

EP 233: Christian-ish Podcast: The Capacity to Be Loved

A lot of women who say that they want to be in a healthy, happy, loving relationship, that they just want to, quote unquote, find a good man and settle down, that they just want someone who loves them and appreciates them and will take care of them. A lot of those women are lying. And here's how I know that.

So welcome to Christian-ish, by the way. This is the podcast for women who have Bibles, but not necessarily boundaries. My name's Keshia Rice.

I am a dating coach. I am also a hypnotherapist. I help women learn how to break free from their unhealthy relationship patterns and attract loving, cherished relationships.

So this whole idea of women saying that they want to be in a great relationship, but not really wanting that, I don't mean what a lot of the stereotypical red pill advice out there is that, you know, all the women want a bad boy or they want a woman who's, they want a man who's going to treat them badly or any of that. And I also don't think this is conscious. You know, I think that women may really want to be in a great relationship, but because of the way some people have been conditioned, they don't know how to accept that.

They don't know how to actually relax in a healthy relationship. And, you know, this is something that I deal with a lot with my clients in particular, because I deal with a lot of women who are high achievers and that's great because that has helped them get so far in their careers and everything. And I deal with women who are hard workers and who have a servant's heart, right? So again, great in their careers because they put in the work and great in churches too.

You know, I think that this is something that we have to talk about more with churches is that churches thrive off the labor of women in general, but in particular, single women, because if you're taught that you're supposed to be giving all your time and effort to God, and that while you're doing that and while you're operating in that, then the right person will find you because, you know, he that findeth a wife findeth a good thing. And what better could a man find than a woman who is doing her earnest, most diligent work in a church, right? Then of course, you are naturally going to be putting all of this effort into church. And I want to emphasize that.

I'm not talking about building a relationship with God because you know, that part, the spiritual part is, is deeply personal, but people confuse that with the putting time and effort into a building and into a person, a pastor, right? And they're doing all of this and neglecting really their spiritual selves. They're neglecting their own self-care, and they're not having time to devote the energy into dating or into their career or into other goals that they have outside of, you know, serving in a church. And what happens is you have a society of women, a group of women who are so used to giving that they are not able to And here's the thing about what it means to operate in your feminine energy.

Yes, women do have a great ability to nurture, but at its heart, feminine energy is all about receptive energy. So the biggest thing that you'll ever need to know about dating in a feminine way and operating mostly in that feminine, and I say mostly because, you know,

there's times for setting boundaries, for example, but if you're operating mostly in your feminine, then there are two things that you need in order to attract the love of your life. You, one, have to be able to receive from other people, and two, you have to be able to hold that.

So what I mean is this, and I'm going to endeavor to keep this quick because this is one of my goals in 2026 is to make my podcast episodes for you to be very quick lessons that you can, you know, listen to on a 10, 15 minute car ride and really get something out of it, have a great takeaway, and not have to spend forever listening to me. But what I mean by being able to both receive and hold from someone else is think about what you really want in a relationship. In my experience, when women come to me and they say that they want to find the right partner, they say they want to be seen.

They want attention. They want to be with a man who is present in the moment and fully pays attention to them and fully considers them. And if you say that you want those things, in order to be seen, you have to allow yourself to be perceived, which for starters means that you have to get out there.

You have to put yourself out there into the dating pool, whether that is online dating, whether that is going to events, whether that is, you know, getting outside and exploring new hobbies. I personally think you should be doing all of the above, but if you want to be seen, then you have to put yourself in positions to be seen. And then once you are seen, you have to allow yourself to hold that, to allow someone to keep seeing you, which means that you can't be going on dates with your head down.

You can't be walking outside, going to festivals, going to matchmaking events, going to networking events, going to concerts with your head down. I tell women all the time to pick the things that they're interested in and to be intentional about going out and pursuing them. Because it is while you were out here living your life that you are going to be your happiest, but you are also going to be your most radiant and your most attractive.

And I will have clients who will immediately take me up on that. And they will start going to events and they will start pursuing new hobbies, taking classes and all of that. But then when we dive deeper, I find out that they're going to these events, but they're standing against the wall or they're walking around with their head down.

And if that's the case, you're not allowing yourself to be perceived. You're out in public, but you're still hiding. So you have to allow yourself to be perceived first, and then you have to allow yourself to be seen because seen is more prolonged.

So this means that when someone is looking at you, you've gotten their attention, you can't run and hide. If you're having a conversation with a man, you need to be making eye contact, not again, just sitting there with your head down. You need to have body language that is open.

If you are on a date or you've met some man in an event and the two of you are striking up conversation, if you're sweating and shaking and giving that closed off body language, like you're putting your arms around yourself, holding yourself, things like that, that gives off a message of you're not open. You're not open to new relationships. You're not open to dating.

You're not open to getting to know someone. If you're not confident, if you're not conveying the message that you know that you have a lot to offer another person in a relationship, you know that you're worthy, you know that you're fearfully and wonderfully made, all these things, then you are giving off this message of something is wrong with you. And the person that you're talking to, in this case, we're talking about dating and relationships, but honestly, this applies also to business networking.

If you own a business, when you're trying to get clients, this applies to a lot of other things too. They may not pick up on exactly what it is that they're thinking or feeling, because again, a lot of this communication is subconscious, but there's going to be a part of them that if they're talking to you and you are clearly uncomfortable with having conversations, with making eye contact, they're going to have a part of them that is going to be turned off by that. And it's going to recognize you as not ready.

Not just the whole being seen thing, but one of my biggest pet peeves is when I am working with a woman who says that she wants a man who is a provider. She wants a man who takes care of her. And then she talks about going on dates and not letting the guy pay for her on the date.

And you may think that this sounds old fashioned of me. You may think this sounds like a gold digger of me or whatever. I frankly don't care, right? Honestly, because you're asking, you're saying you want one thing, but you're behaving in another manner.

If you want someone who takes care of you, then that president needs to be set up at the beginning, right? If you say that you want someone who gives and who provides, then it should be the expectation from the very beginning that they give and provide. Because when you are dating someone, the first three months you're meeting their representative, you're meeting the absolute best version of them. So if the absolute best version of them in the first three months is not a giver, it's not going to get better.

It's going to get worse, right? So you have to set that expectation upfront and not even just with money. I cannot tell you the number of times that I've had a woman say to me that she wants someone who is loving and who gives, but can't accept compliments. And not just for men.

I have hopped on calls with my clients because we meet on Zoom or whatever, so I can see them. And I've hopped on a call with a client and I've said something like, your hair looks nice, or I like that sweater. And they're immediately trying to diminish my compliment, right? Oh, I've had my hair like this for a while.

Or, oh, the sweater's old, or I just got it on sale, or it just came from Goodwill. It's only two bucks. Love.

No one cares. The point is you look nice and you need to receive that. You need to sit in that.

You do not need to diminish the fact that you look nice. You need to allow yourself to bask in that. Again, so many women love that vowel verse about, oh, I'm fearfully and wonderfully made.

Well, if you truly believe that, that doesn't mean that you have to be haughty. That doesn't mean that you have to be a witch with a capital B about it, because then you get that attitude. But there is a confidence in knowing that you are loved.

You were made unique. You were made special, and you need to own that. So just take that with you today.

If you truly want to be seen, you truly want to be known, loved, and cared for, then what would it take for you to be able to hold those things? What are the things that you need to do in order to truly embrace that? Is that getting used to eye contact, practicing that more with your friends? Is that allowing more compliments in your life? Again, you can practice that with your friends. Tell someone that you trust. Have an accountability partner.

If you aren't working with me as your coach, because if we're working together, we can work on this. But if you are working with a therapist, or if you are waiting to come off my wait list right now, get with a friend, right? And talk to them. Say that, hey, we are going to practice receiving with each other.

So that means the two of you need to talk about the things that you like about each other. And when your friend is telling you all the things that make you beautiful and amazing and great and all of that, sit in that, rest in that, right? Allow yourself to truly bask in that. If you are having difficulties, ask yourself, where does that come from? What happened early in your life, likely in your childhood, likely before you turned seven years old? What happened early in your life that makes it so difficult for you to receive love and affection now? So that is the takeaway that I want you to have for today is that if you truly want a healthy, loving relationship, you're going to have to learn how to both hold, how to both receive, and then hold on to that love.

I'll talk to you soon. Love you so much. Bye.