

Women and Men Realizations



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Foreword

The interactions between women and men are always interesting topics to talk about, to read about or to learn about, however...

These once healthy relationships seems to be fast degrading for the last 100 years. As a direct consequence, these days a large part of human society is being raised by single hand parents. As a result of this, generations of children are being raised by single hand parents where an important part of their education is missing out.

It's a delicate subjectmatter because at least for the last decades there has been so much sorrow between women and men because of misunderstanding, oppression, manipulation etc, that it seems like a true battle is going on between the men and women about who's the boss, who the most intelligent and who needs to take up the role of leader in relationships and in the world.

Let me start by saying that principally no preferable side is being chosen in favor of the men or in favor of women. What this manuscript is trying to convey, is to create awareness about some painstaking issues in society between our men and women. Also some tips will be given with a purpose to bring our women and men together again in a more respectful and healthy way.

Remember that women and men are all equal and of equal importance. This doesn't mean that we are all the same. The difference between men and women is an important aspect to understand. Equalness does not mean sameness.

I'm convinced that in raising children, the mother as well as the father are both important to prepare our children to later in their life's become successful and happy with their family or as a general human being. To accomplish this there has to be a right input from both parents and a good understanding of where we can help each other or when we need to position ourselves to the for- or to the background.

Subject matters discussed in this manuscript can be taken by some as controversial or in the beginning difficult to accept. The reason for this is that we all are influenced by some social conditions by which we have been raised in society. Conditions that many of us see as undeniable truths although some of these truths or facts definitely should be challenged or questioned.

Preface

There was a time that humans could become 100.000 years old. Satya-Yuga, as this era is called (in the Vedas) dures 1.728.000 years! In this era knowledge didn't need to be written down because everyone could remember everything just by hearing things once. The people in Satya-Yuga feel selfsatisfied, are merciful, sober and tolerant. People where happy from within and they saw anything and everybody with an equal vision. In this era human society was striving for spiritual perfection mainly through meditation.

The era that then followed is called Treta-Yuga. The people in this era are devoted to religieus duties and tough sacrifices. Human society was mainly interested in religion, economic development and regulated sense gratification. Although in this era human civilization was divided into 4 classes, most of them where holy people or religious scholars. The duration of Treta-Yuga is 1.296.000 years and the people didn't became older anymore than 10.000 years.

In Dvapara-Yuga, the era that then followed, the religious qualities became more and more degraded. Atheism, lies, violence and dissatisfaction became more and more common and people studied the books of knowlegde (The Vedas) only brecause they wanted to recieve prestige. Dvapara-Yuga dures 864.000 years and the people became not older anymore then just '1000' years.

The winter of times is called the era of Kali. Kali-Yuga is caraterized by atheism, bad habits, mercifullness and fighting amongst each other without sensible reasons. The people are very short of memory, they don't know anymore who they are, are feeling unhappy and are obsessed by material desires. Humanity is being oppressed by merciless authorities (governments) who behave themselves no better than ordinary thieves who are robbing their civillians of their possessions.

The people in Kali-Yuga are suffering from cold, warmth, rain and snow and shall further suffer under quarrels, hunger, thurst, sickness and fear. The era of Kali-Yuga dures 432.000 years and the lifespan of the human beings will at the end of this era go back from 100 till only 50 years.

The era of Kali started around 5000 years ago. But when you look at current society you'll see that humanity has degraded so much, that nowadays the humans don't know anymore who they are, what is good or what is bad and how we as human beings should actually behave ourselves.

In Kali-Yuga everything seems up side down. Governments who should protect their civilians are now the ones who oppress the citizens and rob them of their possesions. Non saintly persons are declared holy while the real saintly persons aren't recognized at all.

If it's because of influences or not, that what is also very common in Kali-Yuga is that the men are behaving more like women and the women are behaving themselves more like men. They hardly don't know anymore what it means to be a woman or a man.

When our governments primarily focus on robbing the people through high taxation and spreading fear in the world instead of bringing lasting and peacefull solutions, then it's now up to the people to help each other and to learn from each other what it really means to be a woman or what it means to be a man.

Feminism

Let's start this story with the rise of Feminism.

" **Feminism** is a range of [political movements](#), [ideologies](#), and [social movements](#) that share a common goal: to define, establish, and achieve political, economic, personal, and social [rights for women](#). This includes seeking to establish educational and professional opportunities for women that are equal to such opportunities for men." (source Wikipedia).

Note! That we start with Feminism doesn't mean that this story has its origin in Feminism. No, the origin of this story goes further back in time. But the rise of the Feminist movement is a recognizable point in history to start and address some painstaking issues in our current society.

Around the 19th century people began to speak out against what seemed to have been an historic suppression of women. Many women felt left behind, didn't have rights to vote or were complaining that a woman in her life, couldn't make her own choices than just the standard role of a devoted housewife and raising children. Feminism was originally created (at least so it was promised) to help women get out of this suppressed role so that women might also be free to make their own choices and to bring society to a more equal treatment between the men and women.

See below some examples where women have strived for through Feminism:

1. Equal rights for women as they also count for men.
2. The choice to not marry at a young age but to follow a study or make a career first.
3. The choice to combine a career with having a family.
4. The freedom of choice to have children or not (by way of anticonception or abortion).
5. Free to use her sexuality/ being a woman, when and wherever she chooses.
6. To stop salary discrimination in disadvantage of women.

When you listen to these points then they seem plausible and you might wonder why these topics were brought up only with the rise of Feminism? Equal rights should be there for all humans, doesn't it? But when we after 100 years make up a balance, then we can ask ourselves if the desired results have been obtained.

Of course some positive changes have been made by Feminism, but besides those changes, you now hear more and more people speaking out, even women, who say that Feminism has gone too far...

Note:

For the critical people who might think that this manuscript is only about debunking Feminism... Well, it's not. There are big disturbances in society between the women and men. It's important to understand the whole story before anyone draws conclusions. With this manuscript it's not the intent to polarise or to create dispute, but rather to bring men and women together again in a more healthy way. To accomplish

this there has to be a mutual understanding from both sides. I'm convinced that the information given further in this manuscript can help improve your interpersonal relationships with the opposite sex.

“Of course some positive changes have been made by Feminism, but besides those changes, you now hear more and more people speaking out, even women, who say that Feminism has gone too far...”

On the contrary to what still is being told to women "That there still is a long way to go", is that Feminism has been responsible for a lot of change in this world. Not only legislation has been made to protect women, why these days many women feel empowered, but at the same time there are also a growing number of women in the world who are complaining and asking themselves: "Where did all the good and real men go?".

Before we have a look at the effect of Feminism, I told in the beginning that the origin of this story goes further back in time than just Feminism itself. To have a good understanding of this I can recommend to Read My Other Manuscript "Worldrealisation". Worldrealisation explains how A Conspiracy Against the Human Population Is Taking Place. The chapter 'Silent weapons for a quite war' notes that the conspirators made plans already 100 years ago, to consciously attack the family units in the world and to break them down. Feminism you can see as such a silent weapon. 'To consciously create situations instead of weapons with gunpowder'. The rise of the Feminist movement was founded by, yes... the Rockefeller family, who are co-responsible for the conspiracy against the human population... Aaron Russo declares that Nick Rockefeller told him that the Feminist movement was at first 'created' to make women pay taxes...

Also important to note is why the female population is a target for policy to get at their side. It's because women in the world now for quite some time are the largest group of people with the rights to vote.

Let's for example have a look at the wage-gap. This is a very recognizable point that is being used for decennia to divide women against men. Although there are laws created since the 1960s which prohibit companies to offer less salary to a woman than to a man for a same post, still we hear during every new election that women earn less money than men.

Already since the 1970s the wage-gap was debunked and had this subject matter been discussed elaborately on television. But although it has been known for over 40 years, you still hear this lie today, especially during times of election years.

Let me explain:

When you take a group of 1000 women of 40 years and put them next to a group of 1000 men who are also 40 years old, than you'll see that the men indeed earn more money than the group of women. The reason for this is because men and women make different choices in life. They even say that women make smarter choices because of choosing a life of satisfaction above that of a career.

And when you take a look at the careers of both sexes, then you'll see that most men in 20 years have worked non-stop and thereby have gained more experience and have build a higher salary. Also it's known that most men are more assertive than women when they bargain for their start salary and that's why the start salary of many men are often higher than that of the women. Women on the other side have been out of the workprocess for some time to get children and are choosing more than men to work parttime after having given birth to children. In this way it's logical that in general men earn more money than women. So, number only, are manipulative.

Feminism gained more than it at first could have bargained for. Not only legislation has been made to protect women, also the relationships between the men and women has been affected profoundly. There

has been so much change, that nowadays a big group of people in the world are convinced that we now are living in a 'Gynocentric society'.

Gynocentrism

"Gynocentrism is the understanding that current society has been favored or centered around the needs and likes of women".

There might be women who after hearing the above sentence, their hairs on their body will stand on end. The reason of this is because the women in the world have been indoctrinated for at least the last 100 years to live their lives from a victim perspective. Because women as the weaker sex are known to be oppressed, under appreciated and should therefore have the rights for legislation as to protect this weaker sex. But is this actually correct?

Let's have a look at a couple of points why nowadays people speak of a Gynocentric society:

- Men are being convicted for longer jail sentences and more often convicted than the women are for a same crime, if the women are convicted at all.
- Women get more often than men complete custody over their childer in divorce cases.
- It's mainly the men who pay alimony to their ex wives, even when the ex-wife has already started a new relationship.
- Women and children first!
- Laws to protect women
- Women are favored to get jobs where an equal balance between women and men is being strived for. Even when that means that in some cases the man is more qualified for the job than the woman.
- Many services especially for women like special homes for homeless women and women shelters, although most of the homeless people in the world are men.

Women wanted to combine their careers with having a family. So it was expected from the men that they would contribute more to the household duties and to help more with raising their children. How then can it be that after a divorce the a woman more often than a man get's complete custody over their children? There is a legion of examples where the custody is being favored to the mothers while it is particularly the fathers who are obliged to pay alimony. This happens even when a man is denied custody over his children and even when he isn't allowed to see his own children because of a restraining order. The man is then left behind castrated because his value and attractiveness in the world and for other women has literally diminished because of paying alimony.

Michael Stone describes in his book on Gynocentrism that in about 60% of the courtcases, women get complete custody, 25% shared custody/ parenship and in just 15% men get complete custody. And in about 90% of the shared parenships, the children mostly of the time are living with their mothers. When these results where in the favor of the men, then the women movements would directly go out on the streets to protest against this inequality. But when the women are favored, you hardly hear anything about that.

And when someday somewhere a disaster will strike then women and children are being saved first. The men are obliged or are doing their duty to give up their lives for the women and children. With this you literally say that the value of the life of a man is less than that of the woman and children, while many women take this for granted. The men are given from many women no extra respect for this gift.

"Women are favored to get jobs where an equal balance between women and men is being strived for. Even when that means that in some cases the man is more qualified for the job than the woman..."

We have to conclude that this is measuring with 2 different measures. When Feminists were really striving for equality, then why don't they complain about working areas like the Healthcare, the mining industry, the sewers and the construction area. In healthcare female nurses are overrepresented. Does this mean that a man has a bigger chance to get a job as a male nurse than a woman? How would it appear to a woman when she hears that she's rejected for a job because a man who might be less qualified than her gets the job just because he is a man?

To continue with words from the Feminists... "We still have a long way to go" before the quota women and men are more equal in the from origins men's professions like Construction, the Military, street makers, working in the sewers or Drilling Rigs etc.

But not only legislation, regulations and special services for women were created because of the Feminist movement, also the image that many women nowadays are having about men and the way how many women these days live their lives has changed.

Let me quote someone from Youtube who made a video about this subject and listen how she describes the radical Feminist of today. Of course not all women are like that, everyone is and stays an individual. And still I believe that she, Cristy Misty, is describing here a familiar image of a today's frequent occurring modern western woman.

" Women think that they can have everything they want, when they want it, and men are supposed to know what and when that is... Feminists want to be totally independent except when they are feeling depended. And if men then don't step up, and allow themselves to be dependent on, at that set time, then they're insensitive jerks. Women want to act unlovable but be loved. To let it hang all out but, how dare men notice. Actually they better notice but not too much because that makes them creeps. See what I'm saying? Women want to be fully self reliant, head strong, in need of nothing, especially not men of course, yet they also want to be fought for, pursued and protected and cherished. And ultimately what women want, radical feminists, is to be able to act like a man, and be treated like woman."

(source YouTube 'Cristy Misty')

In summary the Feminist movement made many changes in society. Not only legislation, regulations and services in favor of women has been made, also many women themselves have changed. And although you hardly hear of this in the mainstream media, there are a lot of men in the world who have noticed this also. Actually so many have noticed that now these days, worldwide a growing number of men are living their lives consciously or unconsciously as a M.G.T.O.W.

M.G.T.O.W.

The M.G.T.O.W. movement (Men Going Their Own Way) is a direct consequence of a Gynocentric society. You may also call it a backlash of Feminism.

These days you'll often hear the following complains from women:

- "Where did all the good or real men go?"
- "Why more and more men don't want to marry anymore?"
- "Why many men don't want to date women anymore?"
- "Why men don't want to get children anymore or take the responsibility over their children?"

Dr. Helen Smith explains why many modern men make a conscious decision to not marry and why many men don't want children anymore. Not because men are lazy but because men make rational decisions when they see that in all these areas the risks are high while the benefits are low.

Here are six reasons why:

1. They lose respect.

In the past men were not considered real men until they were married and had children. But nowadays husbands and fathers are the 'buds' of jokes and the media are constantly portray them as buffoons and bumbling idiots.

2. They lose out on sex.

Men who co-habitate with their partner but aren't married have much more sex than their wedded counterparts. (Recent studies show that co-habitates are happier and more confident than married couples).

3. They can lose their children and their money.

Men are aware of the dangers of a divorce and specifically that the courts are tending to favor the mothers. Men only get custody over their children about 10% of the times and are overwhelmingly made responsible for paying child support and alimony.

4. They will lose their space.

Once a man gets married, he is relegated to the dirtiest parts of the house like the attic, the basement or the garage. The entire house is supposed to be a shared space, but with the rise of the man-cave it means that the home is increasingly becoming the domain of the wife and children.

5. They can lose their freedom.

If a man gets divorced and can't afford to pay child support, then he can get locked up.

6. The single life is better than ever.

In the past, single men were looked at with suspicion but that no longer is the case. There are plenty of 40-year-old bachelors. Employers nowadays also look favorably to employees with non conflicting family responsibilities. Dating has gotten easier and pre-marriage sex is no longer a taboo. On top of this there is

more to entertain single men than there was in the past like video games, cable T.V. and the Internet providing diversion not previously available.

To recap, men are opting out of marriage and fatherhood, not because of laziness but due to rational choices when they no longer see the value of participating in any of these areas.

So if we want more men to marry then marriage and getting children needs to be a more attractive proposition for the men. (Source: Dr. Helen Smith)

That were clear statements from a female doctor who confirms that there are serious problems in the once healthy relationships between our men and women. And just like Feminism not only made laws and regulations but also has changed the behaviour of many women, so a Gynocentric society is responsible for the image that many men now have of women has changed.

Today there are a growing number of men who are consciously choosing to go through life alone. What you often hear from these men is that they're frustrated over the modern women of whom he feels have nothing to offer anymore for his life.

Let us now listen to 'Sandman' who has a YouTube Canal about this subject and listen specifically to the way how many men of today are looking at women.

"The first thing you can remember is that a M.G.T.O.W. man has taken the metaphorical red pill that has showed him the ugly nature of women. Women are said to be very beautiful and not dangerous at all, but the truth is that many women of today will tear your heart out and castrate men through their banking accounts and thereafter go looking for their next victim. And they don't feel any guilt or regret about it."

"M.G.T.O.W. men are aware that women use the governments, 'justice' courts and the desire of men to procreate to manipulate men or to use them to their advantage. Many men don't believe anymore that the risks are worth the gains of a marriage, relationship or having children."

"And according to love there are also many questions if women are capable to love men in a same way that men love women. Men scale mountains because they love a woman. They travel the oceans, are inventing things, write poems and revolutionize the world. It's the opinion of many M.G.T.O.W. men that women aren't designed to love men in a same way. This is because a woman also needs to look after children and therefore should always divide her attention."

"M.G.T.O.W. men don't want to take responsibility anymore for childlike women who have given up their own responsibilities in relationships but are demanding that men take care of them and keep supplying them goods."

"Most M.G.T.O.W. men avoid longterm relationships because many women have multiple male friends who they use for different things. Effectively the modern woman has an equal amount of male friends just like that of a man's Harem. One man to sleep with, one man to support her financially (alimony), another man who she can use as her emotional tampon and several other men for several other things. And as soon as men realize this they can also go their own way. A traditional marriage is a big risk for a man of today." (source: YouTube: Sandman)

The quotes from Sandman can by some women be taken as offensive. That there are men who dare to speak about women like that! But just like the Feminists for the last 100 years on a regular basis had

commented elaborately on the behaviour of the men, so it seems honest to give the men also an opportunity to ventilate their frustrations over how they now look at many women of today.

So we now have 2 different parties, the Feminists and the M.G.T.O.W. movements, who seems to be at the opposite side of each other. And still, the strange thing is that most men and women do actually want the same! And that is:

'To Have a Healthy Marriage or Relationship, Based on True Love and Mutual Respect'.

We could start an argument and fight in courthouses to claim our rights, but we also can easily understand that fight is not a best solution. Men and women both bring valuable input in relationships and in the world. It's now to us to learn how we can bring the best in each other up again and how we can live our lives together in love and understanding. That means that we have to learn from each other, appreciate each other for who we are and we need to Know, Recognize and Respect Each Others Strengths and Weakness.

When we want to grow closer to each other, then we directly need to stop giving away our own strength or power! We only have a direct influence on our own behaviour and not on that from others. This means that we need to stop demanding that others adapt their behaviour in favor to ours.

What we can do though is to learn and understand the natural behaviour and desires of the opposite sex so we can adapt our own behaviour according to the situation. I'm convinced that most part of humanity when they see that they are treated with respect, they spontaneously develop a desire to give the other at least or in abundance a mutual respect back.

The Nature of Men

" Men are notoriously self-destructive. They smoke more than women. They drink more than women. They are prone to risky behavior, don't like to admit they are feeling pain and avoid visits to the doctor. It's been known for a long time that women outlive men by an average of 5 years, and until recently few people wondered why." (Decline of Men, Andy Garcia)

Because I'm a man myself, you might think that it would have been easy for me to write this chapter. And still I had some trouble to start writing this chapter, 'The Nature of Men'. The reason for this is because I was mainly raised with an education to become a good person instead of having learned what it means to be a man. Although I did have father figures in my life, the difference between the men and women had practically been untouched. Maybe it's because my 'biological' father himself never knew his father and was practically raised by his mother alone. Another role model I didn't really have, but with this I do not stand alone.

The role models in the world for men are often over the top, unrealistic role models like the action hero's 'Stallone' or 'Zwarznegger' or the over the top richest men in the world like Drugslords or buissiness men who almost literally can buy the world with their furtune. But what are the realistic role models for the common men in these days? Just like we men cannot expect from the women that they only may have a relationship with us if they look just like they recently have won a beauty contest, the women cannot expect from their men that they look just as strong as the over the top movie actors or are just as rich as the superrich elite who with their money can buy anything they want.

It's a pity that we have to conclude that just like dr. Helen Smith is saying, that the once most respectable members of our society, 'the common men', often are being targeted and making fools off in the media, commercials and in movies. This seems innocent but influences are affecting the people through their subconsciouss with the result that today both men and women almost don't know anymore what it means to be a man.

One of the most important qualities to remember and to take into account when dealing with a man is a characteristic that almost all men have. It is their strongest as well as their weakest quality and that quality is.... Their ego. It's important to understand what this means for a man so men can be understood better in their dealings.

To start off, we need to remember that men and women were raised differently. While the girls more often were being lifted up by their parents and kuddled when they might have hurt themselves, the boys, sooner or later reach an age where it is expected from them to take the pain, because 'boy's dont cry'.

In other words, you are a man when you don't cry or when you can take the pain and to go against that is inmasculating your manhood. That doesn't mean that men don't cry or don't feel pain. What it does mean is that most men have build up their identity around the image of what they think is expected from a man like taking the pain.

And when a man cannot act himself in a way as he thinks is expected from him, then his ego will be touched negatively. The ego of a man will be pulled down when a man cannot act like a man or has the feeling that he is not treated like a man. When you want to see a man happy then take into account his ego or handle it with 'creativity'.

Since time and memorial it was always the man who guided his family. It is expected from a man that he protects his family, even at the cost of his own life. It is expected from a man that he takes care of his

family to bring goods and services to them like food and a house for his family to live in. When a man cannot take care of his family then a man will feel unworthy and less about himself.

Because it was always the responsibility from the men, the man was also given the final judgement over how he would guide his family. When a man cannot execute his tasks basic tasks as a man then it is he who is accountable for the mismanagement of his family and thereby is judged by his family and the outside world. Leadership is therefore deeply rooted in the genes of men.

Let's have a look at some qualities/ characteristics of men.

- Leadership
- Rational
- Ego
- Intelligence
- Physical power
- Quickly distracted when he is reminded about sex/ procreation
- Impatience
- Bad communication skills
- Attention on just one thing at the time

The ego of a man gives the impulse to create and has helped many men to grow to unknown heights by inventing valuable things for the world and society.

But when a man is not treated like a man or he doesn't get the chance to behave himself like a man, then his ego is touched in a negative way. What then happens is that men can become dysfunctional. When a man doesn't have the feeling he's respected for being a man, then he can give up his drive to behave himself like a successful or good man. The chance is big that men will then act themselves in selfdestructive ways like drinking, smoking or taking drugs and thereby give up their tasks in life.

Summarized we can point out the ego and the leadership role as the most important characteristics of a man to understand him and in dealings with men. This doesn't mean that the decisions men make are always right. But men have the capability to learn, they learn from mistakes and can adapt their behaviour and decisionmaking to the situation.

The Nature of Women

"I think women are foolish to pretend they are equal to men. They are far superior and always have been. Whatever you give a woman, she will make greater. If you give her sperm, she will give you a baby. If you give her a house, she will give you a home. If you give her groceries, she will give you a meal, If you give her a smile, she will give you her heart. She multiplies and enlarges everything what is given to her. So, if you give her any crap, be ready to receive a ton of shit!"

Quote William Golding (British Novelist, Playwright & Poet 1911 -1993)

The poem of William Golding can bring a smile or a frown on our face. And still there is a thruth in his poem. We often don't hear much about the advantages that women have over men. More often we hear about 'the protection of the weaker sex' and when you don't know any better, women are being talked into a 'victim' complex.

But I don't want to elaborate on that further because right now we want to stress out the positive and strong qualities of women.

Even better, just like William Golding is describing in his poem, when you invest the female qualities a little further then you'll be inclined to see that women are not the weaker sex but the far superior sex! Okay, with physical strenght a woman may be less powerful than a man, but besides physical strenght, when you look at the other qualities that women have, you immediately are inclined to see that the female qualities are more valuable, definitely in our modern society.

And just like with men it's important to take into account his ego, in your dealings with women you always need to honor her vanity and the way she is feeling at the moment. Women are consciouss and careful about their physical appearance because they can obtain so much in this world with their female beauty.

Not only they get quicker discounts on products or other advances, they also receive more attention and it gives them the recognition of being a woman. Women often feel at prettiest when they just received a compliment about their appearance. But when her beauty is ignored or you insult her, then women will feel less like a women and feel offended.

Women are conscouss about the advantages what a good appearance can do for them, but that is not all. The other big advantage that almost all women have over the men, are their communication skills. Although often known for being good at multitasking, their communication skills are often not mentioned as a big advantage that women have over men. Communication skills that in our modern society are more desirable in the workplace, on schools and in society at large.

The consequences of what that means for the relationships between the men and women in our current society is coming to light more and more. So clearly, that nowadays even parents and teachers are raising their concerns about that trend because many girls have already surpassed the boys on schools.

" Concerned parents and sympathetic teachers also point to the innate learning advantages that girls have over boys as a result of their advanced cognitive and social development.

Girls are better suited to classroom environments that reward self-control, cooperation, and verbal participation. The exact behaviors that many boys find difficult or impossible." (The Decline of men, Andy Garcia)

Let us now have a look at some universal qualities that are mainly associated with women:

- Caring (excellent care-takers)
- Good Communication skills
- Vanity
- Intuitive
- Multitasking
- Patience
- Irrational
- Quickly offended/ prone to anger

The girls did also have (in general) a different education than the boys. There where the boys sooner or later were being taught to tolerate pain and to solve problems themselves, with the girls we are more concerned about the way she feels. When little girls cry or are in hurt then they are being lifted up and cuddled more often than the boys.

A consequence of this approach the child is being taught that when she is sad or is feeling bad, that she by way of tears or her behaviour can get the attention that she wants or needs. This is the exact opposite of what we are teaching the boys. And when these girls are adolescents or grown ups, then they have been conditioned or have learned to find her own feelings the most important of all.

There are more strong female aspects that might have advantages over the men. It is known for example that the female body can tolerate more than that of a man's body. Men are having cold more quickly and women outlive men by an average of 5 years. But for this manuscript I only wanted to mention a few qualities that mainly has influence on the interpersonal relationships between the men and women.

Summarized the most important qualities of a woman are her beautiful physical appearance and her communication skills. Qualities that although people often talk about the weaker sex, these qualities the stronger sex (read the men) for certain can outwit them in conversation and women can paralyze the so called 'strong' men when they just come close to them or even when she touches him.

The Collective Consciousness

The way how we look at each other and to the opposite sex is being influenced by your parents, your cultural background, the land where you live or have been raised in and by the collective consciousness. The collective consciousness are the general insights and values that most people, or a certain group of people, are accepting as truths. That certain insights and values are presented as truths, doesn't mean that these truths or values are right or not.

In this way not so long ago people believed that the earth was flat until official statements were made to tell that the earth is not flat but round. Because most people aren't able to see for themselves if the earth is flat or round, many people go along with the perception of the collective consciousness of their time. The collective consciousness is mainly defined by governments, authorities, the media and through education.

The collective consciousness is co-responsible for the perception that you have of this world and that doesn't per definition tell us if that perception is thruth or not.

See here a few perceptives from the collective consciousness that is about men and women.

- Men are aggressive
- Women are being held back
- Men only think about one thing...S.E.X.
- Women are the weaker sex
- Men don't know how to deal with women
- Women are only pursuing money
- Men are stupid
- Women are sex-symbols

When you look at the above mentioned statements then you'll recognize them on one side while at the other side you immediately understand that these points are not applicable for all men or women. And still we see that men and women in their dealings with each other, are critizing the opposite sex too often because of being influenced by that collective consciousness.

Men are stupid for example. This of course cannot be announced openly but still there are a lot of women who really think this way. The media is nurturing these thoughts also. Dr. Helen Smit and many others are confirming that the western household father is being made fun off too often in commercials, the media and in movies. As if the modern man cannot do anything anymore without the directions of his wife or even from his children.

When we look at the male characteristics then we understand that this is conflicting with the nature of men. The nature of men is one of leadership and inventivity. Men need to make descissions themselves and are good capable to come to conclusions by themselves. Actually, that the man makes the final descission makes a man feel like a man and to contradict that will inmasculate his manhood.

Another example is that women are being held back. This is being sold to women for at least the last 100 years and after reading the chapter about the Gynocentric society, you can put question marks against this statement that is at least old fashion, if it at all was ever true.

Maybe there is some truth in the origin of the collective consiousness or not, but that what is certain is, that the collective consciousness doesn't apply for all men or women.

It's good to understand that the collective consciousness is influencing your perception about the opposite sex. When you look at your life then you can see where you have been influenced by that collective consciousness and what it does for you and your relationships in the world.

Collectively it was promised to women that they could make a career first and later in life combine work, family and kids. In this way for the last decades there has been a change in society that inspired many women to pursue that dream.

And besides there are women who have attained that dream, there are also a lot of women who now are feeling disappointed. Like in earlier days women were getting married and got children around their 20th birthday, nowadays a lot of women are beginning to see the disadvantages of delaying marriage or having kids.

What many women didn't take into account is that when they finally made a career then they can expect extra difficulty in finding a suitable husband. Most men don't like to have a wife who has a higher status in life/ a better job than he does. It touches his ego in a negative way, because he was originally the care taker and supplier of his family.

Women strived (through Feminism) for freedom of choice. But when women nowadays consciously are choosing to become a household wife and to raise the childre by her own, instead of leaving them behind the whole day in the hands of the children's daycare, then they often hear, especially from other women, that they are oldfashioned and are holding themselves back.

Open letter to the men

Dear men of this earth, as you all can make up there is a serious disturbance in the relationships between the men and women. Many men have noticed this also although not everyone can point out the cause of it all. Many men don't understand why they cannot openly smile at a woman on the street without being convicted as a sexist or be seen as aggressive, instead of trying to show interests or just wanted to compliment a lady with your smile.

Women in general feel very much attracted to strong men and then I don't mean only physical strength but especially a mentally strong man! A man who controls himself, emanates power and can lead himself as well as a woman.

One of the most important things to work on for many men in this age is to learn and control his senses and then in particular the sex-drive. This doesn't mean that men are asked to completely stop having sex, but what is important to understand is one of the most important reasons why nowadays a lot of women are walking over the heads of the male population.

Someone once said: "Men have an excellent brain and genitals, and only enough blood to operate one at the time".

We regularly hear from women that they criticize men for not controlling their senses, although it is mainly the women who constantly are reminding the men about sex.

In our current society sex is too often and too openly promoted what does not do good for many men. The reason why we ask to consciously make an effort to practice celibacy, is to discover through practical experience the following:

"Unless You Consciously Make an Effort to Control Your Senses, your senses will control you and will soon or later pull you down".

What technically happens when a man gets too many ejaculations, is that the body is constantly in a mode of recovering. That is like walking through a desert and feels uncomfortable, what for many men starts an impulse to suppress that feeling by the use of alcohol, intoxications or through again having sex.

When you don't succeed to control your senses then you will be pulled down in the lower energy of life. In that lower life-energy you will feel insecure, are devoid of knowledge and are easily manipulable. When you like many men of today cannot even get one good night sleep unless you have had an ejaculation first, then it is most probably that you are residing in the lower energy of life.

In the higher energy of life Men Feel Inspired, have access to knowledge and inspiration and will automatically fulfill the role of a leader and with that feel happy and a real man. Men like Nickolas Tesla and Albert Einstein knew the advantages of regularly following celibacy.

Unfortunately it is for the modern men almost impossible, even for just a single day, to not think about sex. The media, movies, commercials, the Internet and the way how many women of today are dressing themselves on the streets, do not help to lift up men to their highest potential.

When you need help to become a master over your senses and to conquer the strong mind, then I can recommend to study my other manuscript 'Selfrealization'. In that manuscript the practitioner is taken by the hand from the beginners stadium of spirituality to one of the highest levels, the realization of your spiritual identity. And that can be accomplished and mastered in only 1 year!

Being a leader is mainly a state of consciousness what you'll understand as soon as You Begin to Control Your Senses.

Practically everyone has a desire to make him/herself immortal before we'll finally close our. For men as well as for women, one of these ways is by leaving progeny. So, the desire to have sex has a deeper meaning namely, procreation.

But not only by leaving progeny can men make themselves immortal, also by the activities or the things they leave behind. Men have invented many things as to improve the quality of living in this world. The quality to create and to keep the world running is a valuable quality that is too often not mentioned as a golden quality of men.

Be proud to the contribution men make in this world and be consciousness again of what it means to be a man. Respect women of all ages, be consciousness of her vanity and of the way she feels at the moment. Listen to what she has to say, consult the different possibilities and then make the final decision yourself!

Open letter to the women

Dear women of this world,

Thank you so much for all the love, happiness, care, security and joyfulness that you bring into the world. What would life be without women who makes life worthwhile to live.

As you too can understand, the relationships between men and women are seriously disturbed. Although it was the responsibility from the men to prevent that, a lot of men have neglected their tasks as leaders. And still the women are being asked to learn and trust men again and even to help them to pick up their role as a leader.

Because just as a ship has only 1 captain, in the guidance of relationships there has to be 1 person who can speak out a final judgement over which direction the relationship will go. What do you think will happen when 2 captains at the same time want to go a different way? Maybe you see how important it is for a safe journey to only point out 1 captain for this task.

Men are from origin leaders. This doesn't mean that a leader cannot make a mistake. Currently the men in this world are not being taught anymore what it means to be a man. And still the men, especially young or just married men, are held responsible for the responsibility they carry in relationships and in the world. To take over the leaderships role of a man is a tendency that many women have and is understandable. But do understand also that to take over the leaderships role from a man goes heavy against the nature of men and will touch his ego in a negative way.

Because many women nowadays are not trusting men anymore, they also choose more often to live independently by themselves. To live by yourself while receiving money from the government or alimony from your ex husband is of course not real independence.

Governments are unnatural legal persons who do not give the personal protection and attention that women need. When a government falls by way of war or when the economy collapse, then you'll see that women again will seek out men for protection and for their survival.

But why shouldn't women not regain their respect for men immediately?

Not long ago there lived a guru who every day was making morning walks together with his disciples. Because the old guru was almost 80 years old, he got help from a disciple who took him by his arm to help him climb a small hill. When the guru arrived on top of that hill he pushed his disciple strongly away from him and said: "Is that nice and respectful? First you help me climbing on this hill and when you helped me I then push you away!".

It is not only men who have build this world and their governments, it was and still is mainly the men who maintain society and the world by way of their uninterrupted labour. What do you think will happen when all of a sudden now men feel neglected or treated without proper respect and thereby give up their responsibilities in life. That would mean that the governments immediately cannot be maintained anymore because the incomes that sustain the governments were always and still are mainly paid by men.

In the Manu Samitha, the spiritual guidance for humanity, it is written that the religious duty of a woman is to serve her husband and to take guidance from him. That doesn't mean that women all of a sudden should become blind followers and have nothing to say anymore. What it does mean is, that when you found a good husband, take guidance from him and accept his final judgement in decisionmaking. And

what is a good man? A good man is one who is progressive in life and who himself also takes guidance but then from his religious principles or correct norms and values.

But even when a woman doesn't have a good husband, she still can with her chastity, purity and compliance, reach the highest perfection of life when she executes her duty as a loyal servitor of her husband well. She can even save her husband from hell if her husband has accumulated bad karma. There are even stories of women who were so powerful that they could obstruct the sun from coming up by their personal power.

Women are at least as smart as men, if women aren't smarter. To diplomatically take up a submissive role because you understand that your man needs to execute his task as a protector of his family, doesn't mean that you are inferior but that you accept the dividing of different roles.

That a woman needs to follow and needs someone to lean on to take care of her is even in the nature of women. On the contrary to the men, practically in every woman's life there comes one moment that she needs someone to take care of her and her baby when she just has given birth.

In nature the leader is always through the right of the strongest. But in our modern times men aren't allowed anymore to use their strength to assist their leadership role. This has created a situation where women these days determine themselves if they listen to their men or not.

When a man wants to guide his family and his family members aren't listening to him, then such a man is seen as weak and incapable to lead his family. And when a man in our modern days wants to use his strength to force his family to listen to him, then his act is seen as aggressive. This has created a situation not favorable to maintain relationships or a marriage. When a man wants to guide his family, then it's important that his family members are listening to him.

Women can with their female charms and communication skills, outwit the men in conversation whenever she likes. It is given to the women to use her strong female qualities to get from her husband everything she needs... to survive. But when a woman is misusing her strong qualities to get everything she wants, then it's called manipulation and will go at cost of love and the relationship.

"Women inspire men to rise to unknown heights to do or invent great things, but is distracting him subsequently from his path "

The meaning of this quote is to inspire men instead of telling them exactly what to do. Men don't want to be controlled because that goes against the nature of men. When a woman constantly is giving her husband assignments like jobs in the house, spade the garden or to take her here and there with the car, then she can prevent her husband in reaching his highest potential.

Another well known phrase is:

"Behind every successful man stands a woman "

Just like we often hear from women that they just want men to listen to them without solving a problem, men need to solve their own problems without someone exactly telling him how he should do that.

When you think about this then you understand that Mrs. Ford didn't tell her husband how he should build a car factory. If she knew, then it was Mrs. Ford who was standing at the top of the car-industry instead of her husband.

Back to humanism

The original nature of men and women cannot be changed just like men cannot all of a sudden deliver babies. What we can do is to learn and understand the nature of the opposite sex and thereby adapt our own behaviour to the situation.

Besides there has been so much sorrow and misunderstanding between the men and women, most people do actually want the same and that is:

'To Have a Healthy Marriage or Relationship, Based on True Love and Mutual Respect'.

Men as well as women like to be treated and recognized for being male or female. This is rooted so deeply in our genes that we build our identity around it.

The most important things to remember in dealings with men are their man-ego and their leadership role.

With women it is her vanity and the way she feels at the moment.

Men need to learn again what it means to be a leader and women can learn again to let her be guided by a suitable man. At this moment the collective consciousness is discouraging these roles because it is telling that men are stupid and that women are being held back.

This has created a situation where it has become difficult for women to trust the men on their leadership. But when men aren't recognized and respected for their leadership or for being a man, then the chance is big that men will become dysfunctional.

Women on the other side, when they don't receive the recognition for being a woman, feels less worthy and will lose her respect for another when she feels that she isn't being respected in a right way

Do we need to cuddle the boys more often and do we need to stop cuddling the girls everytime she is asking for it? Would the girls then be less offended and learn to give reactions without being colored by personal feelings? But wouldn't that also mean that the boys will lose their quality to be inventive or lose their strong quality to be a leader who besides the way he feels can make rational decisions?

Where does it come from that we raise our children the way we do? Is it because we all feel deeply inside how the roles in relationships should actually be?

But what should be clear is that the problem humanity is facing, bigger is than many of us are able to see. The problem is so big, that the survival of the human race as unity in peace is completely at stake.

Just think about how many relationships and marriages for the last decades have ended in the world. There already have been generations of children being raised by single hand parents with often a one side education. As a consequence of this is that their children often also get a hard time to maintain their relationships.

And besides there might be parents who claim that they did more than their upper best to raise their children by being a mother as well as a father, we cannot deny that in this 21st century almost no marriage or relationship survives the test of time. But that is keeping a vicious circle alive because the children born of these relationships are being raised without all the role-models to learn from.

It is definitely worth while to think about the consequences of where we all are heading to. When marriage is disappearing from this world and everybody will egoistically live on their own, then how can we ever expect to attain worldpeace if even the men and women cannot live together anymore in a humanistic way. Humans are social group beings who need each other for their survival and happiness.

We need to understand what the collective consciousness is doing to the world and to feed it only with things that are influencing us positively and not with things that are dividing us. Sex as the most important glue where a relationship or marriage is built on, is at the moment being sold by the collective consciousness and is also a reason why nowadays millions of people in this world are unhappy.

Having too much sex will pull you down in the lower energy of life where insecurity, irritability and lack of inspiration carry the upper hand. People are multidimensional spiritual beings who by a right use of actions experience happiness and satisfaction from life itself.

When you are spiritual full of your-'self', then just being together with the opposite sex can be an exciting experience. It is an art to be happy yourself instead of expecting that other people should make you happy and the realization of your spiritual identity can be of a good help.

From time and memorial the spiritual evolution from humanity was the central focus in life. People were helping each other to come further in their developments and realizations. Sex or the making of love, can certainly be a part of that also, but for a happy and durational marriage or relationship it has to be given a less important role in the relationship.

And what if there are two men or two women in a relationship? Or what if in certain situations the man voluntarily wants to take up the submissive role? Or what if it is the wife who can better guide than her husband? Well, as said before, people are multidimensional spiritual beings who not really are male or female. The human body though is mainly directed by a male or a female essence that most of the time is in line with the specific body we are living in.

The male and female essences are actually in every human being and in this way we can choose from which essence we will execute our activities. The most important thing is that in relationships there has to be a clear arrangement of the roles and agreed on who can make the final decision and then especially in situations where both are disagreeing.

And last but not least, that what at the moment also is promoted by the collective consciousness is that society seems to long for the people that everybody has to behave themselves perfectly. Nowadays everyone is taking each other to court for anything and governments are interfering with the daily activities of their civilians. Under disguise that it is about security or the other made up reason that "if everybody just act themselves the way they like, then the whole world would collapse", are the people massively being fined for non significant offenses. The human body is far from perfect because when the lights go off then our eyes stop to see. Also it is known that dogs can differentiate odors or use their sense of smell far more better than the humans can and in this way we understand that the human body is not perfect at all.

And when the human body isn't perfect, then how can anyone expect from another that they should behave themselves perfectly? Because the body isn't perfect, sooner or later people are inclined to make mistakes. Making mistakes therefore is part of being human and the demand to behave yourself perfectly on the streets or in a relationship can therefore be called Utopia!

Instead of demanding from each other that we behave ourselves perfect, we'd better make room again for the more human commands that from time and memorial were being preached by the different religions in the world. Love your neighbours and forgive each other should again be preached more and lived up to.

And when we after have taken this second step to forgive each other also learn again to understand each other better, then we'll also understand why:

- Women give each other compliments, although they don't really mean it for real...
- And that men do harsh and cruel to each other, although they don't mean it for real...

Afterword

First I would like to thank the brave women who have pointed in the direction to write about this important subject matter like, 'Christy Misty', 'Karen Straughan', 'Dr. Helen Smit', 'Diana Davison', and the visionaries of today, 'Andy Garcia', 'David Deida' and 'Michael Stone'. Further thanks to 'Sandman' for his quotes and to the Supersoul who has guided me to bring all the information together and put it in a nice chronological order.

Sincerely I hope that the information shared in this manuscript will help the people improve their relationships and with that improve the world.

In the beginning of this manuscript I have written that principally there would not be chosen a side to the advance of the men or the women. And still I think that mostly the women could have had a more tough time reading this book because some women were portrait in a not so nice way.

We live in a society where people are discusted at women in Moslim clothes and where the body of a woman openly exposed on the streets is applauded. A society that is promiting that the highest possible happiness a man can have is to marry or to be with a woman instead of encouraging men to reach their highest potential in life. A collective consciousness where the personal evolution of humanity would be most importan is absent since we seperated the state and church.

Let me now end this manuscript with my life quote:

"That we treat all people and living beings with due respect and act in such a way that no one takes offence from what you say or what we do and let everyone be free to grow from their own platform of where they are standing in their evolution, right now".