

## CHAPTER ONE

## YIN RISE

Sun rise, moon rise, Yin rise.  
 Eyes turn heavenward to skies aglow  
 with the cresting wave of the cosmic wind  
 catapulting Yin into ascendance.  
 No more concealed, her power revealed.  
 Soaring wings and spreading sails  
 lift her high where none deny  
 the presence of her presence.  
 In every field she wields her force.  
 In every field her seed is sewn.  
 Scepter, kingdom, crown and throne  
 for a thousand years are hers to own.  
 A warning though from Yang to Yin  
 to avoid the traps of where he'd been  
 in his thousand years of going round:  
 "Uneasy lies the head that wears a crown."

**I**n cosmic time the rise of the Yin was quick. In the eye blink of a hundred years she went from nescience to presence; from obscurity to notoriety; from that which was concealed to that which was revealed. The emerging tsunami of the 2nd Millennium lifted her

to skies where all eyes could not ignore her, nor any power deny her, for now *she* had the power and it was and is hers to hold and share and care and dare to wear for a thousand years. But let her be wise, open her eyes, and avoid that which the Yang had found: "Uneasy lies the head that wears a crown." (William Shakespeare: King Henry IV. Part II. Act iii Scene 1)

In viewing the ascent of the female, it is almost comical to think that in the annals of world history she was regarded as the weaker or inferior sex. In some parts of the world she is still considered so. However, nothing could be further from the truth. Ask any woman.

The numerological reason for her former subservient perception was that woman had not come into her own as far as cosmic time was concerned. The last thousand years were clearly dominated by the 1 energy, the energy of the male. In that millennium he and his power were given center stage. He had the floor. It was his words, his actions, his philosophies which ruled and were saluted, acknowledged, indulged, valued and honored. In those times of the 1st Millennium, times which have now passed, Yang had the spotlight. Scepter, kingdom, crown and throne were his to own and his alone.

However, as the energy of the 2nd Millennium approached during the Twentieth Century, female attributes, philosophies and ideals began to emerge. The 2 vibrations of the 2nd Millennium, which are feminine by nature, energized the 2 energy of woman. Hence, she began to emerge as a butterfly from its cocoon. That emerging transformation has now taken place. The ideal of woman has been given a regenerative birth, and it is her essence that will govern, rule and underscore the next thousand years. She now has the floor, and it is her time to take center

stage in the glow of the cosmic spotlight and deliver her performance in the great theater of life.

Two notes. The first, as explained in *The Age of the Female: A Thousand Years of Yin* (Volume One), is that the energies of the female are not exclusive to form or gender. They represent vibrations present in both males and females, although they are primarily manifest in females, just as the 1 energy is primarily manifest in males. Both males and females will be dominantly affected by Yin energies for the next thousand years, the positive energies of which will be support, partnership, togetherness, relationship, kindness, caring, courage, tenderness, compassion, balance, fairness, feeling, diplomacy, sensitivity, receptivity, heartfelt emotion, intuition and peace. In its negative aspects, the Yin energies will manifest as adversity, hindrance, interference, contention, confliction, destructive competition, pettiness, duplicity, deceit, overt self-saturation, division, separation, unkindness, coarseness, vulgarity, cowardliness, imbalance, excessive emotion, insensitivity, non-receptivity, irrationality and war.

The negative aspects involve the misuse and abuse of power. As Shakespeare so aptly stated: "Uneasy lies the head that wears a crown," and as Lord Acton commented in a letter to Bishop Mandell Creighton in 1887: "Power tends to corrupt, and absolute power corrupts absolutely. Great men are almost always bad men."

These are disconcerting and sobering statements. They are, as most of us would also agree, true statements. So often the allure of having power is perceived positively; positively that is until one has it and realizes not only its assets but liabilities, responsibilities and dangers. The higher we climb, the harder and potentially lethal the fall. The consequences from taking a fall while we are walking are not so

worrisome, dangerous or lethal as that fall experienced from a hundred story skyscraper or a towering precipice. Results from the first are recoverable; results from the second, deadly.

Lord Acton's comment also brings caution and admonition to the possession of power. Power truly does corrupt. It is difficult for anyone upon whom the test of power is placed to remain humble, judicious, equitable and magnanimous in its disposition. Heads easily swell to dangerous proportions when power flows freely through the veins of the empowered. That is, it flows freely until the bubble bursts. Then power is seen for the insidious and dangerous dacoit that it is. Unfortunately, once the fall has taken place, resurgence, reparation and reinstatement of the power is impossible. Once the balloon bursts, the glass breaks, the egg is shattered, all is irreparable and tragically lost.

Acton's phrase that "great men are almost always bad men" certainly is a generic statement embracing all men in the universal sense and is not gender specific. *Men*, in other words, encompasses both male and female genders. In this new age women will have to guard against the abuses of their own power.

During the Age of the Female, women will definitely achieve greatness as never before. And when this occurs, will it then be said that "great women are almost always bad women?" The future holds the answer. The truth is that, as with men, there will be greatly benevolent women and their will also be greatly malevolent women. It might also be worthwhile to recall the words of Nobel Peace Laureate Jane Addams:

*I do not believe that women are better than men. We have not wrecked railroads, nor corrupted legislature, nor done many unholy things that men have done; but then we must remember that we have not had the chance.*<sup>i</sup>

Now women will have the chance to prove their mettle. The caution is that for women on the cusp of power, it is better and safer to fall from a pebble than a precipice; to go down in history as a heroin, not a villainess, and to wear a crown that lauds and applauds, not defrauds; that illuminates, not exterminates; that glorifies, not desanctifies and that consecrates, not desecrates.

### **Female Firsts**

That women are powerful, courageous, intelligent, talented, brilliant, artistic, athletic, commanding and gifted is nowhere more visible than in the following catalogue of 'female firsts.' When one reads and realizes the accomplishments of Twentieth Century women and all the positive attributes and characteristics that those attainments reflect, one cannot but reflect upon the intrinsic and inestimable value of the female.

The Twentieth Century, the last one hundred years of the Age of the Male and the concomitant ascent of the Age of the Female, exhibited noteworthy and remarkable achievements by women in all fields of human endeavor. Although not all 'female firsts' could be mentioned in the following list, the ones below have been selected to reflect the rise of the female as she assumes her role in the history of mankind. Furthermore, let it be put to rest, that by reviewing the following catalogue of achievements, women are most assuredly not

the weaker sex. It is time for a reality adjustment and a rebalancing of factual perspective.

**Yin Rise**  
**Female Firsts of the 20th Century**

1900		n/a
1901		n/a
1902	Gertrude Atherton	Writer begins the biographical novel form. American social worker. <sup>ii</sup>
	Lillian D. Wald	Organizes the Visiting Nurse Service and the Henry Street Settlement; pioneers the first public school nursing system. <sup>iii</sup>
	Martha Washington	The first U.S. woman to appear on a U.S. stamp. <sup>iv</sup>
1903		n/a
1904	Mary McLeod Bethune	The first woman to establish a secondary school that later became a 4-year accredited college. <sup>v</sup>
1905		n/a
1906		n/a
1907	Esther Vandeman	The first woman Roman field archaeologist. <sup>vi</sup>

1908		n/a
1909	Selma Lagerlof	The first woman to win the Nobel Prize for Literature (Sweden). <sup>vii</sup>
	Jane Addams	The first woman president of the National Conference of Charities and Corrections. In 1910 she received the first honorary degree ever awarded to a woman by Yale University. <sup>viii</sup> Nobel Peace Laureate, 1931.
1910	Blanche S. Scott	The first woman to fly solo in an airplane. <sup>ix</sup>
	Huda Sha'arawi	Organizes and begins the first general-education school for girls in Cairo. <sup>x</sup>
	Madame C.J. Walker	First American self-made millionaire. <sup>xi</sup>
1911		n/a
1912	Juliette Low	Founder and first President of the Girl Scouts of the America. <sup>xii</sup>
1913		n/a
1914		n/a

1915		n/a
1916	Sirimavo Ratwatte Dias Bandaranaike	Three times Prime Minister of Sri Lanka; the first woman in the world to hold the office of prime minister. Her daughter later became President, then Prime Minister of Sri Lanka. <sup>xiii</sup>
1917	Kate Gleason	The first woman to be the president of a US bank. She was also the first woman to be a member of the American Society of Mechanical Engineers. <sup>xiv</sup>
	Loretta Walsh	The first female Yeoman in the Navy. <sup>xv</sup>
1918		n/a
1919	Jeannette Rankin	The first woman to serve in the U.S. Congress; one of the first women in the world to be elected to a major legislative body at a time when women could not even vote in most states of the United States. A lifelong pacifist, she voted against U.S. entry into both World War I and World War II, becoming the only member of Congress to do so. <sup>xvi</sup>
1920	Ethelda Bleibtrey	The first American woman to ever win an Olympic gold medal. In fact, she won three gold medals during the 1920

		Olympic games in Antwerp, Belgium. <sup>xvii</sup>
	Florence E. Allen	The first female judge. <sup>xviii</sup>
1921	Bessie Coleman	World's first African-American aviator and the first African-American woman pilot honored with a U.S. Stamp. <sup>xix</sup>
	Margaret Gorman	The first Miss America. <sup>xx</sup>
	Bessie Coleman	The first African-American licensed as an international pilot. <sup>xxi</sup>
1922	Lilian Gatlin	The first woman pilot to fly across the U.S. <sup>xxii</sup>
	Rebecca Felton	At eighty-seven years of age she became the first woman U.S. Senator appointed by the governor of Georgia to fill a vacancy. <sup>xxiii</sup>
1923	Margaret Grace Bondfield	British trade union leader who became the first woman to attain cabinet rank in Great Britain. <sup>xxiv</sup>
1924	Nellie Tayloe Ross	First female governor in Wyoming and the first female governor in United States history. <sup>xxv</sup>

	Miriam Ferguson	First female governor of Texas and the second female governor in the United States.(ditto)
1925	Florence R. Sabin	The first woman to be elected to membership in the National Academy of Sciences. She was also the first woman to become a full professor at Johns Hopkins Medical School, and the first woman president of the American Association of Anatomists. <sup>xxvi</sup>
1926	Gertrude Ederle	At nineteen years of age she was the first U.S. woman to swim the English Channel. <sup>xxvii</sup>
1927		n/a
1928	Amelia Earhart	First woman to fly across the Atlantic Ocean. <sup>xxviii</sup>
1929		n/a
1930	Amy Johnson	The first female pilot to fly alone from Britain to Australia, which she achieved at the age of twenty-six. Her flying career began in 1928. Other triumphs included becoming the first female ground

engineer licensed by the Air Ministry, being awarded the C.B.E. for her flying achievements.<sup>xxix</sup>

1931 Maxine Dunlap First woman licensed as a glider pilot.<sup>xxx</sup>

Jane Addams The first woman to receive the Nobel Peace Prize for founding and managing a settlement house called Hull House in 1889 in the slums of Chicago. A settlement house was a means to mitigate the harsh conditions of poverty found in the cities.<sup>xxxi</sup>

1932 Amelia Earhart The first woman to fly solo across the Atlantic Ocean, establishing a new record for the crossing: 13 hours and 30 minutes. For this feat she was awarded honors by the American and French governments.<sup>xxxii</sup>

Hattie Wyatt Caraway On January 12, 1932, Hattie Wyatt Caraway of Arkansas became the first woman ever elected to the United States Senate after winning a special election to fill the remaining months of her husband's term. Arkansans elected Hattie Caraway to the Senate two more times, and she

served in the U.S. Senate until January of 1945. In 1943 she became the first woman to take up the gavel on the Senate floor as the Senate's presiding officer.<sup>xxxiii</sup>

- 1933 Frances Perkins The first woman to hold a cabinet position in the United States - Secretary of Labor - appointed by Franklin D. Roosevelt..<sup>xxxiv</sup>
- Nellie Tayloe Ross The first woman director of the U.S. Mint, serving in that capacity until 1955.<sup>xxxv</sup>
- Ruth Bran Owen The first woman foreign diplomat for the U.S.<sup>xxxvi</sup>
- 1934 Maureen Catherine Connolly Known as "Little Mo," she was one of America's greatest female tennis players and the youngest to win the U.S. national singles title (age sixteen). In 1952 and 1953 she successfully defended the U.S. title; she was Wimbledon Champion in 1952, 1953 and 1954; completed a grand slam of the world's four major titles in 1953 with the French and Australian championships.<sup>xxxvii</sup>
- 1935 Amelia Earhart The first individual (male or female) to fly solo across the Pacific Ocean. Later the same year she set a speed record by

flying non-stop from Mexico City to New York City in 14 hours and 19 minutes.

xxxviii

- 1936 Margaret Bourke-White Photo journalist and writer who shot the cover for the first issue of Life magazine (1936) and her photo essay inside was the first ever published in America. She took the famous photograph of Mahatma Gandhi seated next to his spinning wheel after he made her learn how to spin.<sup>xxxix</sup>
- 1937 Jacqueline Cochran Set three major flying records in 1937, and at the time of her death in 1980, held more speed, altitude, and distance records than any other male or female pilot in aviation history. She was also the first woman aviator to break the sound barrier, doing so in 1953 in an F-86 Sabre jet.<sup>xl</sup>
- Anne O'Hare McCormick The first woman to win a Pulitzer Prize in foreign correspondence for her dispatches and feature articles from Europe in 1936. She was a correspondent for the *New York Times*.<sup>xli</sup>
- 1938 n/a

1939		n/a
1940	Belle Martell	The first female to referee a boxing match. <sup>xlii</sup>
1941	Annie G. Fox	The first woman to receive the Purple Heart. She died during the attack on Pearl Harbor. <sup>xliii</sup>
1942	Margaret Bourke-White	The first accredited woman war correspondent. <sup>xliv</sup>
1943		n/a
1944	Dorothy McElroy Vredenburgh	The first woman appointed secretary of a national political party - the Democratic National Committee. (Alabama). <sup>xlv</sup>
1945		n/a
1946		n/a
1947	Barbara Washburn	The first woman to climb Mt. McKinley. <sup>xlvi</sup>
1948		n/a

1949		n/a
1950	Gwendolyn Brooks	The first African-American writer to win the Pulitzer Prize. <sup>xlvii</sup>
1951		n/a
1952		n/a
1953	Maureen Connelly	The first woman to achieve a "grand slam" in tennis. <sup>xlviii</sup>
	Jacqueline Cochran	The first woman to break the sound barrier. <sup>xlix</sup>
	Oveta Culp Hobby	The first Secretary of the U.S. Dept. of Health, Education and Welfare. <sup>1</sup>
1954		n/a
1955		n/a
1956		n/a
1957	Althea Gibson	The first African-American tennis player to win at Wimbledon and was named the Associated Press Female Athlete of the year. She also played with the Harlem

Globetrotters and was a professional golfer. Thus, she is one of the greatest all-around female athletes ever.<sup>li</sup>

1958		n/a
1959	Lorraine Hansberry	The first African-American woman to write a Broadway play. <sup>lii</sup>
1960	Wilma Rudolph	At the 1960 Rome Olympics, Rudolph became "the fastest woman in the world" and the first American woman to win three gold medals in one Olympics. She won the 100 and 200 meter races and anchored the U.S. team to victory in the 4 x 100-meter relay, breaking records along the way. <sup>liii</sup>
1961		n/a
1962		n/a
1963	Valentina Vladimirovna Tereshkova	Soviet cosmonaut and the first reputed woman in space. She was on the Vostok 5 mission which launched on June 16, 1963, and orbited the Earth 48 times. <sup>liv</sup>
1964	Jerrie Mock	The first woman to complete a solo

airplane flight around the world.<sup>lv</sup>

	Kath Walker	Australian author whose first book, <i>We Are Going</i> , a book of poetry, sold out in 3 days. It is the first time an Aborigine had writings published. <sup>lvi</sup>
1965	Pauli Murray	The first African-American to earn a doctorate at Yale. <sup>lvii</sup>
	Vivian Malone	The first African-American to graduate from the University of Alabama. <sup>lviii</sup>
1966		n/a
1967	Muriel Siebert	The first woman to own a seat on the New York Stock Exchange. <sup>lix</sup>
1968	Janice Lee York Romary	The first woman to carry the U.S. flag at the Olympic Games. <sup>lx</sup>
1969	Shirley Chisholm	The first African-American woman elected to the United States Congress. In 1972, she became the first African-American woman to be a candidate for the Democratic Presidential nomination. She was a nursery school teacher, director

		of a day-care center and a consultant for the New York Department of Social Services before entering politics. <sup>lxi</sup>
	Penny Ann Early	The first woman to play professional basketball. <sup>lxii</sup>
1970	Anna Mae Hays	The first woman and the first nurse in American military history to attain the rank of Brigadier General. <sup>lxiii</sup>
	Cheryl Brown	Brown, as Miss Iowa, was the first African-American contestant in the Miss America beauty pageant. <sup>lxiv</sup>
1971		n/a
1972	Anne L. Armstrong	A recipient of the Presidential Medal of Freedom, as well as being the first woman from either major party to keynote at a national convention, and the first female United States Ambassador to the United Kingdom, Armstrong was the first U.S. woman to hold a Cabinet-level post - that of Counselor to the President, serving in that capacity in both the Nixon and Ford administrations. <sup>lxv</sup>
1972	Alene B. Duerk	The first woman to be promoted to the

rank of Admiral in the United States  
Navy.<sup>lxvi</sup>

	Barbara Jordan	A Democrat from Texas, Jordan was the first African-American woman to serve in the U.S. Congress. <sup>lxvii</sup> She was also an advocate for the increased restriction of immigration (Wikipedia).
	Susan Lynn Roley and Joanne E. Pierce	The first female FBI agents. <sup>lxviii</sup>
1973		n/a
1974	Ella Grasso	The first woman elected Governor in her own right (Connecticut). <sup>lxix</sup>
	Female Episcopal Priests	Eleven women priests were ordained in the Episcopal Church. <sup>lxx</sup>
1975		n/a
1976	Anne L. Armstrong	The first woman to serve as U.S. ambassador to Great Britain. <sup>lxxi</sup>
	Barbara	Joins Harry Reasoner at the anchor desk

	Walters	of "ABC Evening News," becoming the first woman to anchor a network evening newscast. <sup>lxxii</sup>
1977	Janet Guthrie	The first woman ever to compete in the Indianapolis 500 (May 1977) and the Daytona 500 (February 1977.) She finished 9th at Indy in 1978 with a team she formed, owned and managed herself. This remains the highest finish by a woman in the Indianapolis 500. She is also the only woman to earn Top-Ten starting positions and post Top-Ten finishes in both of this country's top series, Indy cars and Winston Cup. Until 2002, she was the only woman to earn a starting spot in the Daytona 500. <sup>lxxiii</sup>
1978		n/a
1979	Margaret Thatcher	First woman to become Prime Minister of Great Britain. <sup>lxxiv</sup>
	Susan B. Anthony Dollar	The first American woman to ever have her image on a U.S. coin. <sup>lxxv</sup>
1980	Roberta Hazard	First woman to command naval training. <sup>lxxvi</sup>

	Wilma L. Vaught	The first woman selected for promotion to Brigadier General in the comptroller career field. She was the first General in the United States Air Force. <sup>lxxvii</sup>
1981	Sandra Day O'Conner	Growing up on her father's cattle ranch in South Eastern Arizona, O'Conner was the first woman to serve on the United States Supreme Court (1981 to 2005). <sup>lxxviii</sup>
1982		n/a
1983	Sally Kristen Ride	The first American woman in space - the shuttle Challenger (STS-7 ). <sup>lxxix</sup>
	Wilma Mankiller	The first woman elected as Deputy Principal Chief for the Cherokee Nation. <sup>lxxx</sup>
1984	Geraldine Ferraro	The first female major party Vice-Presidential candidate (Democratic). <sup>lxxxi</sup>
	Joan Benoit Samuelson	Wins the first women's Olympic marathon at the Summer Games in Los Angeles. <sup>lxxxii</sup>
1985	Penny Harrington	The first woman police chief of a major city - Portland, Oregon - in January of 1985. <sup>lxxxiii</sup>

- Libby Riddles      The first woman to win Alaska's Iditarod Dog Sled Race (1,135-miles).<sup>lxxxiv</sup>
- 1986    Corazon      First woman president of the Philippines;  
Aquino      TIME Magazine's Woman of the Year in 1986.<sup>lxxxv</sup>
- Susan Butcher      Wins her 1st Iditarod Sled Dog Race and goes on to become the only person to ever win the 1,158 mile event three years in a row. She has proven herself as the #1 musher in the world by breaking 9 speed records in major international races. This includes the Iditarod record which she broke by an amazing 31 hours. She is the first and only person to take a dog team to the summit of Mt. McKinley (North Americas highest peak - 20,230 ft.).<sup>lxxxvi</sup>
- Christa      First woman citizen passenger on a space  
McAuliffe      mission, the ill-fated Challenger Space Shuttle, which exploded a few minutes after takeoff on January 28, 1986.<sup>lxxxvii</sup>
- 1987    Wilma      The first woman chief of the Oklahoma  
Mankiller      Cherokee Indian nation.<sup>lxxxviii</sup>

1988	Susan Estrich	Lawyer, professor and author, Estrich was the first woman to head a national Presidential campaign (Democratic). <sup>lxxxix</sup>
	Barbara C. Harris	Elected the first woman Episcopal bishop (Massachusetts). <sup>xc</sup>
1989		n/a
1990	Captain Marsha Evans	The first woman to command a Naval Station. <sup>xc</sup>
	Rosemary Mariner	The first woman to assume command of an aviation squadron. <sup>xcii</sup>
	Darlene Waskra	The first woman to command a U.S. Navy ship - the U.S.S. Opportune. <sup>xciii</sup>
1991	Gertrude Elion	The first woman inducted into the National Inventors Hall of Fame. <sup>xciv</sup>
1992	Mae Jemison	The first African-American female in space during a joint U.S./Japanese science mission. <sup>xcv</sup>
1993	Janet Reno	The first female U.S. Attorney General (appointed by President Clinton). <sup>xcvi</sup>

	Julie Krone	The first woman to win a Triple Crown race; the first woman to win the riding title at a major track (1987), and the first woman honored in Thoroughbred racing's national Hall of Fame (2000). <sup>xcvii</sup>
1994	Shannon Faulkner	The first woman to attend the all-male Citadel, a military training institute. <sup>xcviii</sup>
1995		n/a
1996	Sara Deal	The first woman Marine Corps pilot. She was African American. <sup>xcix</sup>
1997	Madeleine Albright	The first woman Secretary of State and the highest-ranking woman in the U.S. government. <sup>c</sup>
1998	Eileen Marie Collins	U.S.A.F. Lt. Col. The first woman ever selected to be a space shuttle pilot and the first woman to command a space shuttle. <sup>ci</sup>
	Kathy E. Thomas	A Vietnam veteran and advocate for the advancement of women, Thomas is the first female Brigadier General in Air Force Space Command -- Reserve or active duty. <sup>cii</sup>
1999		n/a

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*The Age of the Female II*  
*Heroines of the Shift*  
by  
Richard Andrew King

Available at:  
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ii <http://www.umkc.edu/imc/womenfi.htm>  
iii <http://www.umkc.edu/imc/womenfi.htm>  
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xiii <http://womenshistory.about.com/cs/bandaranaike/>  
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xvi <http://www.huntington.org/vfw/imp/rankin.html>  
xvii <http://www.umkc.edu/imc/womenfi.htm>  
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