

Masculine-Feminine balance – Sliding moveable scale, not static opposing poles of a magnet

Masculine-Feminine balance is not so much about gender and roles or balance of the sexes in terms of equal roles, responsibilities and input and output, but is more about how you give and receive, react and respond, think and feel, communicate and express yourself. In other words it is about personal expression and the way you relate, first and foremost to yourself and others and also to the world at large.

All of us, whether male or female, have both masculine and feminine qualities or ways of being, expressing and relating. Masculinity and femininity are not static or fixed points like the two opposing poles of a magnet, but instead they are moveable and changeable on a sliding scale. You express yourself in different areas of your life, with different people and to various degrees on the masculinity-femininity scale and dependant on a number of factors including inbuilt personality, personal preferences, habitual reactions, your desired outcome, past experiences and the nature of the situation you find yourself in or the person you are relating to.

What is important is that you have your own personal feminine-masculine equilibrium because when your own feminine-masculine scale is off-balance, areas of your life may become out of whack, unhealthy, unsatisfactory, exhausting or even dysfunctional.

Masculine-Feminine qualities of almost anything

Consider the difference between loud punk music and the music of Amadeus Mozart. Where would you place those two types of music on the masculine-feminine scale?

How about caustic nasty words versus the soothing coo of a parent speaking to his or her child or a conversation between intimate partners?

What about over-analysing or rationalising something to death versus trusting that the decision you have made is the right one? Where would you place the controller and the truster or the action-taker and the dreamer on the scale?

Doesn't food have different qualities – some more acidic and some more alkaline, some more soothing and some more invigorating?

What about in the act of sex? Where does initiator and the one enjoying receiving the pleasure sit? That is not gender related, but is more about the expression of oneself in that moment. Also the way you exercise has certain qualities. Walking on the treadmill in the gym, for example, has different qualities to walking along the beach – one having more feminine, softer, yet equally powerful and effective qualities.

Giving and receiving, knowledge and wisdom, activity and downtime, competition and cooperation, aggression and passivity - Where do they fit on the masculine-feminine scale and how can you alter your way of being and how you do things to create more balance, health, happiness and successful relating in your life? How can you use your masculine and feminine qualities and that of the environment around you to really grow into your potential?

Masculinity and Femininity – using the spectrum of qualities to your best advantage

Some situations call on you to be more masculine – outward-focussed, driven and action-orientated than feminine - more receptive, inward-focussed and reflective. Take for example in the case of acute danger, a speedy decision and immediate action step is often necessary. What about in business? What would happen if you reflected on issues one meeting after another, but didn't actually action some of the decisions made? Equally what would occur if your actions only ever

resulted from a logistical, linear problem solving approach and happened for action's sake, rather than taking into consideration feedback, reflective moments and intuitive insights?

How about in terms of your communication? Are you more assertive bordering on aggressive or are you quiet and passive, sometimes holding back what you would like to say? How do you express yourself sexually – always the giver and never the taker or vice versa or do you prefer sensual foreplay over and above the act of intercourse itself?

Do you work better as a competitive individual or as a cooperative team player? Are you like a “bull at a gate” or do you have a more casual approach where you listen and gather what you need before you act?

- Are you someone who plays at the extreme end of the masculine-feminine scale?
- To which end would your scales be typically tipped?
- What would help you become more balanced in your way of relating and reacting to life?

Masculine-Feminine as it relates to your body and your health

Your body shows the principles of masculine-feminine balance perfectly. It loves balance – just the right acid-alkaline balance, good body alignment, correct balance of nourishment and an even in-breath and out-breath. Veins and arteries have complementary functions and your brain has two hemispheres - the left one being your more logical, concrete, action, analytical, practical and “masculine” side of your brain and governing the right side of your body. Conversely the right brain is the more creative, emotional, intuitive and “feminine” hemisphere and governs the functioning of the left side of your body.

Aches and pains or ill-health on a certain side of your body may invite you to address your issue in light of the masculine- feminine balance principles. You could ask yourself, “Does this have any connection with women or men in my life? Do I have any difficulties with a certain person of a particular gender? Do I need to balance my masculine-feminine energies or ways of relating and expressing myself? How can I create the environment around me – music, lighting, decoration, people, work environment, leisure pursuits, living situation and thoughts to best help me create balance?

Many women, who experience reproductive, sexual and fertility problems benefit by accessing their more feminine nature. eg. exercising gently in nature rather than pounding out exercises and pumping weights at the gym, cutting down very goal-orientated and driven activities for a gentler approach, being less judgemental and more forgiving, flowing with the day rather than being so time-driven, addressing fertility more naturally rather than with drugs or mechanical means, enjoying creative ventures and more restorative leisure pursuits as well as work successes, attending to her own needs as well as those of her family.

With aches, pain or illness on the right side of the body, you could ask yourself about your own relationship with yourself (if a male) or your relationships with men, past and present, in your life. Whether you are a man or a woman, look into the more “masculine” qualities on the masculine-feminine scale and how you play them out in different areas of your life. Do you need to soften in your communication? Do you need to speak or stand up more assertively or less aggressively? Do you need to create your own boundaries about how many hours to spend at work or in leisure pursuits? Do you need to resolve something with a male in your life?

Could various aspects of ill-health also be considered on the masculine-feminine scale? Where do you see the following sitting? Heart attacks, strokes, stress induced illnesses, migraines, addictions,

depression, infertility, anxiety. My take on this is they tip more to the masculine side of the scale and are probably impacted by the high stress, highly acidic diet, outwardly driven and competitive times we are living in.

Attracting great things comes from being in a state of equilibrium – opposite and equal magnetic forces

Just like a person's unique centre of gravity, a person's centre of power is also unique. One's balance of masculinity and femininity in the way they relate to the world is individual. What is balance for someone, is imbalance for another. Much like the wobbly doll which gets tipped one way, but which will also counterbalance itself by swinging the other way before it comes back to neutral, you too can find a point of equilibrium where you will find your core strength.

Femininity does not equate with weakness or lack of power. Equally masculinity does not equate to power, control and domination. There is no judgement attached to these different qualities, but an awareness of where you tend to tip yourself in various areas of your life and in the ways you express yourself is important so you can redefine and realign with your own point of balance and core strength and power – bringing your entire life back into balance and harmony.

Use the masculine-feminine polarities to your best advantage and "attract" what you want more of into your life. Take one part masculine qualities, one equal proportion of feminine qualities and the sum is not just a combination of the two, but a dynamic duality of the two with a surprise factor – that surprise factor being vibrancy of health, relationships and happiness. Just as one battery by itself produces no power, it is the positioning of two batteries with their opposing poles and their connection to Source that creates the power.

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