

Masculine and Feminine Energy

By far the most common topic in dreams.

Why?

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Because you are a
fusion of masculine
and feminine



Masculine and Feminine Energy

- They are different aspects of the one energy
- They are gender neutral
- We each have both
- Human functioning is divided into feminine and masculine aspects
- Part of our life purpose is to restore balance and harmony to these energies



From abstract to obstacle

- The idea of balancing energy seems abstract
 - Your masculine energy flow is blocked
 - What? Sorry you lost me there when you spoke nonsense
- Physical life, however, gives particular focus to what is abstract
 - For example: **A masculine energy imbalance can manifest as career problems**
- Dreams show the connection between abstract and obstacle
- We can then work on ourselves to overcome the obstacle
 - And thereby heal the energy imbalance. What?



This Conditioning is
planned
and we see it in our
dreams
so we can heal it



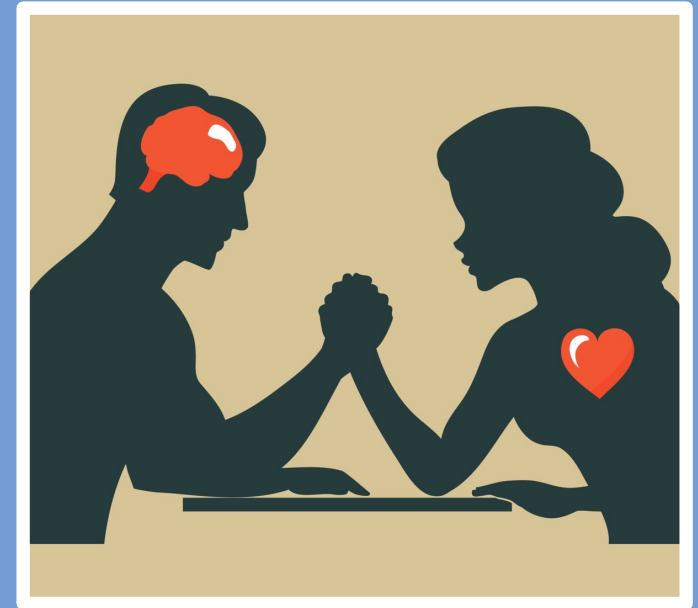
Masculine and Feminine Energy

- Reception at birth impacts our energy for the rest of our life
- We need unconditional love from mom
- We need support from dad
- If we don't get either of these in balance, we struggle with that energy for the rest of our life
- We are at our best when our masculine and feminine energy is balanced



It's all about restoring balance

- The stereotype tends to be true
 - Men tend to be more masculine
 - Women tend to be more feminine
- So typically
 - Dad impacts our masculine energy
 - Mom impacts our feminine energy



Energy is gender neutral

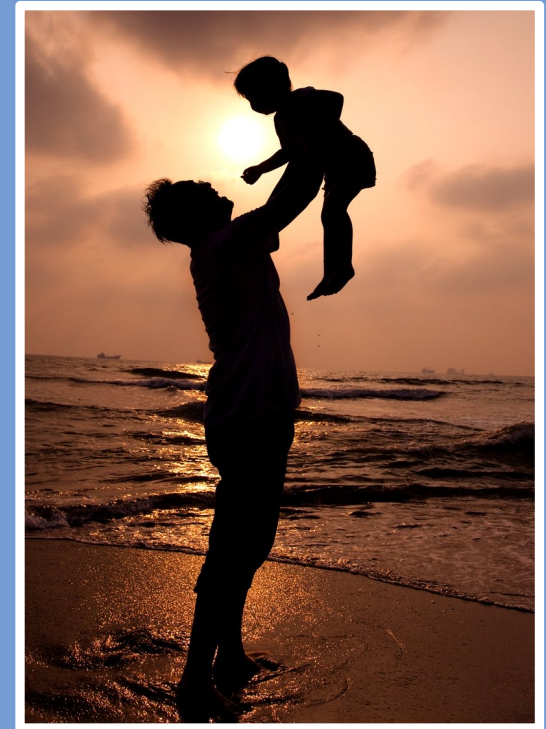
- So, a masculine energy dominant mom can impact your male energy (e.g. controlling)
- Not very common
- In this case, a man can represent mom in dreams



Masculine Energy

Dominated by father, career and the outer world

- Confidence
- Belief in yourself
- Feeling worthy of the space you occupy
- Assertiveness
- Logic
- Sex drive
- Security
- Managing
- Creativity
- Individuality
- Responsibility
- Decisiveness
- Courage
- How supported you feel in life
- Healing
- Controlling



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Feminine Energy

Dominated by mother, emotions and the inner world

- Philosophy of life
- Feelings
- Intuition
- Caring
- Love
- Forgiveness
- Ability to express yourself
- Compassion
- Nurturing ability
- Openness
- Acceptance
- Sensitivity
- Tolerance



Masculine Energy Imbalanced

- I'm not secure – but I don't know the hole is on the inside
- We always think the problem and solution are outside of us
- So, I try to control things for my safety
- I try to control situations, events, relationships
- I blow up if my environment isn't perfect - that affects my sense of security
- Ultimately, I'm angry at dad for not being there
- Overachiever/perfectionistic/workaholic tendencies can be about trying to earn attention because I never got it from dad in childhood
- I might have difficulty saying no (people pleasing to get attention)
- Dad fainting in the delivery room is very problematic for a child's masculine energy



Masculine Energy In Balance

If I got support from dad

- I believe in myself
- I am confident and secure
- I'm okay in the spotlight
- I feel supported – life has my back
- I give myself permission (I don't need it from others)
- I like challenges
- I'm okay taking risks
- I don't need to control things (because I feel secure in myself)
- If the sh*t hits the fan, I don't panic – it will probably be a fun ride anyway



Feminine Energy Imbalanced

- I don't feel loved
- I don't feel invited or welcome (even among friends)
- I walk on eggshells to avoid offending and getting rejected from the group
- I don't enjoy life, I feel invisible
- I hide my true feelings
- I pretend to be happy
- I help out at parties rather than just enjoy myself
- I do people's housework when I visit
- I'm very aware of people's feelings and I try to help them avoid feeling my pain (e.g. feeling neglected)
- I'm always in my head analyzing the situation – because that was the safe place for me in childhood



Feminine Energy In Balance

If I got unconditional love from mom

- I feel alive and loved
- I accept people as they are. I don't feel the need to fix them
- I forgive easily and don't take offense
- I easily separate other people's issues from my own
- I am compassionate
- I truly care about others and help fully when asked
- I follow my intuition
- I let people be where they need to be, or who they need to be without judgement
- I'm on the Dharmic path (living from my heart)



Dreams want you to have it all

- We come here to work on our masculine and feminine aspects
- Usually we have just one energy that's out of balance
- Dreams show which energy it is
- They connect the imbalance to an obstacle so you can overcome it
- Or they connect the imbalance to a trauma so you can heal it
- Dreams only ask you to address an issue when now is the time to do it
- Dreams don't give up on you
- If you don't act on their advice, your dreams in 5 years time will be saying exactly what they are saying today
- Or 15 years time. How long they repeat, is up to you

How dreams show issues with masculine energy

These are just a few examples

- Man lying down
- Man disabled
- Man on a balcony
- Wishing you were wearing pants in a dream
- Man angry or shooting a gun
- Man walking away or with his back to you
- Unsupportive man
- Man who is ill

How dreams show issues with feminine energy

These are just a few examples

- Woman lying down or falling down
- Woman disabled or in a wheelchair
- Woman drunk
- Woman ignoring you
- Woman walking away or with her back to you
- Uncaring woman
- Woman in prison
- Woman who is ill

Symbols for M/F Energy

- Men or boys
 - 1 or 5
 - Gold
 - Movement up, north, right or east
 - Computers or smartphones
 - Balconies
 - Pants
 - Phallic symbols
 - Balls
- Women or girls
 - 2 or 6
 - Silver
 - Movement down, south, left or west
 - Skirts or dresses
 - Receptacles
 - Unclean vessels

