

WFWP USA: Receptivity And Other Feminine Superpowers

Mika Deshotel

May 15, 2026



"The ocean, [as a symbol of the mother], has a broad enough bosom to embrace and become one with the heavens above, even coming to resemble its sky-blue color. The ocean lies at the lowest level, receiving all the waters of the world. The ocean embraces everything and gives birth to all life. Many kinds of life grow abundantly in the ocean. In response to the moon's gravitational pull, there is the ebb and flow of the tides and the changes of the seasons. In response to the sun's warmth, vapor forms on the surface of the ocean and the climate is regulated." - Hak Ja Han, Mother Han

According to Laura Doyle, relationship coach and author of *The Empowered Wife*, receptivity is the essence of the feminine. Like the moon, which reflects the light of the sun, feminine energy tends to be described with words like passivity, receptivity, magnetism and softness. And when women lean into these qualities, it is like they are tapping into some of their most potent superpowers.

Now, we don't often feel like soft power is very strong at all - especially in the culture we live in, where productivity, action, and results mean everything. Personally, as a woman called into leadership and navigating the arena of womanhood, I struggled with the idea of a woman's role being anything other than burdensome. But as I've come to learn and grow in my roles as both a wife and mother, **I am beginning to appreciate the strength that exists in the beauty of a woman's soft power, in her magnetic ability to manifest her desires and to intuit just what is needed in a given situation.**

To be receptive in a relationship is to be open, empathic, and vulnerable. When women are receptive in an intimate relationship, it allows energy to flow positively and dynamically, creating something new as a result. Mother Han explains that women are like the ocean, which reflects the color of the sky and is a haven for a myriad of sea life. More than that, water is symbolic of life and the ocean moreover, is symbolic of the original birthplace for all of life's creatures. This is also why the ocean is noted as representing motherhood - it is the place which nurtures and embraces everything, like a mother's love.

When I reflect on these words by Mother Han, I am both mystified and challenged as a woman. **I can't help but acknowledge the hard reality that women have so often had to receive, not only the beautiful things of this world, but also the junk and the dirt of our fallen reality.** I've been wrestling with this idea and asking myself why it is that women have been called to bear the burden of so much adversity, and why it is that we are often more sensitive to it than our male counterparts. The simple answer that comes to me as I meditate on this weight is simply: because we can. **It seems to me that perhaps, women have been imbued with the superpowers of receptivity, reflection, passivity, and so on because it is the thing that is needed to help heal our broken world.** I think in many ways, because women are more emotionally attuned towards others, make space for more nuanced ways of thinking and acting, and seek to establish greater connections around them than their male counterparts, then naturally, this is why women are called to absorb all the negativity along with the positivity that this world is being afflicted by. And perhaps this is why women are called, as Mother Han explains, to be the vanguards in bringing about a more peaceful world. It's not that women alone are meant to right all the wrongs, but women, in waking up to their true beauty, prowess, and courage, can help model the way for true equality and peace for everyone.

In filtering through all the junk, this is not to say that we need to open ourselves to accept everything into our hearts at all times. **Part of the maturation process for women is becoming grounded - rooted - in our worth and making sure to uphold our divine dignity through strong boundaries.** If there is negativity spewing in your direction, make sure to take time to engage in activities where you can be poured into - by beautiful and energizing energies to help fill you up and naturally filter out the gunk. The natural world is an unconditional giver, which is why she is likened to a mother. Taking even a few minutes each day to feel your toes on the earth or the warm sun on your face, can supercharge you for "battle." Pay attention to how you feel after doing other things, like reading, cooking, or creative outlets. **Take time to explore, with a quiet receptiveness, the things that are truly nourishing and replenishing for your soul, and as you identify those activities, make sure to include them into your daily life regularly.**

As super women we need to know ourselves - our strengths and our weaknesses, the life-giving and the life-sucking elements which require a watchful and guarded heart, and where it is that we can exert our soft power in order to make room for something new and beautiful, within our own hearts and the hearts of those around us. Let's continue to reclaim our worth, reclaim our power, and lean fully into all the goodness this life has to offer.

In HerTribe, we are creating spaces where women can find the courage to embrace their superpower as true women. If you would like to join our online community and journey together with others on the path to true womanhood, sign up for our next HerTribe Online meeting, taking place from 8:30 - 10PM EDT on May 20th. Sign up today!