

Chapter 4- Creating Balance: “The Duality Effect” of the Feminine and Masculine

Introduction

The highs and lows of life are what continue to throw many of my clients off balance. During the beginning of working with my clients, I often hear my clients simply wishing for less drama and obstacles in their lives. In this chapter, I hope to give you some insight on why these highs and lows happen, and to help you learn to surf the waves with more confidence and ease.

For childhood sexual abuse, survivor’s “drama” is a way of life. The secrets, the hiding, the fighting, the belittling and shame mixed with guilt that go along with sexual abuse program you to notice the drama; at first, peace and calm are uncomfortable.

I remember the first time I recognized that I wasn’t the cause of the drama. The back-story here: I am an only child, so “everything was my fault.” I remember one time that stands out especially: My parents had been fighting, and we were late on doing our chores—we had 7 quarter horses and a miniature pony to care for two times a day. One of the horses, Warlad, was a stud and I was not allowed to go into his barn or feed him; he was too wild and young. However, that day, I was beat with a stick I was forced to choose, for leaving Warlad’s stable door open—the same stable door I never entered because it was not allowed. I will never forget that beating because it drilled into my brain the belief that if I am blamed for something, I must take responsibility for it no matter what.

For decades after this event, I often felt like I had to prove my innocence or take the blame for being the guilty one. It created a reactivity in me that I mostly couldn’t detect. When someone had any issue with anything, I would blame myself and even if it wasn’t true, I went to great lengths to prove my innocence. I always felt in trouble and guilty, even when I did nothing wrong—all because of one serious spanking for something I did not do and could not prove I didn’t do.

Many of my clients feel this way about their very own abuse; they cannot prove it happened. Some have not even been able to address their abuser. Others have been shamed in their family for saying anything at all or they have had their experience denied all together. The self-judgment is misplaced and so it is ridiculously hard to heal. Today, I hope to help you release any false judgment that you took on so you survive and end the cycle of anxiety-proving fear. I

truly believe you can live your life with fewer spikes of drama and with more smooth gentle waves instead!

What You Are Balancing Exactly

Over the course of my career I have noticed when a client is not managing their etheric and physical energies—when they are not correctly utilizing their mind and emotions to navigate their lives. There is more drama, illness, stress, and mood swings. However, when they use the sandwich method from Chapter 3 and take care of their personal power zones, life always gets more fluid, peaceful, and joy-filled.

You are energy. Your nervous system has 7 primary nerve bundles and is connected through your nervous system, connective tissue (fascia) and your spinal cord and organs. These systems are called “chakras” in Indian medicine and, in Western Medicine, they are called nerve bundles. For the purpose of this book we will just call them chakras.

The energy going up your spine reflects your DNA strands, traveling up your spine from nerve bundle to nerve bundle or organ, in two columns crossing at each Chakra center. Much like you have a left brain and a right brain—one being more logical and the other more creative—the energy flowing up your spine has the same qualities.

There are two primary energies that propel energy to continue moving and for life to happen. One has a negative charge, and the other has a positive charge. Together, they form a whole. Much like a battery has both a negative pole and a positive one in order to conduct electricity, your body has the same. The positive element is also related to the active or masculine side of the charge and the negative side is referred to as the feminine side. Please understand that these are not good or bad, light or dark; they are simply electrical charges that are utilized throughout the universe for energy to move. Both are a good thing.

The energetic pull of the masculine and feminine polarity within you is also not gender specific. However, most women have more of the feminine receptivity and are more peaceful, happy, and fulfilled when navigating through their natural feminine polarity—and while honoring the pull of the masculine drive. Most men are the opposite: more fulfilled and successful, engaging their pull towards the more masculine drive and focus, while honoring their feminine presents. You have both polarities in you, as does all of life. Learning how to honor and trust these two dynamic pulls in your life will help you create balance both in your inner world, and in your outer existence as well.

To live beyond the push-pull of a survivor’s life, always attracting something to survive, I am going to share with you a formula for balance and for understanding that you are energy, that you have a body, a mind, emotions and an energy field—all of which are not you, but the elements of which you are the director and that you get to express your life through.

Much like the world has a north pole and a south pole, and as each side balances the other, so, too, do you. The energy channels up your spine and, when opened and healthy, carries your life-force to the whole of your consciousness in fact—this is called Kundalini. When it is balanced, your north (connection with Spirit) and your south (connection to your physical world) are also in balance, creating more harmony in your body. To balance these elements, it is valuable to understand where you are in balance or out of balance right now.

Self-Analysis

What kind of stress/drama is showing up in your life right now?

For instance: One of my clients bumped her toe on Monday and then, right after, she slipped on the ice. These all caused small injuries. But she did not slow down because she had too much to do, and so she kept pushing on, running over her anxiety. When, on Friday, she was rear-ended by another driver and ended up in the doctor's office, she had to stop and look at what she was attracting in her life. We will get to that step in a moment.

What “lessons” about life have you learned lately?

An example: After a meditation one of my clients reported he had a deep realization that he wasn't to blame for his partner's critical thoughts, as he grew to consciously choose himself and that he didn't deserve to be criticized and talked down to. His lesson was one of self-worth and allowing himself to take responsibility for the time and effort he always put into his work.

When you get ill, what kind of treatment works best to get you well?

For instance: I don't respond to western prescriptions very well at all. However, I do respond to energy medicine when I am sick. Other clients respond well to physical adjustments or prescriptions but not energy medicine or homeopathy very well.

There are two forces in our universe: the positive charge and the negative charge. We call these forces light and dark, good and bad, high and low, masculine and the feminine, physical and etheric. However, in our reality, it is important to understand that they are both necessary to keeping the energy flowing, in keeping you alive, which is what is truly valuable.

When you are experiencing a series of “negative” events in your life, notice if you are experiencing more physical drama (things happening to your physical body or environment) or etheric drama (i.e., all that is unseen—something happening to you spiritually or energetically that makes you feel “off.”).

Step 1 – Pay attention to the area that you are being called to notice.

My client that kept hurting her foot, then leg, then got in a car accident, these events shook her up. Realizing each event led her to stop or pause, her lesson was to slow down, pay attention to her body, and honor her tiredness and rest. When she did this, she got better. The next time she noticed she was attracting negative things kept happening to her (it was her bank account this time), she stopped, honored her body and environment, and things began to flow again. The same process goes for you if you are experiencing more emotional or negative energy around you (this may be as simple as feeling off, or as covert as someone spreading rumors about you). Pay attention to your energy, clear your field, choose your emotions, and things will balance out.

Step 2- Create a plan to live a life where you care for both your physical-positive-masculine energy and your etheric-negative-feminine energy, each day.

Balancing your energy field by giving attention to each of your chakras each day, and then doing little things to nurture your physical reality and your energetic/etheric reality each day, will help you get off “the drama train.” I have watched this work in my own life and in 100s of my clients lives over the years. A little attention goes a long way with this practice.

With your morning and evening routine take a few minutes to review your day:

The Masculine or Positive energy pull within your body.

The Masculine polarity rules over the first three nerve bundles/chakras.

The Root Chakra: your roots, your security, extended family and lineage, and your foundational morals and values. This chakra's energy propels you forward to do, to form security, to leave a legacy.

The Second Chakra: your immediate family, your ability to create life, your sexuality and gut intuition.

The Third Chakra: Your individuality, your ability to digest life, your self-identifications, your sharing of your gifts with the world.

The Heart/Fourth Chakra: This is your balancing zone. The heart is an interlinking brain balancing with your guts being one brain and your head brain being the other. Your heart is your balance where masculine and feminine come together

The Feminine or negative energy pull within your body.

The Feminine polarity rules over the top nerve bundle, your pineal gland, and your crown, the last of which is located where your soft spot was when you were an infant.

Your Fifth chakra: Your will-power, your voice, your ability to direct your life and give value to the world.

Your Sixth Chakra: Your imagination and ability to imagine and create. What you believe in, you can create.

Your Seventh Chakra: Your connection to God, spirit, and higher beings. This is your gateway to heaven and your gateway to create your heaven on earth.

Noticing where you are having any pain or issues within your body-mind and working with your energy in this area is one of the most successful and effortless transformational practices I have seen work consecutively with my clients.

Creating Your Balance

When I say creating balance, I mean creating peace in your life. When you are raised in the mist of drama or live in an environment where you aren't able to relax, it is easy to get off-balance and believe that drama is a normal way of life, or that you are just unhealthy, co-dependent, and-or messed up—all of which are reactive behaviors to mismanaged energy.

To create the balance you desire, first you will get to find your center.

Most of you women have a negative/receptive gift. Your polarity is to be the receiver, to accept the gift of life into your seed, and then to nurture life until it blooms. This can be through the actual birth process, but it can also be through ideas, desires, dreams. You have a natural gift to pull and attract life to you. You are more receptive to all things around you and therefore you are more passive and accepting of what is. You also notice more of what is going on around you. You are intuitively directed, receptive to your feelings, and most comfortable being rather than doing.

Most of you men have a positive/active gift. Your polarity is to be the active/doer force and to give the gift of seed to your feminine lover to receive. This can be an actual making of a child or through ideas or problem-solving. You can be energized doing things, thinking, processing, and knowing things intellectually. You push and repel things from one area to another, just as the feminine aspect pulls and attracts conversely. You make things happen and are a powerful cause of change.

When a man or primarily masculine person is off-balance, (meaning their masculine and feminine are out of ideal balance,) they begin demonstrating faux or macho traits.

When masculinity is out of balance, the macho (in a man or woman). This means controlling, pushiness, the master of the show and, normally, a false sense of importance. In this case, a male may be abusive or rude, a family may be controlling and demanding. It is all about fake confidence, and machismo, which has nothing to do with protecting the innocence of those around them. It's about viewing the feminine as an object to be used. For women, this looks like mood-swings, over-working, the never-ending to-do list, an abuse of power.

When the feminine is out of balance, we call that the shrew. This energy has the desire to just stop and crawl into a hole. The world owes them something and they are weak, lost, and needy. This exudes as overly passive, not speaking up for herself or her loved ones, weak boundaries, drained energy.

Remember that both male and female people can have masculine or feminine energy in their natural being.

Question	Points - answer		Points - answer	
Do you feel more feminine or masculine in nature (male or female)?	Male	0	Female	0
Were you raised with an estrogen-soaked brain (female) or testosterone-soaked brain (male)?	Testosterone	10	Estrogen	10
How do you react to stress?	I get to work	10	I avoid it and curl up	10
Are you over-working or over-doing?	I am always making a to-do list	10	I have work/play balance	10
Do you pursue sex with your partner?	All the time	10	Not much	10
Do you get frustrated easily when moving from one project to another?	I do get upset	10	I easily move from one thing to another.	10
Do you need to be in control?	Yes	10	Not really	10
How easy is it for you to receive compliments?	I have a hard time.	10	I take it in	10
How often do you feel you have to prove yourself or to defend your stance?	I am competitive	10	I do not need to prove myself at all	10
Do you follow your intuition with ease?	I follow my gut sometimes	10	I follow my intuition	10
Do you need to think about things or to take action?	I think things through	10	I am more spontaneous	10
	Total	%	Total	%

Determine Your Natural State

Review the following questions and decide for yourself: (Knowing this about yourself will help you create more balance in your life, follow your natural flow, and find a partner that will match you in creating your magnetic attraction.)

I myself have come to recognize in different situations that I take on more or less masculine energy. When I am working and building things, I am in my masculine energy more. When I am teaching, I tend to be in my feminine energy. When I am in my masculine, I have more fire within me and I need more space to focus on the task at hand. I do not transition well from one thing to another and if I don't give myself the time I need to shift back into my feminine nature, I get easily frustrated and act out in a control drama. This shows me that my threshold of masculine or positive energy is less than my feminine or negative energy. I know this because when I am in my feminine, I am relaxed, I can receive with ease, and I have a deep partnership with my intuition, which allows me to release control. The faux or shrew in me is primarily thrown into high-gear when I lean into my masculine energy too much and force things. For me, I would guess that, after evaluating my chakras, life lessons and my reactions to life in the questions above, my balance and polarity are 30% masculine and 70% feminine.

Finding a mate and partner that is 30% feminine and 70% masculine in nature would be ideal for me to create the magnetic pull when we are both in our healthy states. This brings automatic attraction and moves the energy of the relationship, both in and out of the bedroom.

This can always change, for any of us. As we create more balance and awareness of our own energy field, our intuition and knowing will affirm our "Ease Point"—where any of us is balanced.

Self-Analysis

Assuming you are 100% at this moment, evaluate your personal percentage of each of the following:

Utilize the questions from the chart and write down your percentages below. Then look within and ask yourself if you are moving any faux masculine or feminine energy.

The feminine energy is off: You withdraw more easily, are weak and needy, insecure. This can happen with men and women, so do not let your gender block you.

The masculine energy is off: You tend to get frustrated and angry easier, laden with proving and controlling energy.

To look at your shadow energy and see where you are overriding your natural state of ease isn't always easy. Be brave and know that by recognizing where you are forcing life, you will then be able to relax into your true nature. But first take a moment and feel into your energy-story.

Feminine energy: %

Faux Feminine energy at play. (Where are you living in too much or too little feminine energy?)

Masculine energy: %

Faux masculine energy.

In the next chapter you will begin to play with your energy, creating magnetic attraction, creation, and connection. It is common for CSA survivors to have limited relationship to the power in their energy field and sexual organs. This is natural because their energy and power were taken from them at the moment of their abuse.

You have already put in the personal development and healing you need to reclaim your power; next you will discover how to reconnect to and define your relationship to your sexuality, your way.