



The Practice: Defining Feminine and Masculine

Many women (and men) find that, due to cultural conditioning and values, we habitually and unconsciously act from a masculine mode of being. Most of the time, we are not even aware of it. We are not acting from our true essence as women. It is not serving us personally or collectively. While this may not be your experience, see if it is. This activity gets you in touch with the dominant masculine and feminine traits and your association to each.

I've been surprised to discover how much I operated from the "masculine" qualities. How habitual and idealized they really are. I also noticed I had more "feminine" qualities than I expected. I was drawn to cultivate them. From this awareness, I began to make conscious choices, at times leaning on one side of the list more than the other. Both are valuable and powerful, and it is important to balance your skills set with non-dominant traits.

1. Make 2 columns, titled "Masculine" and "Feminine," to create lists of qualities.
2. Here are some ideas to get you started. Add and rearrange to your preference.

Feminine: sensual, chaotic, eclectic, spontaneous, intuitive, emotional

Masculine: logical, straightforward, assertive, organized, rigid, rational

3. Sense what each list of qualities feels like in your body. Move or take the posture of each quality on the 2 lists. Really let yourself sink into the essence of each.
4. Using whatever art materials you have handy, image the essence of each list. (Even a basic pen or crayons will do. Just do it.)
5. What are your feelings about the qualities of the opposite side of the list? What automatic reactions do you have?
6. Notice which side you tend to operate from—with no blame, shame, or judgment implied. Note your observations.

7. What thoughts and feelings come up for you? Is one list easier to embody or express than the other?
8. Notice where and when you automatically act from qualities on the lists. What/who is this serving? Know that these are habits and conditioning that can be shifted with attention and care.
9. Journal, paint, draw, or write a poem about your observations.
10. As you move through your life, allow yourself to consciously explore and express qualities from your non-dominant, least-favored list. Be curious about the value in operating from the unexpressed values that are embedded in this list.

Divine Qualities

Feminine

Masculine

NOTES:

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