

MASCULINE

FEMININE

FULL MASCULINE AND FEMININE INTEGRATION
Ability to dance between Masculine and Feminine as needed

FULL MASCULINE INTEGRATION

Sovereignty
Alive relationships
Father role
Work as service
Community builder
Protector of the Feminine

FULL FEMININE INTEGRATION

Sovereignty
Alive relationships
Mother role
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Community builder
Guide to the Masculine

INTEGRATION OF FEMININE
FOR THE MASCULINE

Awareness of other's needs and desires
Sensitivity
Active listening
Ability to merge

INTEGRATION OF THE MASCULINE
FOR THE FEMININE

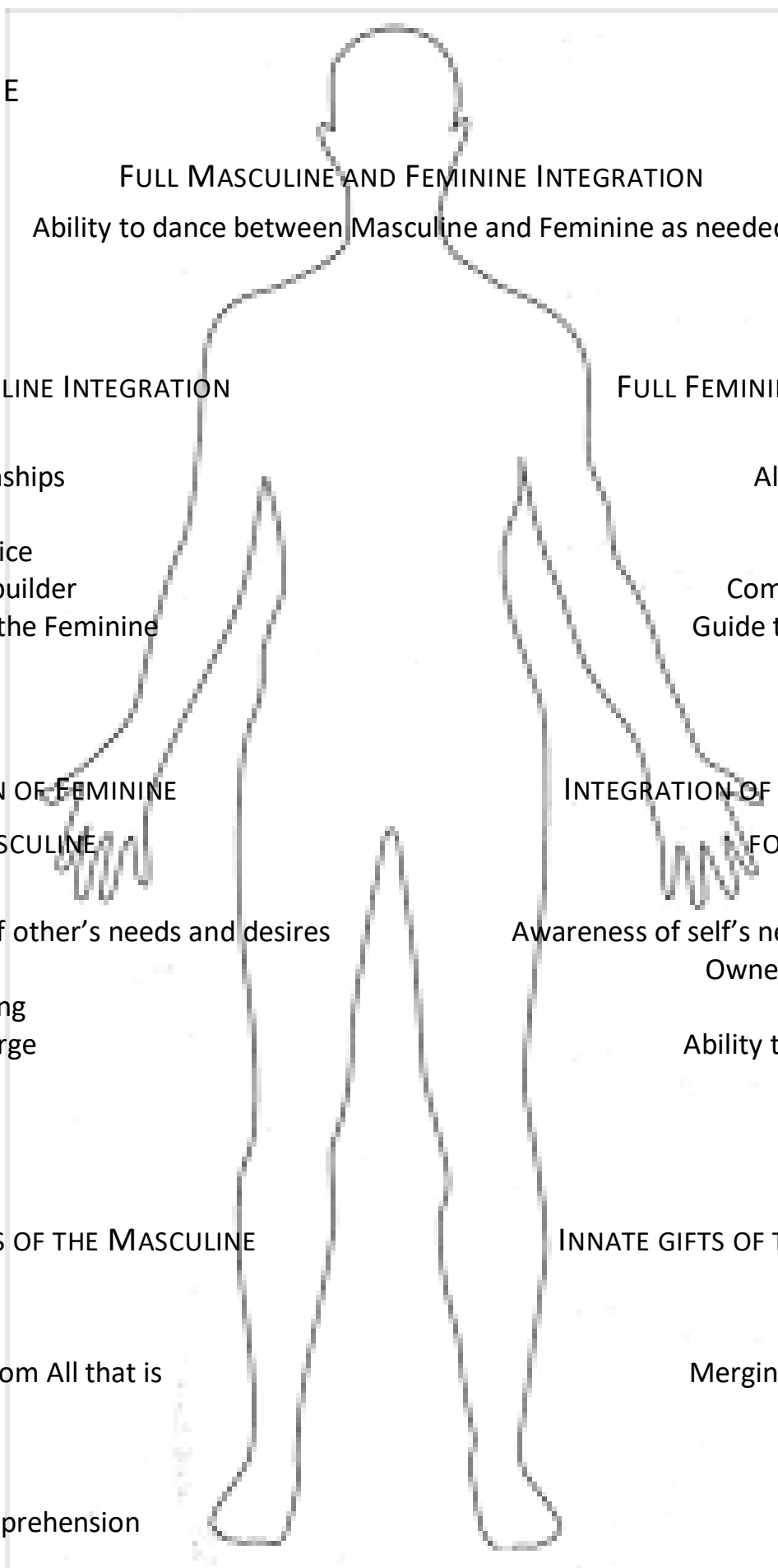
Awareness of self's needs and desires
Ownership of feelings
Clear speaking
Ability to keep bounded

INNATE GIFTS OF THE MASCULINE

Drive
Distinction from All that is
Action
Clarity
Simplicity
External comprehension

INNATE GIFTS OF THE FEMININE

Receptivity
Merging with All that is
Awareness
Wonder
Complexity
Inner knowing



HOW TO USE THE FIRST BODYGRAPHIC

1. Decide whether you predominate in more masculine or feminine essence innately. If you're not sure then you can do this exercise twice, once with the feminine journey and once with the masculine journey. We all need to take both journeys ultimately, but it's easier to start off with the journey you're most familiar with.
2. Start at the bottom of the BodyGraphic on your strongest side looking at the Innate Gifts and make a note of how those qualities have shown up in your life.
3. Move up to the Integration of the opposite qualities and again, make a note of how those qualities have shown up in your life.
4. Again, move up the BodyGraphic and make a note of how the Full Integration of your predominant essence has expressed itself in your life. We'll leave the Full Integration of both essences for now.

HOW TO USE THE SECOND BODYGRAPHIC

Next we're going to work on the BodyGraphic on the next page looking at the challenges to the integration journey you've just explored.

1. Using the same essence that you chose with the first BodyGraphic, again, start at the bottom and look at the challenges and traps of the distortion of that essence. Note how these qualities and attributes have shown up in your life.
2. Move up and consider the distortions of the integration of the opposite essence. How have these shown up in your life?
3. Finally, work up the BodyGraphic again and ask yourself the ways in which the Full Integration of your predominant essence has been absent in your life. What distortions have inhibited you from expressing your Full Integration gifts?

This gives you a good first and general view of the areas in your life where a maturing and fuller integration of your masculine and feminine would create powerful, positive change in your life.

NEXT STEPS

If you would like some feedback on the next steps for you to take with your masculine and feminine, send you notes to me and book in a free 15 call with me where we can go through it together in more detail.

BODYGRAPHIC – DISTORTIONS

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FEMININE DISTORTIONS
FOR THE MASCULINE

Lacking balls
Apologetic
Thoughts and feelings kept secret
Unexpressed anger and resentment
Weakness
Ineffective
Emasculated

MASCULINE DISTORTIONS
FOR THE FEMININE

False balls
Blaming
Defensive and reactive
Irritable and dictatorial
Exhaustion
Effective but depleted
Defeminized

DISTORTED GIFTS OF THE MASCULINE

Insensitive
Inability to connect
Power over
Inflated ego structure
Superiority mentality
Selfishness and greed
Appearance of high self esteem
Surface concerns (possessions)

DISTORTED GIFTS OF THE FEMININE

Hyper-sensitive
Inability to separate out from
Manipulative and devious
Collapsed ego structure
Victim mentality
Contractual giving and inclusion
Low self-esteem on show
Surface concerns (appearance)

