



Masculine & Feminine Energy

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Introduction to Masculine & Feminine Energy



Knowing the difference between healthy and unhealthy masculine and feminine traits is essential for your healing.

Not many of us have grown up with healthy representations of men or women in our lives. Therefore we lack the awareness and skill to be connected to our masculine or feminine essence.



The unhealthy masculine and the unhealthy feminine is formed from the wounds we have received from our fathers and mothers, intergenerational trauma and societal trauma. For example, the mother who stayed a damsel in distress taught her daughter that women are powerless. Or a man who is aggressive taught his son that masculinity is to be feared.

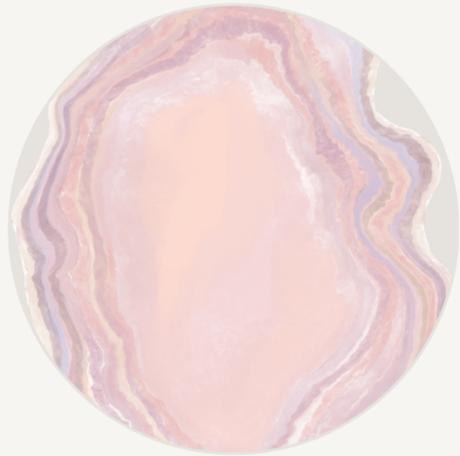


It's important to note here that none of what I'm about to go through should be a reason for you to feel bad about yourself or be hard on yourself. Please know that the underdeveloped aspects of yourself are nobody's fault, unfortunately through previous traumas or lack of education you weren't able to develop these parts of yourself. I'm sharing this with you to help you identify where you need to embody your healthy masculine and healthy feminine energies. Equally I wouldn't want you to feel nothing towards what I share, a level of discomfort would be necessary in order for you to own where you are and grow.



Introduction to Masculine & Feminine Energy

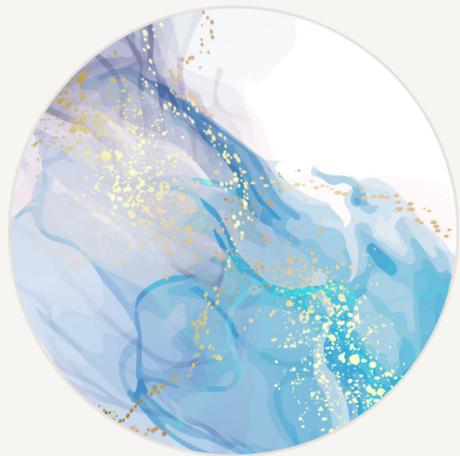
All of the unhealthy traits are formed because of what you had to do to survive. Please know I am here to support you without judgement to find safety in moving towards healthy masculine and feminine energy.



Moving from unhealthy to healthy, will provide you with a sense of lightness, freedom and confidence that you so desire. It will also do wonders in your relationships with your significant other, as embracing your dominant essence in a healthy manner will increase attraction and love.

The union of masculine and feminine energies within the individual is the basis of all creation.

Shakti Gawain



The Unhealthy Masculine

Unhealthy Masculine

Doesn't follow through on his word

He doesn't do what he says he would do. He makes statements about what he will do but doesn't follow through.

Fears emotions

He fears his own emotions and other people's emotions. He finds emotions uncomfortable and doesn't know how to be or respond when emotional.

Controlling

Instead of being responsible for himself, he try's to control everybody else to make him feel better about how he feels inside.

Withdraws

Instead of leaning in when there is a challenge, he withdraws to protect himself. Offering himself is hard for him as he has a deep fear of rejection.

Aggressive or abusive

He gets his way by being aggressive or uses intimidation to control the other and get the response he desires.





Unhealthy Masculine

Overpowering/dominating

Doesn't support the other in becoming powerful, instead he overpowers them or is aggressive.

Unstable

He doesn't have stability in his life from emotions, finances, career and basic needs. He is flighty with no direction.

Struggles to listen to others

He doesn't listen or take anyone's thoughts and feelings on board, he prefers to do things his way without the input or care of others.

Too competitive

Everything is a competition, including with his partner on who does more or is better.

Insecure

He is insecure about who he is, what he looks like and his purpose.

Cold and cruel

He struggles to be warm and inviting to those he loves and hides behind a wall of defences.

Unhealthy Masculine



Arrogance and critical

He is arrogant and critical of himself or others without being a master of himself and his craft to hide behind the inadequacy he feels inside.

Righteousness

He is right and everybody is wrong.



Fears responsibility

He is scared to fully embrace responsibility.

Defensive

He cannot receive feedback from others, he becomes defensive and feels like he is being attacked.



Masculinity: healthy traits such as strength, independence, leadership, competitiveness, etc.

V.S.

Toxic masculinity:
@farida.d.author
turning up healthy masculine traits to unhealthy extremes e.g. strength becomes violence, independence becomes bottling emotions, leadership becomes control, competitiveness becomes always wanting to win no matter the costs, etc. -Farida D.

The Healthy Masculine

Healthy Masculine

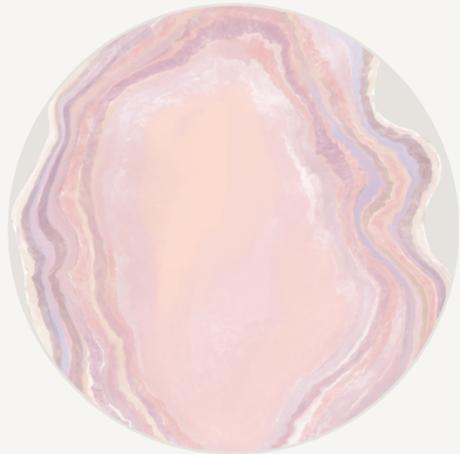


Integrity

He does what is right, whether anyone is watching or not.

Knows his worth

He knows his worth and does not adjust who he is for anyone to like him including his partner.

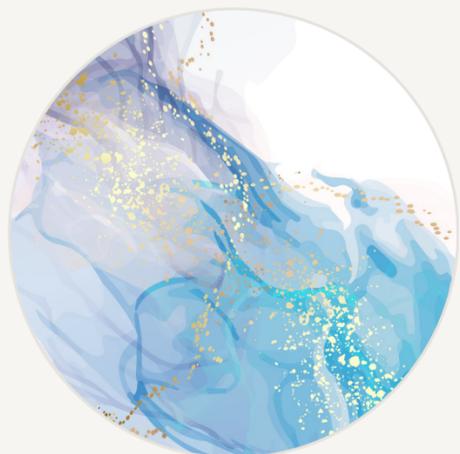


Does not accept manipulation

He does not put up with a partner or anyone manipulating him/playing games to get what they want. He is grounded in himself and knows his values.

A man of his word

He does what he said he will do.



Supports others to be powerful

In any relationship he is apart of, he supports the other to be the fullest expression of themselves and to embody their power.

Strong

He is committed to cultivating his emotional, mental and physical strength. He holds the space.

Healthy Masculine

Offers his full presence

He is completely present with those he loves and sees it as his duty to listen, support and honour you.

His actions are aligned with trust

From his energy, to his body posture, to his movements and his words all align with being a trustworthy man.

Clear communication

His communication is clear and precise, he does not do or accept drama into his life.

Purpose

He is clear on his purpose, and moves towards it daily. His purpose is always number one to him as this is his service to the world.

Building a legacy

He is here to live his purpose and build a legacy to leave behind for those he loves. When a man is in touch with his purpose and legacy his life is rich and meaningful.

Safety and protection

He provides safety and protection to those he loves emotionally, physically and mentally.





Healthy Masculine

Boundaries

He has clear boundaries and doesn't resort to being the nice guy to get his own way or be perceived differently.

Disipline

He honours his commitments and embodies disipline.

Confident

He is confident in himself, and he has his own back including those he loves.

Honest

He is honest and has no need to hide.

Responsible

He takes on the load of responsibility in all aspects of his life and relationship.

Humble and not too competitive

He is humble about who he is and what he accomplishes

Support network

He has a support network of other men that he can lean on. He welcomes relationships and isn't scared to rely on those who can support him. However, he knows the journey is his to take.

The Unhealthy Feminine

Unhealthy Feminine



Continuously frustrated and overwhelmed

She is easily pushed off her centre when faced with a challenge, and easily upset.

Struggles to contain her emotions

Her emotions become other people's/partners problem to deal with or she completely withdraws into a shell unable to allow others to support her. In conflict, it's the other that has to do something to make her feel better.



Damsel in distress

She requires saving, this might happen in parts.

Lashes out or is spiteful

She struggles to communicate her upset in healthy ways, where she doesn't become a victim. She isn't able to communicate boundaries, wants needs or desires without anger.



Lack of trust

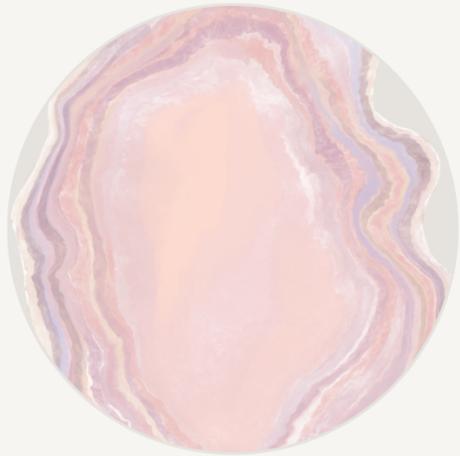
She doesn't trust herself, her partner, life or God. In relationship, no matter how her partner shows up it's not enough or it's good but needs more. Everything needs to be done her way and she is very judgemental. She isn't receptive to receiving in a new way.

Unhealthy Feminine



Takes things personally

When provided with feedback about how she is being, she takes it as an attack rather than reflecting on her part. She shuts down easily and withdraws falling into resentment, anger or giving the silent treatment. She wants her feelings to be validated rather than pausing to reflect what the other is sharing and finding a resolution.



Struggles with commitment

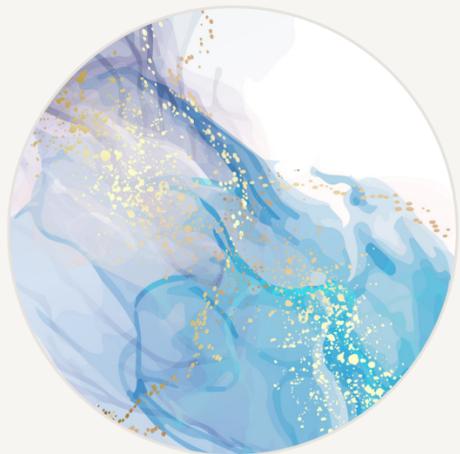
She can't commit to love, herself, her career or anything that requires commitment. She always needs a way out, becomes easily distracted or plays emotional games to have her way.

Changes her mind quickly

She states that she wants something and changes her mind quickly, leaving others confused.

Avoidant

She avoids owning her desires, stepping into her fullest expression, sharing what she needs or likes. Avoids intimate expressions from a healthy masculine.



Does everything on her own

She takes pride in doing it all on her own and sees it as a sign of strength.

Unhealthy Feminine



Struggles with vulnerability and emotions

She believes vulnerability and sharing emotions is a sign of weakness.

Blaming

She wants to blame others instead of taking responsibility in her part.



Unhealthy Feminine

NEEDS EXTERNAL VALIDATION, *'please love me'*

MANIPULATIVE, *covers up to get what they want*

LETHARGIC, *no action, avoiding responsibility*

NO BOUNDARIES, *self sacrificing; she prioritizes others*

OVERLY EMOTIONAL, *unable to be rational and witness*

VICTIM STORY, *'poor' me, criticizes outsiders*

The Healthy Feminine



Healthy Feminine

Receptive

She is open to listening and receiving her partner, others, life and God. She acknowledges the person in front of her fully without making them wrong or trying to force something to be another way or trying to get her own way. She receives what is present fully. She receives what life and God are offering her with gratitude, not from a place of "not enough" or demand.

Open and devoted to love

She is open to love as life is an expression of love, her love is self sourced and not reliant on the other. She understands that you can't hide away from pain, as pain is a natural part of life. Her gift to life is the love she embodies and gives.

Clear boundaries

She is clear on her boundaries and only gifts herself to those who are worthy.

Intentional with time and energy

She isn't trying to fill a void so when she uses her time, gifts and energy it is from a place of love.

Communicates clearly

There are no surprises with her; others/her partner knows where they stand with her because she is able to communicate clearly, with her full range of emotions and honesty. She doesn't hold onto resentment as she is able to communicate clearly and heal her emotions.

Healthy Feminine

Emotions

She expresses all her emotions, the various parts of her and never makes herself wrong for being a multi dimensional woman.

Inner child and inner voice

She takes care of her inner child, it's wants, needs and desires. She doesn't ignore her inner voice and listens to it.

Intuition

She is connected to her intuition as it never leads her astray.

Body

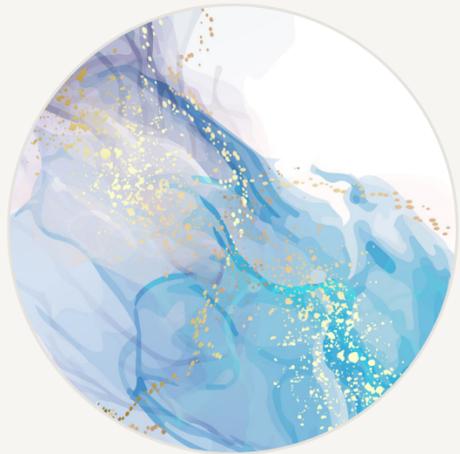
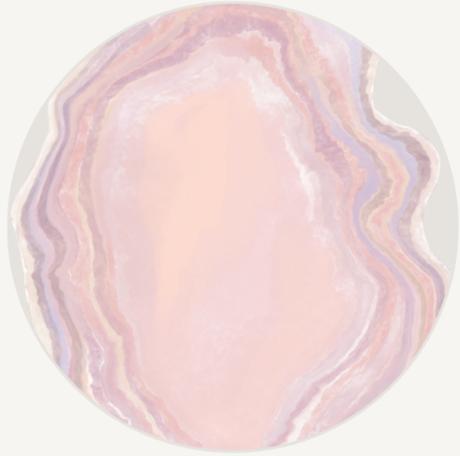
She is connected to her body and listens to its ebbs and flows. She also knows what her body needs as she is in communion with it at all times.

No conditions

Her love doesn't come with conditions, she is love and gives love freely.

Healthy communication

There is only healthy communication, no drama and she isn't around people who cause drama.





Journal activity

Step One

Establish your unhealthy traits. Read through the list and make note in your journal.

Step two

Give love and understanding to this part of you who holds this unhealthy trait, recognise it has been built for a reason. Journal about why you believe this part has remained in this way. Reasons could include, what you saw your parent figure do, a need you didn't receive, a trauma/wound or societal beliefs which you took on without questioning.



Step three

Make a commitment to move this part from unhealthy to health. For example if you have the unhealthy feminine trait of avoidance to expressing your emotions, needs, wants and desires. Then your work is to find out what these are and express them.



The Father Wound

The mother and father wound is an attachment trauma which is created from neglect and invalidation. When experienced it is highly damaging to a child, this can come in the form of not just from parents but other caregivers.

The father wound traits:

- An absent father physically and/or emotionally
- Critical
- Negative and abusive character
- Unable to lead the family

The result of the father wound:

- Low self esteem and confidence
- Anxiety
- Low mood or depression
- Anger & Rage
- Rigid boundaries
- No boundaries
- Addiction





The Mother Wound

The mother wound traits:

- Couldn't provide emotional support
- Lacked empathy
- Didn't allow child to express negative emotion
- Very critical
- Untreated mental health condition
- Expected child to be their emotional and physical support

The result of the mother wound:

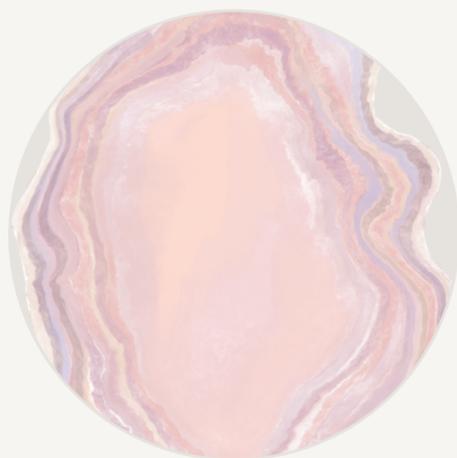
- Low self esteem and confidence
- Eating disorders & Addiction
- Lack of emotional awareness
- Inability to self-soothe
- Feeling like you can't have nurturing relationships



Healing

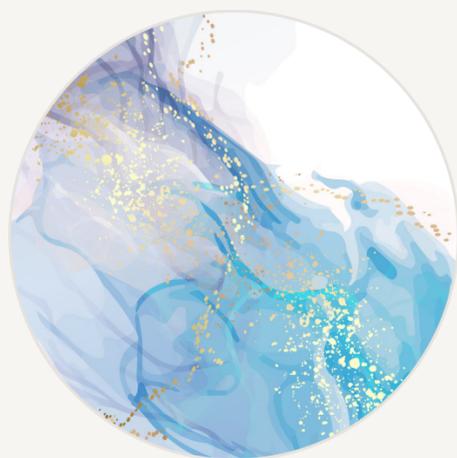
To heal from the father or mother wound, or heal your masculine and feminine energy, you have to come to an important realisation.

You are responsible for integrating and feeling this pain, and healing.



This power belongs to you, although when healing it may not feel this way. It may feel like they need to change (parent figure or reflecting your wounds onto a partner) "if they change then I can change" the part of you who was wounded might say. Nothing outside of you needs to change, it must all come from within. To create change in a relationship you must be able to speak through authenticity and health, otherwise the same cycle will always be perpetuated and that wound will continue feeding off it's perceived abandonment or rejection that follows. That abandonment or rejection is yours to feel and heal, nobody can heal it for you or make it better. If they do, it's false and it will come back again until you're ready to heal.

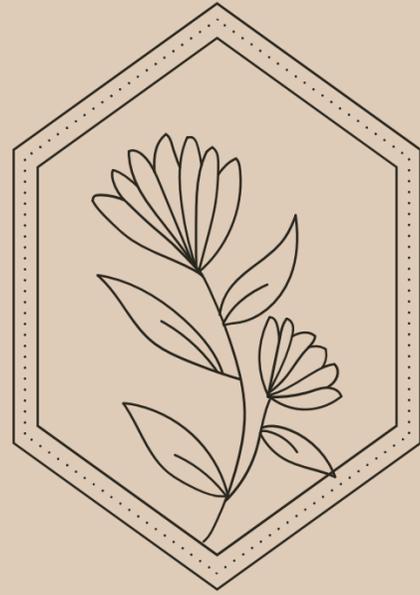
Healing is possible and shouldn't be done alone.



Working with someone like myself or other therapists is very important to help you find your health. You can do this also in your relationship, but I highly suggest you see a couples counsellor. Expect that this could be a long journey of peeling back layers.



*Beauty is not in the face;
Beauty is a light in the heart.
Khalil Gibran*



Thank you