



## **Second WEH Group Meeting**

### **The Interplay between Masculine and Feminine Energy**

We are going through rapidly changing times. There seems to be too much going on and too much data to compute. We tend to be overwhelmed and in turmoil just trying to keep our lives organized. You might say, "The elements are so enmeshed and turbulent within me that I cannot envision myself as being an evolved being." You might now be something like a caterpillar that becomes awake within its cocoon and says, "How can this mush ever become something beautiful?" We need more examples of how, when giving to others, we can best become centered within ourselves and then become healers and channels for good.

Archeologists claim that about five thousand years ago, most large societies were matriarchal. Then women, as a whole (as I discovered in a past life regression), decided to go to sleep to allow men to grow up. Women operate through intuition and feeling, while males are stuck at their second chakra. However, the conflict that we see going on between genders is a conflict that is going on within our own bodies, to balance the Yin and the Yang within ourselves.

The twin flame of male-female exists in every body. The blending requires a shift in consciousness, and must begin with cooperation between the sexes. Women are stuck at the throat, or 5<sup>th</sup> chakra, because they shut down their speaking center to allow men to take charge. In the past twenty years more women than ever have begun speaking up, but many of them are doing it from their masculine energy.

Women give themselves and their bodies to men to empower them. However, men give themselves away just as much. They give themselves up to leaders who tell them to sacrifice their bodies in order to become heroes for a noble cause. Women carry the positive magnetic charge of feeling that allows them to bring life to the planet. Men try to block feelings with addictions and drugs. Men are terrified of feelings because it makes them feel vulnerable. Yet, without feelings, they cannot truly savor life or truly appreciate women.

The challenge of men, today, is to allow feelings to enter their relationships with women, and especially their sexual relationships. The challenge of each woman is to stop trying to be empowered by the male vibration, but to nourish herself and to make herself whole so that she can experience the frequency of life within her. Women must discover what it is to be strong as females, just as men must discover what it is to be vulnerable as males.

Women must dare to open up their hearts, just as men must dare to become vulnerable to feelings. Emotions are the key to spiritual evolution. The heart center must be brought into play in sexuality. When an evolved male and an evolved female engage in sexuality the electromagnetic connection raises the energy of emotion to the experiencing of the godhead within each. We must also remember that Mother Earth is a Goddess in her own right and must be loved and honored in the process of our own growth.

### **WEH Circle (Early meetings)**

**The first several sessions must be spent in learning and sharing ideas about the very real differences between masculine and feminine energy.**

#### **On the Masculine and Feminine Principle:**

**The Masculine Principle**, by nature, is oppositional, opportunistic, confrontational, stubborn, withholding, secretive, and selfish in its means and in its ends. It is motivated by the need to dominate, control, win, be right, and gain praise.

**The Feminine Principle**, by its nature, is trusting, embracing, flexible, and yielding – seeking communication and sharing even when it involves pain - and uses nurturance as its means and comfort as its goal. This makes her vulnerable to victimization, sacrifice, accepting guilt and taking on suffering.

**The Masculine Principle looks outward**, attributing immense power to the outer world and then exalts in his bravery in overcoming the illusionary world.

**The Feminine Principle looks inward**, requires the barest of worldly essentials to create a home, and covets the opportunity to nurture what she, herself, has given life to.

The Masculine Principle craves the presence of the feminine to fill its void of feeling, which it experiences as lust, and to find a sense of power through sexual conquest and a sense of worth from a woman's admiration and praise.

#### **Review the myth of Echo and Narcissus**

Women, without the validation of their father, fail to have their potential enhanced and so feel that they are without real substance (no back bone). The unfettered Masculine Principle is disconnected from his heart. He is exhilarated by his power to raise up and to tear down. Enamored only with himself, he is motivated by new experiences and the filling of his insatiable appetite for pleasure. In the end, he finds that he has consumed everything that was precious to him and he is left with nothing. Then, in old age, he may be experienced guilt, and regret, and remorse.

The Feminine Principle waits patiently for the day that the masculine will see her for what she truly is: the spark behind his creative inspirations. She waits for him to tire of his battles and to return home to receive her gifts which she never asked him to earn in battle. The

female with negative yin, in her pain at not being seen, may seek attention by attacking the object of her love, pushing him further from her. Then there is nothing to nurture but her pain, and all that she felt was so real in the beginning of her relationship becomes only a shallow echo of her grievances.

A woman's role in almost any society is far more complex than that of a man.

Men, in general are incapable of seeing the whole woman, but only one facet at a time in what might be described as rapidly shifting transferences. The different masks that he puts on her compel him to relate differently to her from moment to moment. It is her task to discover what mask he is putting on her at a given time. These include:

**Earth Mother,  
Sex goddess,  
Sorceress,  
Playmate,  
Whore, and  
Madonna**

It is more than interesting that the story of Ulysses in the Odyssey is one of sequentially mastering different aspects of feminine energy before returning home (Circe, the Cyclops, the Sirens, etc.)

The biggest complaint of neurotic men is about their wife's dominance. To the male psyche, any woman is formidable and needs to be contained, controlled, and dominated. Men are also more threatened by the possibility of change because they have the most to lose – or think that they have.

A woman's biggest complaint is usually that her husband doesn't communicate with her. This is because women are more sensitive and in touch with their feelings than are men. The psyche of women is so much more vulnerable to environmental input than the psyche of men that most men cannot comprehend the depths of loneliness or depression that women experience. Also men have been programmed, as young boys, not to see their mother's unhappiness or depression and so are usually unaware of how depressed their wives might be. Men want to use their intellect to communicate while women want to resonate at the emotional level. A woman's greatest strength is her ability to get in touch with her inner truth. Yet she may live a lie for an entire lifetime in order to please a man.

Women need to feel seen and appreciated. Women experience their essential worth through loving, and so feel the need to find an object to love. Then, she needs the reflection of her love back to her. Women who are appreciated and seen as desirable tend to become sexually receptive to their object of love, completing the giving and receiving circle that leaves them with a feeling of satisfaction and inner peace.

However, women have psychological barriers against the fulfillment of their need for love. First, women feel empty without their mother's permission to be a woman. But mother's

acceptance of her daughter is limited by her own negative self-concept as a woman. In an attempt to gain mother's acceptance, daughters merge with their mothers at the emotional level, trying to heal her pain by taking it upon themselves. Thus, mothers hand down all or most of their negative traits onto their daughters.

All too often, a mother sees her daughter as an adversary or a competitor and, by her attitude and actions, attaches guilt to whatever power her daughter expresses and non-verbally withholds permission from her daughter to find happiness with a man. A little girl's alliance to her mother is crucial to her own search for authenticity.

A father's influence upon his young daughter is akin to a "seed" around which a new crystal is formed. If he is prone to outbursts of rage or violates her boundaries with inappropriate behaviors this can shatter the nuclear core and result in an unstable matrix that knows no end to sorrow. The girl may be compelled to reconstruct and to re-experience her core pain repeatedly in a driven search for the answer: "Why?!"

Indifference, as well, can leave the molten matrix of her feminine self-image unfinished: A father that is feeling-wise an amorphous "blob," - while receiving the light from his daughter returns no sparkle.

Women cannot easily dismiss their fathers because it leaves them with an inner void. He holds the key to her self-worth and, so, she continues hoping that someday he will change and really see her. Otherwise she may keep searching for that Prince Charming whose glance, smile, or impassioned touch might, at least for the moment, give life to that spark of hope to finding value for herself, so she can experience being truly alive.

### **Male-Female Summary Points:**

Both masculine and feminine energy is present in every person. The inner balance or conflict between these two different energies will invariably reflect itself in their relationships.

For centuries, almost every culture has made judgments regarding the relative value of male energy over female energy.

Men like to be constantly involved in something that makes them unconscious of themselves, while women are discontent because they want more quality time "to be".

Women are more aware of their sexuality because of menstruation, childbirth, nursing, etc. but men are more defensive of their sexuality because their masculinity and hence their self-image is all tied up with it.

Women are just a part of a man's world. However a lover or husband becomes the whole world to a woman. Herein lies a women's disillusionment, disappointment, and loneliness. A healthy woman is much more monogamous than a normal male (according to anthropologists). And since she believes that a man is likely to primarily value her sexual appeal, she is always in danger of being replaced by another woman.

Women experience their essential worth through loving, and so feel the need to find (or create) an object to love. Then, there is the need for the reflection of that love back to them. They, then, complete the “circle” by becoming sexually receptive to their object of love. The story is all too common of “women who love too much.” Because of a woman’s need to nurture, many often are attracted to a “deliciously needy male” who eventually turns upon her with abuse in order to reclaim his masculine dominance.

A boy senses his manhood by earning a woman’s love, i.e. by becoming her hero. The woman then rewards him by surrendering to him sexually. This is how he completes his “circle”.

What men do not know is that they can become a woman’s “hero” by just honoring her in almost any way. However, there are barriers to a man’s sense of fulfillment. First, his mother was either impossible to please or she may have insisted upon being pleased in a controlling way that kept him a little boy. This happens when a mother does not give her son adequate opportunities for earning love in a way that helps him to feel like a man. He then feels inadequate, impotent, and gives up by closing down at the emotional level. Sex is seen as dirty or forbidden but at the same time, the only way to bond with a woman. His sexual drive is more difficult to close off so he convinces himself that this is what a woman wants.

At the same time, a little boy resonates to his father’s fear at the emotional level. He needs his father’s permission to assume the authority to be a man. But his father’s ability to do this is limited by his own arrested self-concept as a man. And all fathers inflict their own wounds upon their sons. Thus sexual problems are far more common in men than women realize, and even greater than statistics show.

*For discussion over the following sessions:*

## **Masculine and Feminine Energy**

Polarities creating the human condition

<b>MALE</b> <b>(Animus -Yang energy)</b>	<b>FEMALE</b> <b>(Anima-Yin energy)</b>
Hard, inflexible	Soft, pliant
Moving outward	Moving inward
Outer expression	Inner feeling
Aggressive	Yielding
Sun	Moon
Intellectual	Intuitive
Left brain	Right brain
Sympathetic System	Parasympathetic System
Fight-flight response	Enduring
Objective	Subjective
Intrusive	Receptive
Protective	Nurturing
Extroverted	Introverted
Sexual	Sensual
Impulsive	Emotional
Heaven	Earth
Sun	Moon
Dry	Moist
Impatient	Persevering
Noisy	Quiet
Doing to	Appreciative of
Negative pole	Positive pole
Sperm	Egg

**Pathological Combinations in relationships:**

Sadistic	Masochistic
Angry	Hurt
Oblivious	Suffering
Dominating	Submissive

Unbalanced male energy is fearful and abusive.

Unbalanced feminine energy is controlling and manipulative.

In the ideal love relationship each surrenders to the other in creating a bond that becomes an entity of androgynous energy.