

What is Sisterhood?



It's about connection! Sisterhood is the key to empowerment, social change, and freedom.



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**“A sister is a gift to the heart, a friend to the spirit,
a golden thread to the meaning of life.”**
Isadora James



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Most of us assume that we know what sisterhood means. If this were the case, the world would be a much better place. Like most values, sisterhood must be taught and when the foundation is set, it must be practiced daily.

The spirit of sisterhood permeates all aspects of our lives. We can and should be sisters because sisterhood empowers each other and the world.

Some say that a sister is a forever friend. Sisterhood, then, can last a lifetime.

Every so often, something beautiful happens: a woman shows another woman love. This is not love based on physical attraction, but love based on honest commitment, a sense of connectedness, caring, devotion, and tenderness. What should be a common occurrence sometimes constitutes a miracle due to its rare manifestation.

Over the years, I have learned a lot about sisterhood; mainly that it cannot be judged on a superficial level. It would be nice if every woman was a sister; however, this is not the case. This realization often breeds distrust among us. Nonetheless, instead of being standoffish, we can be wise.

To empower ourselves individually and collectively, we must first recognize who is in our sisterhood and who is an enemy. We must keep in mind the fact that the enemy is

often disguised as a sister-friend. We must choose our women company with high standards and specific guidelines. Use your power of choice. It is not always easy, but this awareness can prevent a lot of disappointment based on failed expectations.

Sisterhood is sister collective. So... what is a sister? What do they do, who are they, and where can I find one? The term “sister” implies a bond so strong that it is like that of a blood relative. Sisterhood is the warmth and familiarity of family.

A sister is someone who always has your back and can tell you the truth about yourself. She is someone who can assist you in all aspects of your self-development, even if your goals, aspirations, and accomplishments exceed her own.

She is not jealous of you, but feels like your victory is also her victory because she wants the best for you. She knows that you will share your joy and material wealth with her. Always remember that sisterhood is a privilege, not a right. In this sense, biological sisters are not automatically sisters because it is the spirit that counts, not the lineage. If you have to ask yourself if someone is your sister, chances are, she is not.

Sisters can be found anywhere since we populate the world, but all prejudices must first be eradicated. As with all powerful relationships, we must get ourselves together first before we can interact healthfully with others. Before you judge other women according to physical appearances, incomes, regional or cultural differences, know that the divine exists in everyone and everything.

Our struggles have left scars on our psyches and in our lives, passed down from generation to generation. When we do not love ourselves as women, we cannot smile, compliment, and be kind to other women. When we do not have confidence in our own futures, we negate the success of others and secretly desire what they have.

When we do not recognize our own natural beauty, we become dependent upon superficial notions of prettiness and use external relationships and definitions to validate our own personal worth. This unhealthy dependence will eventually cause us to treat ourselves and those around us in an “unsisterly” manner. That is not sisterhood.

Sisterhood is a largely untapped force, a kinship so strong it can threaten the status quo. Transcending superficial boundaries of beauty, class, and sometimes, ethnicity and race, the power remains more potential than actual because we often do not recognize the magical greatness of our togetherness. Before you point fingers at her, look at yourself. What does your sisterhood look like?

Do you embody the spirit of sisterhood? Are you the best sister that you can be? Are you open to developing real relationships with other women based on mutual respect, admiration, love, and trust? Do you treat others as you want and expect to be treated?

Only when you are a sister yourself can you define, identify, and bond with other sisters in authentic sisterhood. Only then can we be the positive, life-altering force that can change what we know as reality to positively affect the world.

Think about what sisterhood means to you and how you feel when you are around other women. Do you agree with the definition of sisterhood? What would you add or change?

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