

EP 195: Christianish What Esther Teaches Us About Feminine Energy

Hey, love. Welcome to Christian ish. This is the podcast for women who have bibles, but don't always have boundaries. My name is Keshia Rice. I am a dating coach and hypnotherapist. I help women learn how to heal from their unhealthy relationship patterns and attract healthy, loving, cherished relationships. And I am really excited today because we are really putting the Christian into Christian ish. So if you've been listening to this podcast, you'll know that one of my things has been, I grew up Christian. I grew up Pentecostal to be exact. Um, I'm still Christian, but I also studied religion in college. And by religion I mean not just Christianity, but also Judaism, Islam, Hindu, you know, just world religions in general. So for me, whenever I approach coaching and being a dating and relationship coach, for me it's two things. One, I work with women of faith.

So I work with women of all faiths and spiritualities. And two, growing up Pentecostal and growing up, specifically being, um, the daughter of a minister. One of my big things was the fact that I saw people go to church and get this huge boost on Sunday, but then they had no clue how they were supposed to live Monday through Saturday, right? So for me, when I got older, I had family members try to push me into ministry, try to push me to become a preacher myself and everything. And it never really resonated with me because although I have these values that I learned growing up in a, in a Pentecostal household, and although those values and my faith are very important to me, I've always seen the Bible as among several other things. I've seen it as instructions on practical living. And I didn't feel like I could really convey that in a pulpit in a way that wouldn't people off, right?.

So that was one of the reasons behind me becoming a coach, was that I really wanted to be able to help women who have values similar to mine and to help them create the relationships and the love that they wanna live without coming to them from an approach that is preachy and judgmental. And I wanted women to be able to love themselves and also stand up for themselves and have a voice and a society that let's just face it is in general our society is patriarchal. But if you grow up in a church, even more so, and churches have a tendency to be really big on marriage or bust, every relationship that you're in has to end in marriage or it's a failure. There's so much pressure on getting married by a certain age regardless of whether or not that person is actually aligned with your beliefs and what it is that you want in a relationship, and regardless of whether or not you actually love this person.

So yeah, a lot of my coaching journey has been wanting to help women who want to live according to their faith, but also women who have goals and dreams and ambitions that are outside of marriage. And kids, even though they desire those things too, you know, they also have their careers. They also have their friends, they travel, they do other things too, and they want to have a life that is balanced and they also wanna have boundaries and stand up for themselves. So I say all of that because back to this idea of today's episode being a lot heavier on the Bible and less on, we're going to talk about things that involve principles that involve living your best life. And if you know the Bible, you know, the things that I talk about are biblically sound. Even if I don't necessarily quote a verse to go with it, um, this one's more explicit.

And for this episode, I would actually love to know what you think, because if you want more episodes that are more Bible study type, then I will be happy to do that. Or if they're not done on the podcast, then maybe I can do something like, um, a live on YouTube or TikTok or Instagram or Facebook, or we can set up a private community for that. But in general, if you want more content like this, let me know. So we are going to be talking about one of my favorite books of the Bible, and that is Esther. So you know, now that I think about it and I get ready to pull up the notes that I have, this is not going to be as bible study ish as I may have been billing it to be, um, when I first started talking, because I'm just really gonna give you a quick synopsis of the

book, and then we're gonna talk about the things that Esther does that embodies feminine energy.

So we're definitely still in, in my lane of the instructions for practical living, right, um. But we are going to talk about the book of Esther. And also one of the things that I love about the book of Esther is back to this whole idea of me studying religion in college and working with women of all faiths, is that if you are not a Bible girly, um, you know, this story is important in the tradition of Judaism as well. And I also think it is something that women of any faith can enjoy. So that being said, let's get into it. So all of this is coming from the book of Esther. So I will not be giving you a specific Bible scripture as far as chapter and verse goes, because Esther is a very short book. If you were to go pull it up now, it's, it's not going to take you very long to read.

And in fact, if you don't have a Bible, you could Google the book of Esther, and I'm sure a PDF would come up. In fact, actually standby. Let me do that right now, um, because yeah, it is very short and it would not take you very long to, to read it at all. Yes. Um, I just, as, as we're talking right now, I just looked up Book of Esther book PDF, and I'm seeing, I'm seeing PDF documents that are like 12, 15 pages. So yes, you should read this entire book all like completely. It won't take you very long. And then you'll have a more in depth understanding of this book. But I will give you a quick summary because then that will help us get into these principles. So Esther is a Jewish girl and she is living in Persian, and she eventually becomes the queen, queen of Persian.

The way in which she becomes the queen is there's a king who's reigning, his name is, uh, air Shera. And his wife, who at the time was the queen, her name is Vashti, she ends up being vanished after she refuses the king's command to come show off her beauty, which if you don't know, basically meant that he was holding a feast for a bunch of men and he wanted her to show up, um, unclothed and show off her body for all of these strange, uh, creepy weirdo men, right? So actually, you know this story. The book of Esther has the story of two very strong-willed women because Vashti herself also refused to compromise her values and do something that went against her morals in order to just make the king happy. So, you know, that is another strong-willed woman who I think that we can admire and look up to.

But at any rate, she is banished and the king decides to find a new queen by holding a beauty contest, and Esther ends up being chosen. Now, the thing is, at this time, Jews were a minority in Persia. And because she was a Jewish girl, her cousin Mordecai, who lived in the palace, um, they agreed that she's going to keep the fact that she's Jewish secret. And by the way, when we say Mordecai is her cousin, Mordecai was also her guardian. So he was most likely white a bit older than Esther was, but he was the one who raised her and took care of her. So this is going on, Esther becomes queen, and the king has this, uh, sidekick. I mean, he's, he's an advisor, but I think more terms of, of sidekick because the, the guy's name is Haman, and Haman has this huge ego. So, um, to me, I kinda like to knock him down a peg or tube by being like, Hey, he was just a sidekick.

But he goes around and he starts demanding that everyone bows down and like worships him and honors him. And Mordecai is kind of like, hell nah, right? Like, he refuses to do that because of course, you know, Mordecai being Jewish worships God and he's not going to bow to anyone else. So again, Haman, his ego gets in the way and he goes to the king and he's like, yo, you need to make everyone respect you. Um, you need to show that like you're the boss or whatever, when it's really Haman trying to show that he's boss, and he gets the king to issue a decree that would basically lead to killing all of the Jews. So, of course, you know, this comes after the king's new queen. Esther is Jewish. So Mordecai goes to Esther and says, Hey, you need to do something because otherwise, um, everyone's gonna die.

Everyone's gonna be killed. And Esther said, Esther tells Mordecai to go tell all the Jewish people in Persia to fast and pray for three days. Esther does the same thing, and she then goes

to the king and invites him and Haman to, uh, two different dinners that she's hosting now, know that at this time, no one was supposed to approach a king without permission, not even the queen. So doing that, even in asking, even inviting to them, to these banquets, she was risking her life, but she does it. And the king loves her so much that he doesn't, he's not mad or anything. He's like, yeah, sure, we'll, come to this dinner. Um, if that's what you want, then, um, that's what we'll do. She waits until the second banquet, and she ends up revealing to the king that she's Jewish, and she also tells the king all about Haman's plot to kill them.

Uh, the king gets really mad, and instead of the Jewish people being killed, Haman is the one who gets killed. And, uh, Mordecai gets promoted to a new position as, as an advisor to the king, and all the Jews get saved. And if you've ever heard of the holiday called, uh, Purim, this is the festival that celebrates the story of Esther. Okay, so now that you know the whole story, now let's get into, and it's, I apologize because I'm just realizing we're like 15 minutes in, and now I'm just getting into these feminine energy lessons. But, I do think the setup was important. So let's talk about the ways in which the story of Esther, um, embodies feminine energy, right? So first of all, Esther's wisdom, A major part of feminine energy is being able to use our intuition. It is also our ability to both be present in the moment and to not rush decisions or life in general.

You know, a lot of times when we talk about how feminine energy presents itself and the way a woman looks, a lot of our feminine is in the slowness, right? It is in the walking, slowly talking, slowly, eating, slowly, taking the time to enjoy life. It is in the sway of our hips. It is just in that being able to move in such a way that's not hurried or rushed. And it's not laziness. It is power because it is this ability to command attention and respect by not rushing, by not hurrying. And you see this in Esther's story that the king sees. She's upset and ask her what's wrong, and she could have come right out then and tell the truth, and instead she invites him to a banquet and gets him in a good mood with food and drinking and stuff like that. And then when he asked for her request, she's like, no, no, no, you know, we, we need to have another dinner. And then I'll, I'll tell you then. She is very strategic and she's very careful about making sure that she sort of reminds the king, you know, that he loves her and that he wants to make her happy, and that she's, she's good for him. So of course, he's more motivated to save her people after, after she has put this strategy and this plan into place.

So a major part of feminine energy and feminine wisdom is not rushing into action and allowing yourself to hone your intuition and to really listen to it before you make decisions. The second way in which Esther embodies feminine energy is her feminine leadership. So there have been so many studies done about how CEOs of Fortune 500 companies who are women do very well and improving the bottom lines of their businesses. Um, there have been studies on female presidents of countries and how they usher in peace and prosperity into the countries that they rule over. And we live in a time right now where there's a lot of in, there's a lot of emphasis on masculine leadership and masculine hustle and push and grind, and all of this assertiveness, right?

We learned from Esther about what feminine leadership looks like. So she didn't have traditional power in the sense that, you know, at this time when Esther's story is happening, you don't have women in power, um, as queens, you don't have women as leaders of countries. So she doesn't have the traditional type of power that her husband had, but she did have influence, and she used her influence to listen, to understand the needs of others, whether that was collaborating with Mordecai to savor people, or even, you know, her winning that beauty contest, understanding what made her pretty and attractive to the king, um, and also her ability to connect in the way that she interacted with the king. So there's so much to be said for feminine leadership and our ability to really, again, connect and nurture our ability to listen and our ability

to work with others to create so much greater. Which brings me to the third way in which Esther shows feminine energy, and that is in her collaboration with Morde Cod.

One of the ways in which feminine leadership works is we have an easier time allowing ourselves to be interdependent than men often do. And we do that by creating networks and using that networking to build up our support and to build up collective strength that can accomplish bigger things than we could have by ourselves. The fourth way in which Esther shows Feminine energy is through her vulnerability. Pretty much every client that I work with has some sort of issue with setting boundaries, right?, whether they don't set enough boundaries or they are too hard and too rigid, um, I don't think I've ever had a client who, when they first started working with me, I could say that they were really good at setting boundaries. And that's not a knock on any of my clients because there was a time when I was also terrible at it.

And most women are terrible at setting boundaries. But one of the things that I always say at the beginning of working with someone is we want to get to a point where you are constantly building fences because you don't wanna put up walls. Walls can't be seen through, walls can't be broken through. And yes, walls keep bad stuff out, but they also don't let good stuff in. Whereas when you have a fence, a fence offers protection, but at the same time, you can see through the little slats, right? You can choose to let people in and out. You have that control. So you're allowing, you're allowing yourself to be in a position where you can see others and people can see you while you still have that control. So one of the feminine lessons that we learned from Esther is her vulnerability, her ability to be authentic, and the way that she approached the king, asking to save her people. Yeah, she was bold and she was assertive, and she was courageous, but she was also vulnerable, and she was humble, and she showed faith at the same time. And learning to balance that masculine feminine energy, that assertiveness, that courage with vulnerability is a huge skill. But once you learn it, the world opens up so much for you.

And then the, the final way, and I did not write these nu write these down numbered, like I bullet point notes, but I didn't write down numbers. I don't know if we're on 0.5 or 0.6, but either way, this is the last one. Um, Esther showed feminine energy by her ability to trust in the divine. She trusted in her destiny, she trusted in knowing that her purpose was to save, um, was to save her people. And she trusted in God's purpose for her life. That is something that we as women can often struggle with because you're raised in a society that is so male dominated, and this whole idea of being able to surrender and submit to the plan that is for our lives and allowing God to do his work and not for us to try to help him alone, uh, help him along, can be really difficult sometimes.

And Esther having faith in that is an example for all of us. So Esther shows her feminine energy through her ability to collaborate through her emotional intelligence, her ability to trust her feminine intuition, um, and her ability to collaborate and nurture and build relationships. So I hope that you enjoyed this kind of quick Bible study. And again, let me know if you, if you want more of this, because if you do, there are so many great female figures in the Bible. Um, we talk so much about biblical society and the patriarchy and being male dominated and all that, but there are so many great feminine characters that we can learn from, and I had love to do more of this. So let me know if you enjoyed it as much as I did, and I will talk to you soon. I love you so much. Bye.

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