

Balance - Resource sheet

Male and female energies

This process is aimed at helping bring awareness and balance to one's male and female energies. Basically, in every individual, there are two energies they carry inside: masculine and feminine energy. Both energies are not determined by gender, and generally one is more dominant than the other. However, with both energies, women predominantly default to feminine, whereas men predominantly default to masculine.

In addition, these energies can be expressed in the negative and the positive dependent on where an individual is at within their personal growth and development. Examples of the female and male energies and their positive and negative expressions are as follows:

Female energy expressed in the positive:

- grounded, receptive, reflective
- strong boundaries
- gracious in their strength
- loving, empathetic, compassionate, and supportive
- knows how to ask for what they need
- vulnerable
- authentic
- not afraid to speak their heart and does so with no shame
- flows through life effortlessly
- knows how to surrender, be open and trusting
- naturally intuitive and listens to their heart rather than their mind
- manifests and creates
- confident in their body and with their femininity
- exudes beautiful, sensual energy and attracts naturally

Male energy expressed in the positive:

- deeply present and listens without being distracted
- doesn't judge
- creates a safe environment
- doesn't take things personally
- is a guiding force, supportive and encouraging
- has discipline and knows when to be focused
- a person of their word, honest and accountable
- humble
- has integrity
- is of service and does what is in the highest good

- is grounded

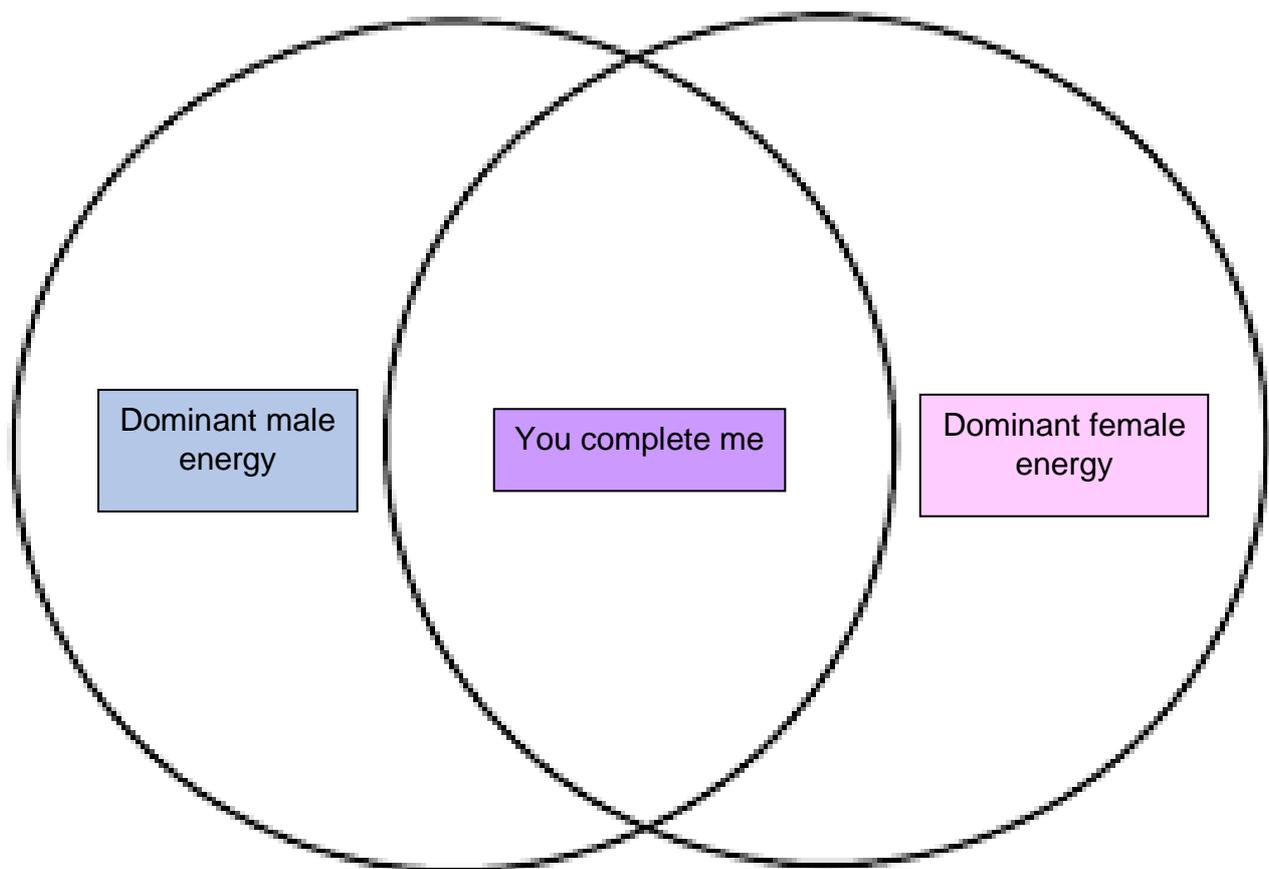
Female energy expressed in the negative:

- is usually insecure and looks for external validation
- can be critical and their loved ones feel like they can never do anything right, because they always have something to criticize
- is needy in their relationships, they need to feel loved and asks (begs) for it
- can't control their emotions
- tends to be manipulative
- is afraid of loss and is very attached (in an unhealthy, excessive way)
- over connects and over shares their emotions and needs
- is desperate for love and always chasing it
- feels like a victim
- sacrifices themselves; they prioritize others at their own expense
- can come across as inauthentic
- has an unhealthy internal masculine: no boundaries or self-control

Male energy expressed in the negative:

- is competitive and always wants to win
- is focused on goals and attached to success
- tends to avoid connection and can be cold and distant
- takes everything personally
- needs to be right
- fears failure
- defends themselves, attacks, accuses
- sometimes runs away from love, withdraws, creates separation
- can be aggressive
- is critical and judgmental
- is narcissistic and selfish
- can't really, deeply listen to others
- is stuck in the mind
- isn't in touch with their emotions
- can have addictions to work, drugs, tv etc.
- has unhealthy internal feminine who is serious, rigid, and controlling

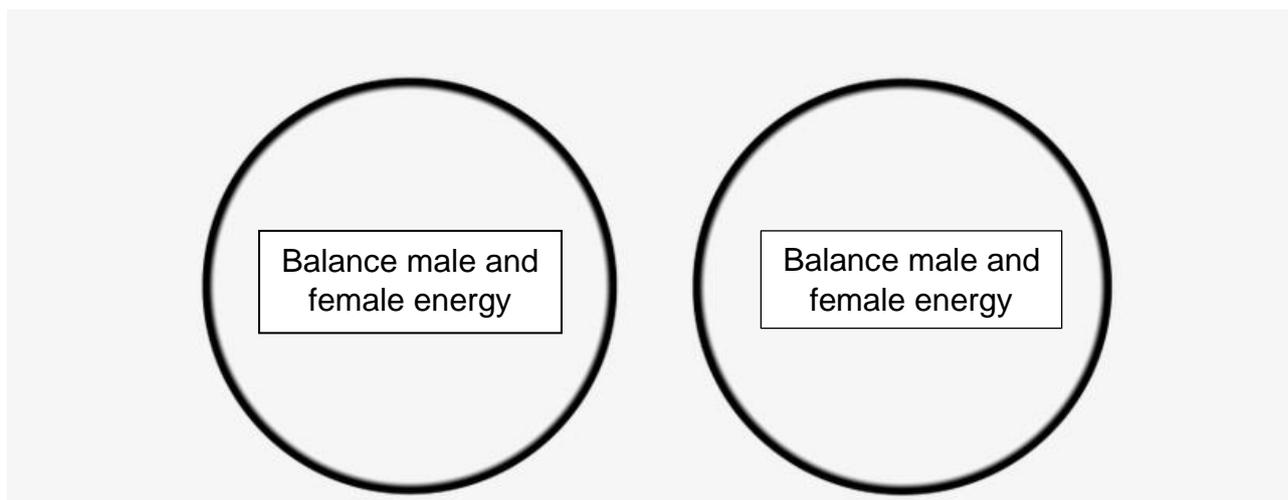
Our balance of male and female energies within also has a big influence on our relationships. Including who we are attracted to, and who is attracted to us. This can pertain to romantic partners, friends, business partnerships etc.



Typically, we will be attracted to another who has a dominance of the energy to which we are lacking. This wonderful feeling experienced, the *rightness* of your relationship, is the sense that the other 'completes you'. An overlap occurs – which may be considered co-dependence.

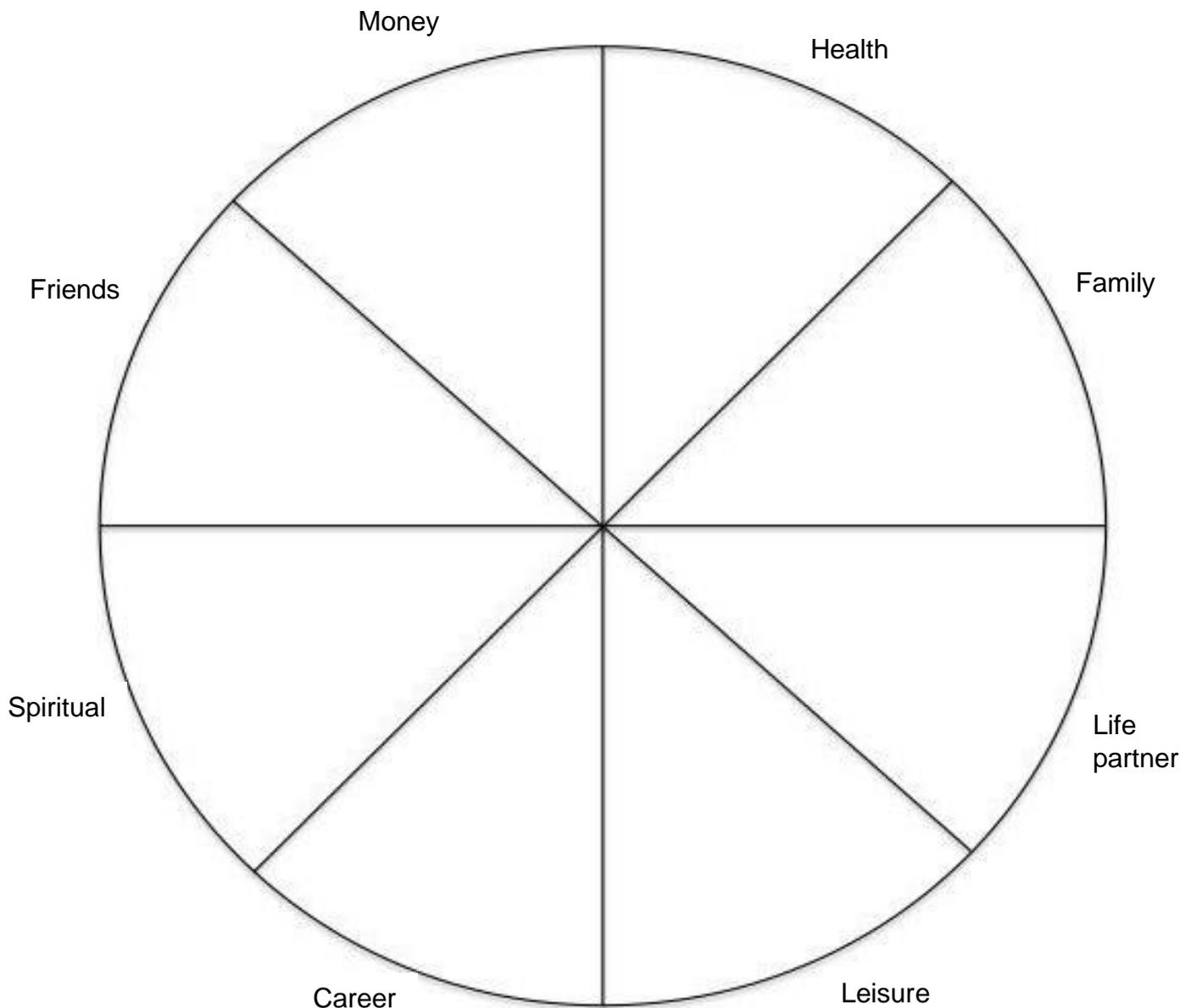
This can be workable until one of the individuals within this relationship seeks balance of their male and female energy within themselves. This is the natural progression of every human being in due course – personal growth. It can also occur when an individual begins to feel claustrophobic or restricted within the co-dependent relationship.

This shift can be unsettling and disruptive however positive for each one's growth and development – if open to it. The new (and healthy) relationship would look more like the diagram below. Two balanced individuals choosing to walk together....



The video presentation guides you through a method of checking in with your own male and female energies. It also walks you through a simple process to help balance them. Self-awareness really is a wonderful tool to help you find your happy place!

Wheel of life



This is a tool to measure your level of satisfaction in all areas of life. Feel free to print it off and colour in each segment. If unfulfilled in one particular area/segment, the colouring would be minimal and remain close to the centre of the circle. The more fulfilled, the closer to the edge of the circle/segment. If completely fulfilled, the segment would be fully coloured in.

It allows you to focus more attention where it may be needed. It is also interesting to check in with your circle of life every few months or so to track your progress/any changes.

Have fun with it! You may choose to assign different colours to the different segments.

In summary

This marks the end of the **balance** section. I hope you have learned some new things and grown in your self-awareness.

I consider seeking balance to be a wonderful goal to work towards in our lives. Personal growth is inevitable in all of us – in time. Whether we actively seek it through prioritising our continued learning, or whether we find ourselves being thrown into challenging life situations which tend to force us to explore it!

The more balanced we become as individuals; the more life will reflect this new energy back to us. Like magic, the more effort that goes into positive personal change, the more the consequential reward. People, environments, careers gently drop away as they no longer serve us or align with our new energy. And at the same time new people, circumstances and opportunities begin to present themselves. This offers a whole new level of contentment, joy, and satisfaction.

These are both gentle processes aimed at building awareness. As you continue to grow and find your own balance, positive changes will organically evolve...