wasn't sure what was at the root of these feelings, but I was clear on one thing: I wanted all of me – without the excuses, explanations, justifications, qualifications, or negotiations that happened in my mind.

- What if having more "balance" is about the energy I use to fuel my life?
- What if it isn't about figuring it out as much as it is letting it out?
- How would it feel – in my body, as a woman – to live my life with every ounce of my being?

I don't just want answers, I want what is on the other side of them: Freedom. I want to break out of the box, rip up all the scripts I have been given – and have written – about what it means to be a woman, and feel my way into every nook and cranny of myself. I want to burn with this intention so bright I am luminous.

At the root of my search, I have unearthed two distinct energies – the masculine and the feminine – that have been fighting like unruly siblings in the backseat of my car. The first is robust and bossy, the second stubborn and insistent. One I shame, the other I silence.

Inviting these two energies to dance together inside my one body has become my living prayer. This is the story of what I'm discovering.

If you feel like you're the only woman having these thoughts, you're not. If you sense there is more inside you to tap into, there is. If your hunger is building and your patience is running out, feast on this.

Come dance with me.

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