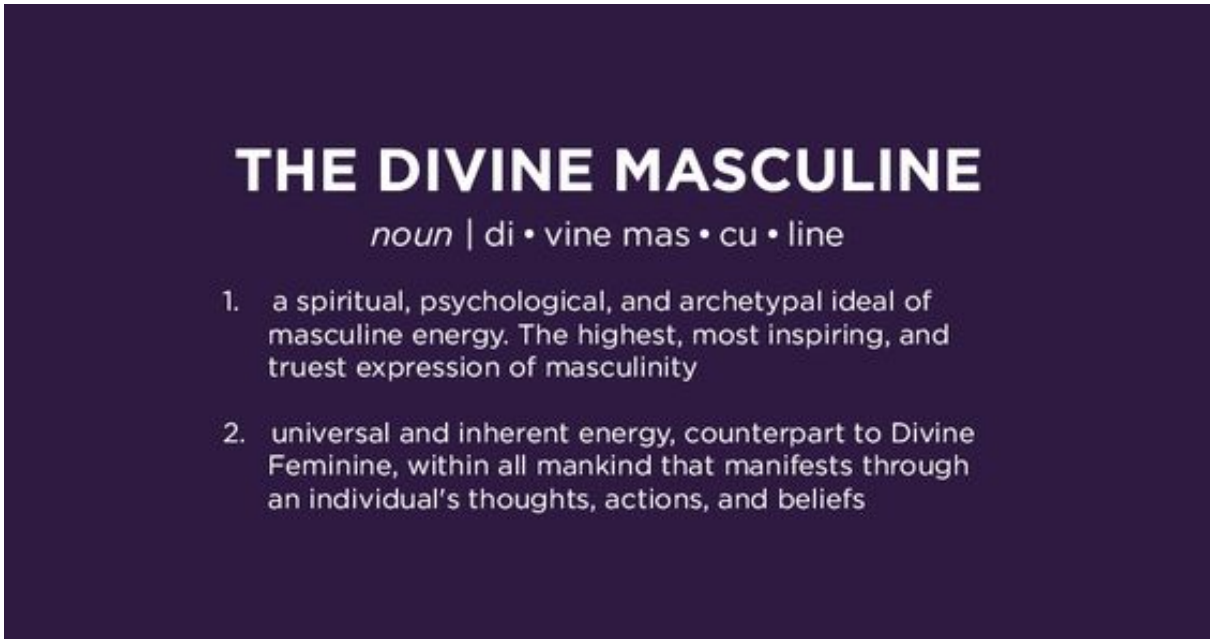
Divine Masculine Study Guide



Do you want to experience more wholeness in your life? Do you want more depth and wisdom to carry through everything you do? Balancing your masculine and feminine energy is key if you want to develop spiritual maturity.

In psychology, these two polar opposite forces are known as the *Anima* and *Animus*.

What's fascinating is that both Eastern *and* Western teachings promote the need to connect with, explore, and balance each of these seemingly polar inner forces to find true equilibrium and wellbeing.

Perhaps even more important than finding a sense of overall balance, learning how to connect with the feminine (*Anima*) and masculine (*Animus*) face of the Soul is a crucial part of the spiritual awakening journey.

First coined by famous psychiatrist Carl Jung, the terms “Anima” and “Animus” refer to the indwelling masculine and feminine energies that we all possess.

Specifically, the *anima* is thought to be the feminine part of a man’s Soul, and the *animus* refers to the masculine part of a female’s Soul. Both the anima and animus are ancient archetypes (or raw forms of energy) that every being contains.

Masculine and feminine energy has been an important topic for humanity since the dawn of time.

The universe is made up of these two energies and each of them is within us (think of yin and yang or Shiva and Shakti). Divine Feminine energy is receptive and inward. In ancient times, the Divine Feminine was regarded as nurturing, creative, intuitive, and sensual and was associated with the mystery of the moon. It is however strong and unwavering and tempered by the qualities of the Divine Masculine.

The Divine Masculine, on the other hand, is outward and direct. To me, the characteristics that comprise the Divine Masculine are: outward directed energy, forthrightness, logic, independence, strength, morality. A person who embodies the Divine Masculine has both divine masculine and divine feminine principles perfectly integrated and entwined within them. They are both strong but also gentle, forthright but compassionate, logical but also feeling, independent but seeks help when he needs it and most important of all has a strong moral compass.

We need the return of the Divine Masculine what is needed is the space for the Divine Masculine to flourish and eventually replace this toxic version of masculinity that we have driven our planet to destruction with greed and violence. This is going to take the support of the Divine Feminine

It's time to shed some light upon the issue of masculine and feminine energy, what they are and why you should learn to love and accept both.



Duality:

Light and dark. Night and day. Hot and cold. Winter and summer. Sun and moon. Inhale and exhale. Up and down. All these are examples of dualities that keep the universe function as it is.

Dualities that are based on opposite poles, which complete each other beautifully and keep the universe in perfect balance.

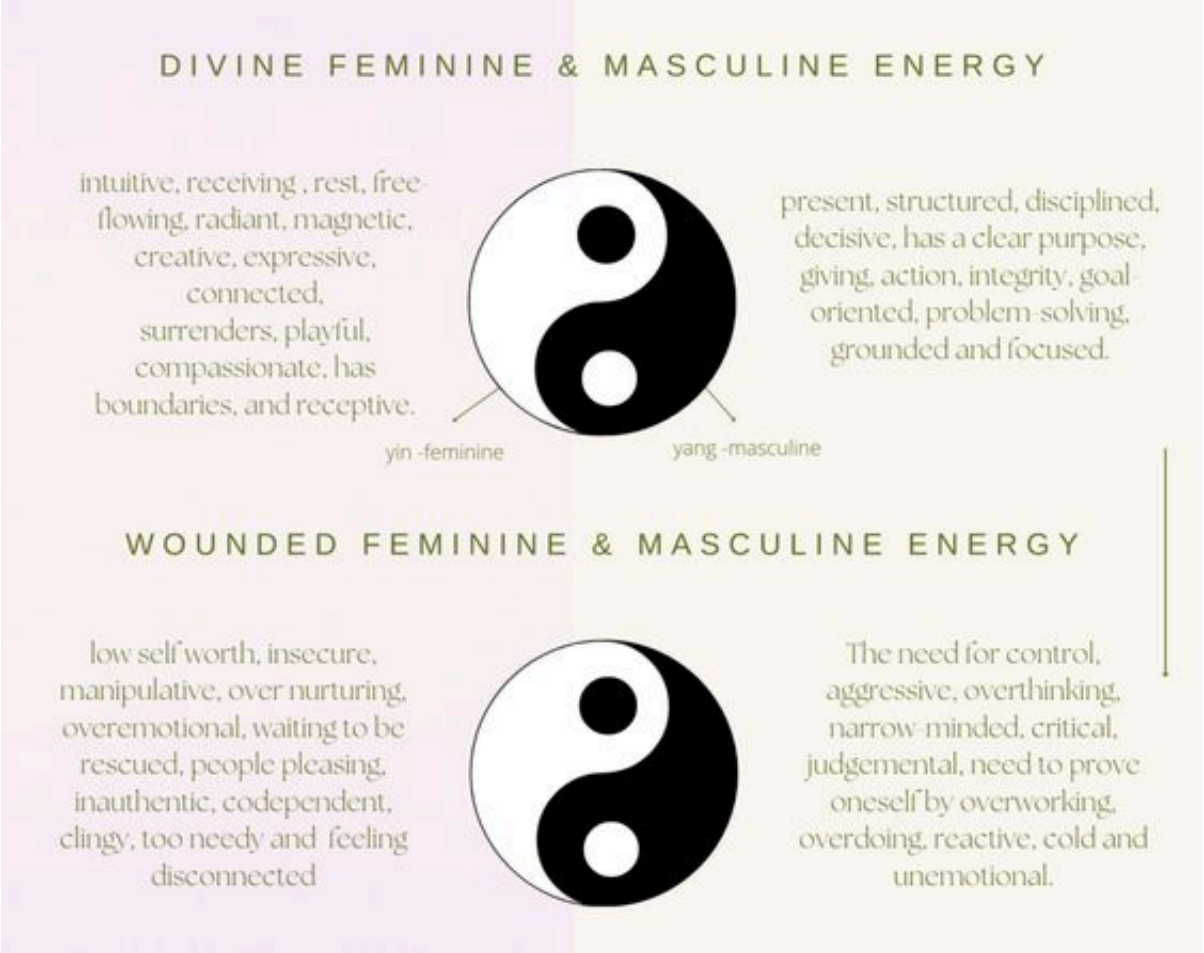
Masculine and Feminine energy form another duality, built on opposites, that help build balance in the Universe.

They can be found anywhere in the world, in one form or another. Also, as every person is a micro-universe, masculine and feminine energies can be found in all of us.

There is no right or wrong when it comes to embracing one or the other more, as they each have amazing qualities and advantages. However, to develop as spiritual beings, we must learn to love and accept both of them.

For some people, it works better to embrace masculine energy. For some, feminine energy.

At the end of the day it is about which one you are meant to embrace in this lifetime.



Masculine vs Feminine:

Yin vs yang:

To understand what is masculine and feminine energy, visualize the yin-yang model. A circle is split into two parts – the white part and the black part.

However, none of the parts are linear, they intermingle a little bit, each completing the other one perfectly.

Also, on the white side of the circle, there is a black spot, and on the black side there is a white spot, showing that there is masculinity in the feminine, and vice versa.

The black part of the circle – Yin, represents femininity, as in Buddhism and older ideologies femininity is represented by mystery, darkness, the moon, and so on.

The white side, called Yang, is the masculine, seen as strong, shiny, out in the open, and represented by the sun.

Masculine and feminine energies are complete opposites; however, none would not exist without the other.

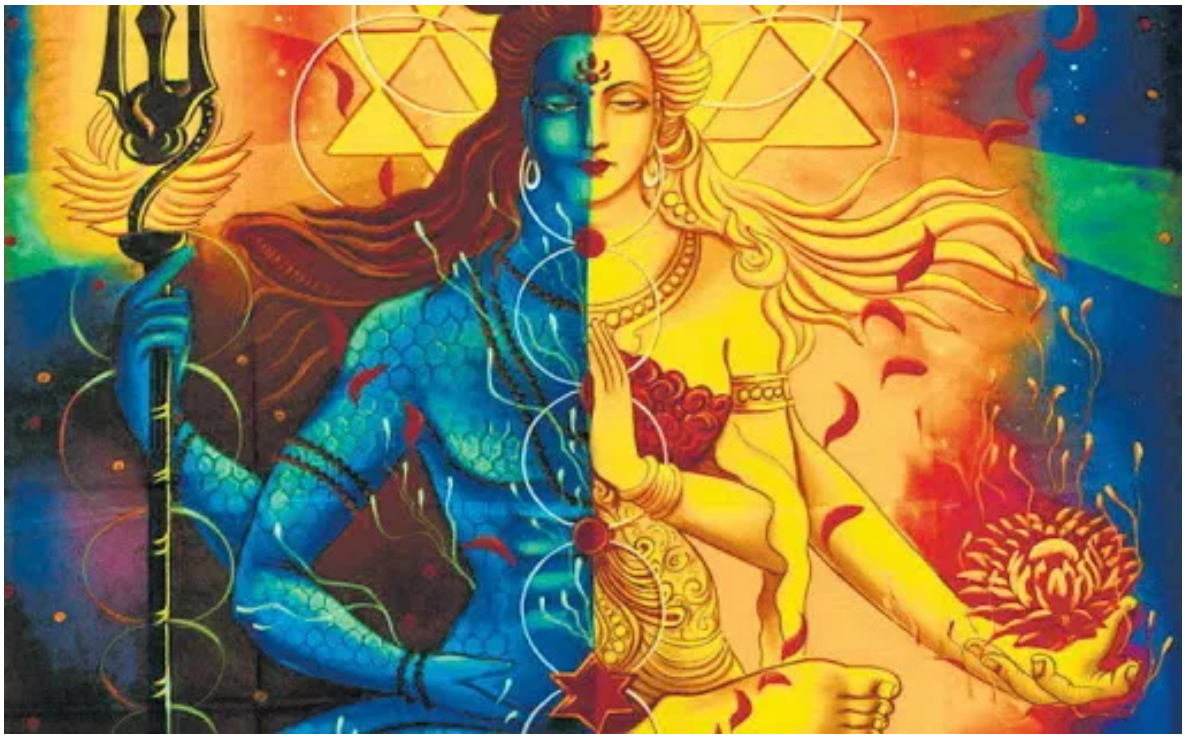
They are the cornerstone of the universe, the basis for life as we experience it, and a huge part of every human being.

If you think about it, it makes perfect sense. If you would not have the masculine energy, you wouldn't know what is the feminine. Just as, if you wouldn't have night, you wouldn't know what day is, because there would always be daytime and that would be something so natural you wouldn't know how to explain it.

We define things by contrasting them to something else, and we understand them by seeing what they are and what they are not.

If you want more information on duality here is my study guide on shadow work that has a huge section about this in it and you can watch my class on youtube about it.

shadow work.pdf



Masculine vs Feminie shiva vs skati:

Hindu mythology talks about Ardhnarishwar, half man and half woman. This Divine Being embodied both energies and then was split in half to begin life on Earth. The split happened to form the first man, *Shiva,* and the first woman, *Shakti*, as we worship them today.

This is why the world says opposites attract. We're attracting the polarity in every person, trying to feel whole through their presence in our life. And we spend most of this life collecting the missing aspects of our energy.

It is also said that the masculine and feminine energies reside in two of our 72,000 energy channels. These two channels are called *Ida* and *Pingala.*

They originate from your second chakra, the Sacral Energy Center. And they are the source of your experience of the duality of life. Then, they diverge and spiral up your Chakra System, finally meeting again at the Third Eye Chakra.

When we work on harmonizing these polarities, we experience our Kundalini energy rising through the *Sushumna*. This is the straight path enmeshed between Ida and Pingala, connecting straight up through the chakras.

The Sushumna also meets the two energies at the Third Eye Chakra.

Thus, Kundalini Energy can simply be explained as Shakti, the energy at the root of existence rising to meet Shiva, at the crown of oneness. Ultimately becoming everything and then, nothing.

And, when we talk about inner union, we embody *Ardhnarishwar*. Here, our left half is the feminine and the right is the masculine energy.

Wounded MASCULINE:

- Attachment to success
- Fear of failure
- Need to be right
- Aggressive
- Cold and distant
- Critical and judgmental
- Selfish
- Stuck in the mind, not in touch with emotions
- Defending himself & attacking

Healthy MASCULINE:

- Present without being distracted
- Nonjudgmental
- Committed and powerful
- Deep integrity and humbleness
- Focus and discipline
- Supportive and encouraging
- Grounded and of service
- Honest, logical and accountable

Wounded FEMININE:

- Looking for external validation
- Being insecure
- Manipulative
- Stuck in victimhood
- Excessively attached
- Desperate for love
- Sacrificing herself
- Over shares her emotions and has no boundaries

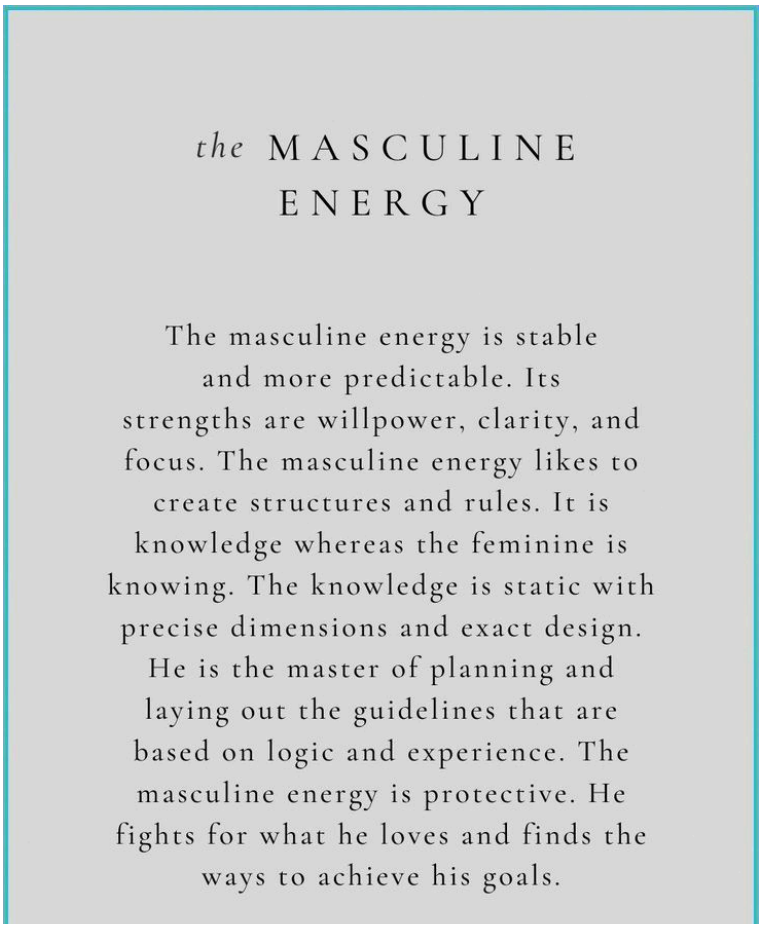
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Healthy FEMININE:

- Strong and has boundaries
- Loving and supportive
- Vulnerable, compassionate & authentic
- Receptive and confident in her body
- Intuitive and creative
- Asks for what she needs
- Enjoying the process of creation
- Able to relate to others by listening, sharing and creating a community

Some of my key findings around our duality and polar energies are:

- Souls do not have a gender, but merely pick a body type and play out the role. The more frequently they embody a certain role, the better they get at it.
- So, over time, each soul develops a preference to be born with a certain biological gender. They can even plan out their lives according to such preferences. Dr. Michael claims that we roughly pick the same gender 70% of the time.
- When souls incarnate in the opposite gender, they can find it challenging to act as such. This is often seen as a difficult lifetime, but one that brings deeper evolution.



We've already talked here about how to embrace your Divine Feminine in a previous study guide and class. Now let's get into the specifics of your Divine Masculine energy, and how activating it can drastically improve your life.

The divine masculine is an energy of expansion. It refers to focused strength and action in a manner that is in harmony with beauty and wholeness. This energy is not gender-sensitive, hence, manifests in both men and women. It is believed that the divine masculine energy is connected to the left side of the brain.

The traits and characteristics more representative for the Divine Masculine are:

- Taking action
- Assertiveness
- Physical force
- Decision-making
- Leadership
- Protection
- Logical thinking and reasoning
- Achieving
- Being goal-oriented
- Providing

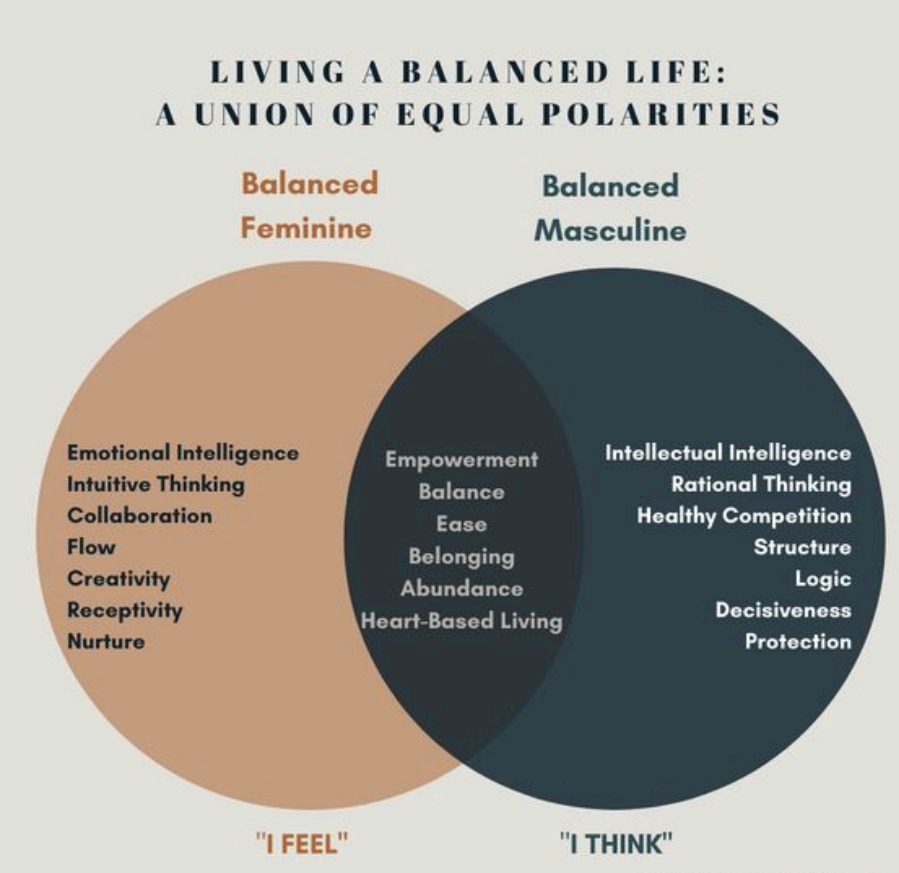
Thus, masculine energy is energy made of action, power, and strength.

If you think of the sexual anatomy of a man's body, it makes a lot of sense. The masculine sexual organs are all about force and penetration, whereas in contrast, the feminine sexual anatomy is built to be able to receive, create and shelter human life.

An individual identifying more with masculine energy, that is truly in their masculine energy, will display these traits and characteristics. Of course, at times,

they need to manifest feminine energy as well, which is why they should accept and embrace feminine traits as well.

A balanced individual identifying more with masculine energy, will manage to manifest feminine traits when needed, but he will be more grounded in masculine energy



Masculine Energy – Healed And Unhealed

Masculine energy can be expressed in healthy, or unhealthy ways. How a person expresses their masculine energy depends on the degree to which they've understood and integrated the real and healthy masculine traits.

When a person understands masculinity the wrong way, we see a display of what I call toxic masculinity.

Toxic masculinity is completely different than healthy masculinity. Below I made a list contrasting the traits of positive masculinity and those of toxic/negative masculinity:

Positive/Healthy Masculinity Vs Toxic/Negative Masculinity

Positive/Healthy Masculinity

- Assertive Dominant
- Defense-orientated
- Willing to negotiate
- Family-orientated
- Respects and values women
- Calm and balanced
- Solves problems rapidly
- Makes friends easily

Toxic/Negative Masculinity

- Protective Aggressive
- Offense-orientated
- Gives commands
- Unable to commit
- Objectifies women
- Gets angry very easily
- Creates more problems through aggression
- Always in competition with other people

As you can see, healed masculinity looks very different from toxic masculinity.

If you recognize yourself more in the traits listed on the right side of the table, it's time to start changing how you perceive masculinity.

There are also times when An individual identifying more with masculine energy have too much or too little masculine energy, and none of these situations is healthy for them.

<u>In a relationship, masculine energy is expressed healthily by:</u>

- Looking after the feminine side, protecting her and cherishing her
- Showing unconditional love and respect for the feminine side
- Supporting the feminine side of the relationship, even providing financially when needed
- Bringing resources as well as emotional security in the relationship
- In the early stages of the relationship, the masculine side is the one that does most of the courtship
- Offering secure and stable attachment
- Leading the relationship with gentleness, allowing the feminine side to make the decisions she wishes to make
- Showing determination, logical thinking, and quick problem-solving skills



I will remind us all though that we all have masculine and feminine energy regardless of our sex,gender, or how we identify. And when we're too far on one side or when we see either energy as bad – that generally means we're in a wounded state and misunderstanding what the Divine aspects are.

Oftentimes when we need to heal our wounded masculine it means that we don't have a strong spiritual connection. It is in our nature to honor a higher power, to show some degree of devotion to the Universe, God, or Creator – whatever you want to call it.

When we don't do this, there's a tendency to show devotion to people or institutions instead. We see people worshipping doctors, medicine, political figures, universities, and certain ideas & values instead. This is not a healthy switch. It keeps us in the Ego, tethered to our physical experience and out of spirit. So just know there may be more room to heal with masculine energy this way, to include trusting in the Higher Spirit.



<u>Ways to Consciously Balance the Masculine Energy</u>

1. **Become comfortable in your own skin.**

For me, knowing that there's no such thing as "right" or "wrong" helped me grow confident in my decisions. And once I started valuing my uniqueness and equally unique thought process, it helped build my self-esteem. Ways to this are thru meditation, affirmation, shadow work, astral travel, reach out to your guides, there are so many things you can do.

2 – Balance your chakras.

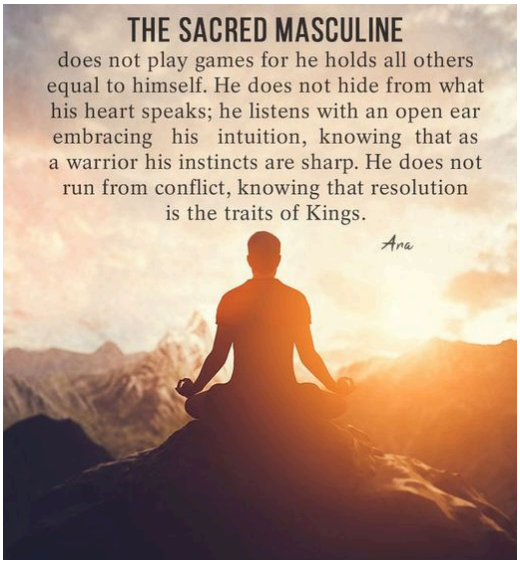
I love how interrelated the two modalities have been in my journey. I enjoy flowing between the two, in my explanation of self-healing tools. For the masculine energy, based on the signs we discussed above, there are two chakras that stand out.

One is the Solar Plexus, which fuels our sense of self, and helps us take inspired actions. If your solar plexus isn't in balance, you're going to procrastinate.

And second, is the Heart Chakra. It allows your relationships to stop being too transactional and brings back that human touch people crave from you. This chakra helps heal *both* aspects of our energy, and is therefore a quick fix! Well, at least relatively speaking.

3 – Develop your discipline.

Maybe you have a tough time continuing a new habit after the motivation fizzles out. You need to realize that motivation is for starting something, but it takes discipline to keep going. The inspiration comes from feminine energy, but it takes masculine energy to drive the idea to completion.



#4– Tune into your emotions.

The masculine energy doesn't know how to process emotions because it's about agility and "what-next". So if you have a tough time being empathetic towards others, or expressing your emotions, try:

- Journaling how different events from the day or past made you feel,
- Have conversations where you are NOT giving advice, but simply listening,
- Be open and vulnerable, sharing a little more than you allow yourself to,
- Write letters and express your love and gratitude to people.

5.Air & Fire Elements As Divine Masculine Energy Support

I recommend that you work with the Elements of Nature. Air and Fire are more yang elements since they're lighter, hotter, ethereal, related to power & thought, and experienced energetically in the 3rd chakra (Manipura – Solar Plexus) and 4th chakras (Anahata – Heart). So I consider them to be more masculine energy.

6. Heal Your Father

Do you have any grudge or unresolved issues with your father, grandfather, or any other father figure? It could be anger or hatred you have for the trauma, abuse, or neglect you went through as a child. Or, it could be a sense of betrayal when your father figure gave you up for adoption. Whatever the source, strive to let go and make peace, even if this father figure is no longer alive.

#7. Heal Your Sexuality

If your sexuality revolves around seeking instant gratification or body pleasures, you need to change this perspective. By learning everything about the relationship between sexuality and divine masculinity, you will discover that your sexuality can be a great source of creativity and inspiration. Hence, you can create whatever you want from a powerful perspective. Start by reading more about the sacredness of sex and how you can practice what you learn.



8: Physical Movement

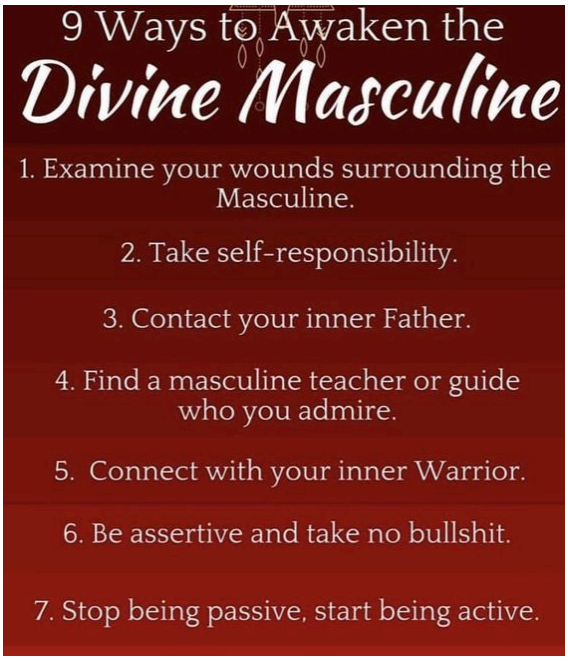
Divine masculine awakening requires you to be a person on the move. For example, you can take part in martial arts to build your physical and mental power. Or, enroll at the gym. Your divine masculine energy gets outlet through these physical activities.

9: Care for Others

As mentioned earlier, divine masculine energy has a giving nature. It wants to serve and share with others. Therefore, to awaken it, find a course that is bigger than you. Share your skills with those who need them.

10: Lead a Purposeful Life

Embark on a soul-seeking journey to figure out your purpose in life. Ask deep soul questions about your existence, where you come from, and why you are here today. By doing so, you learn to live truthfully without fear of taking risks. Hence, your divine masculine energy will follow that direction to fulfill your life purpose.



Father Wound

AFFIRMATIONS

I am ready to forgive and heal

I free myself from the burden of carrying this pain and resentment

I am ready to release all anger and bitterness towards my father

I lovingly free my father of all expectations past, present and future

I am ready to release all losses, disappointments, and unmet needs

I forgive my father for not being who I wanted and needed him to be

Fathers are humans and humans aren't perfect

As I forgive my father and set him free, I set myself free

I have compassion for my father's childhood

I see my father as a tiny child who needs love and affection

I see now that my father was doing the best he knew how

I now give myself the love and approval I once craved from my father

I release my father of who I would like him to be and I see him for who he is

I move towards a loving and compassionate relationship with my father

I invite loving, masculine energy into my life now


Feminine Energy
Receptive
Passive
Contractive
Intuitive
Inward
NATURAL FEMININE
Unconditional Love
Understanding
Nurturing
Tenderness
Kindness
Intuitive
Creative
Feeling
Stilness
Flow
Radiance
Surrender
Sensitivity
Emotional
Ease
Allowing
WOUNDED FEMININE
Victime
Powerless
Weakness
Manipulation
Withholding
Neediness
Co-dependency
Over-sensitivity
Over-emotional
Find the
BALANCE
Masculine Energy
Projective
Active
Giving
Expansive
Outward
NATURAL MASCULINE
Confidence
Inner Strength
Responsibility
Focus
Logical
Support
Stability
Direction
Protection
Clarity
Boundaries
Courage
Discipline
Capable
Certain
Assertive
WOUNDEN MASCULINE
Perpetrator
Abuse of power
Dominance
Aggression
Control
Competitive
Confrontational
Criticism
Abuse
Avoidance
Unsupportive
Unstable


FEMININE
DIVINE FEMININE
intuitive
grounded
receptive
reflective
strong
boundaries
empathetic
compassionate
magnetic
supportive
vulnerable
authentic
flows through life
effortlessly
surrendered,
open
trusting
creative
WOUNDED FEMININE
insecure
needy
co-dependent
manipulative
inauthentic
over-emotional
victim
MASCULINE
DIVINE MASCULINE
deeply present
doesn't judge
supportive
has discipline
focused
logical
confident
protective
honest
accountable
has integrity
humble
boundaries
offers stability
& security
responsible
WOUNDED MASCULINE
controlling
aggressive
withdraws
avoids
too competitiv
abusive
unstable

Now, that we have discussed divine masculine, what it is, the different views, how to know if it is out of balance and how to work with it in general. Next we will talk about how to work with in the deity since with GODS.

Below is my study guide on basics deity work we will go over next!

All About Deity work Study Guide