

Feminine & Masculine Energy



Finding your natural balance

S.E.L.F. L.O.V.E. Transformational Project

About This Session

We all carry both feminine (receptive, intuitive, flowing) and masculine (directed, decisive, structured) energies. This session explores how to honour both within yourself and find the dynamic balance that allows you to feel most fully alive.

Feminine and Masculine Energy

We all carry both feminine and masculine energies within us. The invitation is not to choose one over the other, but to find the balance that allows you to feel most fully alive.

My Feminine Energy Qualities

Feminine energy is receptive, intuitive, flowing, creative, nurturing, and present. Which of these qualities do you naturally embody? Which feel distant?

My Masculine Energy Qualities

Masculine energy is directed, decisive, protective, structured, and goal-focused. Which of these qualities do you naturally embody? Which feel distant?

Where I Am Out of Balance

Are you over-using one energy at the expense of the other? Where does this show up in your life: work, relationships, body, creativity?

Activating More Feminine Energy

List 5 specific practices you will bring into your daily or weekly life to nourish your feminine energy (e.g. dancing, being in nature, creating, resting without purpose, receiving).

Feminine Energy Meditation Reflection

After the sisterhood meditation: what did you experience on the path? Who came to help you? What did it feel like to arrive at the top of the hill?

Reflection Questions

1. In which area of your life do you feel most cut off from your feminine energy?

2. How has over-relying on masculine energy served you, and what has it cost you?

3. What does sisterhood and female connection mean to you personally?

4. What is one small daily ritual that would help you come home to your feminine self?

My Notes
