

MASCULINE AND FEMININE POLARITY WORK

The Mirror

The Mature Feminine

Self Assured
 Diversity
 Empathy
 Devoted To The Masculine
 Compersion, Feels Joy For Another's Joy
 Intuitive
 Accepting
 Creativity
 Freedom and Trust
 Healing
 Love



The Mature Masculine

Humble
 Interdependence
 Honouring
 Worships The Feminine
 Magnanimous And Generous
 Emotional And Mental Balance
 Selflessness
 Wisdom And Discernment
 Responsibility, Holding Space, And Boundaries
 Mindfulness
 Love

the immature feminine (*and shadow*)

attention seeking (*self harming*)
 attachment (*addiction*)
 blaming (*lying and framing others*)
 manipulates, seduces, and controls the masculine
 (*emasculates and feminizes the masculine*)
 jealous and resentful (*vengeful*)
 overly emotional and cathartic (*hysterical*)
 passive aggressive and jealous (*hatred and spite*)
 victim (*craves abuse from others*)
 anxious (*paranoid*)
 unconscious (*harmful sex*)
 fear

the immature masculine (*and shadow*)

arrogant (*megalomaniac*)
 ownership (*slave master*)
 shaming (*bullying*)
 hates, dominates, and suppresses the feminine
 (*violence, imprisons others, prejudice, and racism*)
 selfishness and greed (*egocentric*)
 disconnects through intellect (*cold-hearted*)
 competitive (*warmongering*)
 judgmental (*dictating*)
 avoidant (*emotional isolation and self-reliance*)
 unconscious (*harmful sex*)
 fear

Masculine and Feminine traits act as a guide only. Traits, emotions and values should not be made binary as most can be applied with a Masculine or Feminine energy. Separation in this way is helpful for self understanding and integration.

MASCULINE AND FEMININE POLARITY WORK

Evolving The Masculine And Feminine

The Mature Feminine

Self Assurance
 Diversity
 Empathy
 Devotion To The Masculine
 Compersion, Feels Joy For Another's Joy
 Intuitiveness
 Accepting
 Creativity
 Freedom And Trust
 Healing
 Love

the immature masculine into The Mature Masculine

arrogance >into> Humbleness
 ownership >into> Interdependence
 shame >into> Honouring
 domination of the feminine >into> Worshipping The Feminine
 selfishness and greed >into> Magnanimous And Generous
 intellectual disconnect >into> Emotional And Mental Balance
 competitiveness >into> Selflessness
 judgementalness >into> Wisdom And Discrenment
 avoidance >into> Responsibility, Holding Space, And Boundaries
 unconsciousness >into> Mindfulness
 fear or the absence of love >into> Love

The Mature Masculine

Humbleness
 Interdependence
 Honouring
 Worshipping The Feminine
 Magnanimous And Generous
 Emotional And Mental Balance
 Selflessness
 Wisdom And Discernment
 Responsibility, Holding Space, And Boundaries
 Mindfulness
 Love

the immature feminine into The Mature Feminine

attention seeking >into> Self Assurance
 attachment >into> Diversity
 blaming >into> Empathy
 manipulating the masculine >into> Devotion To The Masculine
 jealous and resentful >into> Compersion, Feels Joy For Another's Joy
 overly emotional and cathartic >into> Intuitive
 passive agression >into> Accepeance
 victimhood >into> Creativity
 anxiousness >into> Freedom And Trust
 unconsciousness >into> Healing
 fear or the absence of love >into> Love



EVOLVES >>



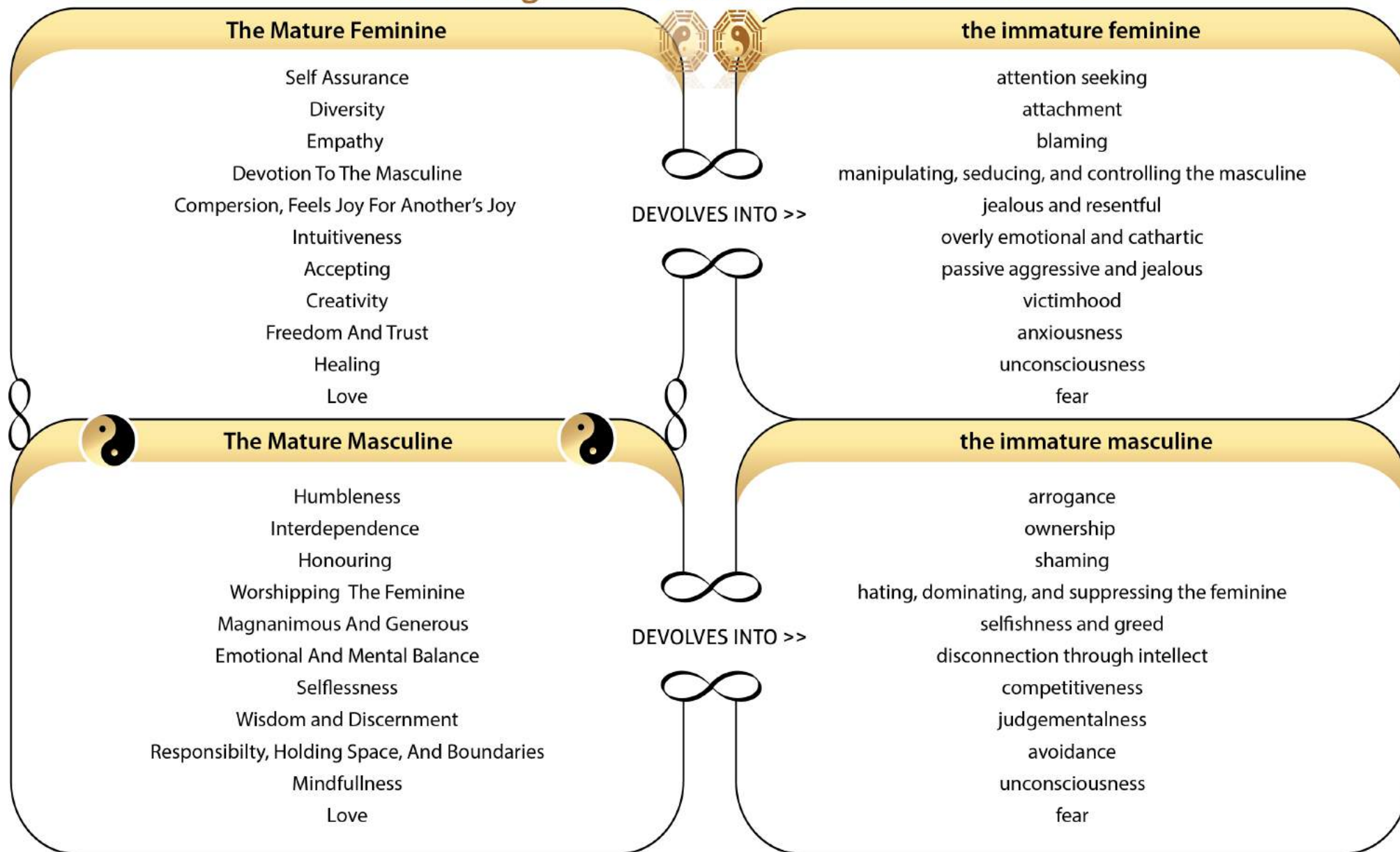
EVOLVES >>



Masculine and Feminine traits act as a guide only. Traits, emotions and values should not be made binary as most can be applied with a Masculine or Feminine energy. Separation in this way is helpful for self understanding and integration.

MASCULINE AND FEMININE POLARITY WORK

Devolving The Masculine And Feminine



Masculine and Feminine traits act as a guide only. Traits, emotions and values should not be made binary as most can be applied with a Masculine or Feminine energy. Separation in this way is helpful for self understanding and integration.

MASCULINE AND FEMININE POLARITY WORK

the immature's shadow

the immature feminine

attention seeking
attachment
blaming
manipulates, seduces, and controls the masculine
jealous and resentful
overly emotional and cathartic
passive aggressive
victim
anxious
unconscious
absence of love or fear



SHADOW SIDE >>



the immature feminine's shadow

self harming
addiction
lying and framing others
emasculates and feminizes the masculine
vengeful
hysterical
hatred and spite
craves abuse from others
paranoid
harmful sex
fear

the immature masculine

arrogant
ownership
shame
hates, dominates, and suppresses the feminine
selfishness and greed
disconnects through intellect
competitiveness
judgmental
avoidant
unconscious
absence of love or fear



SHADOW SIDE >>

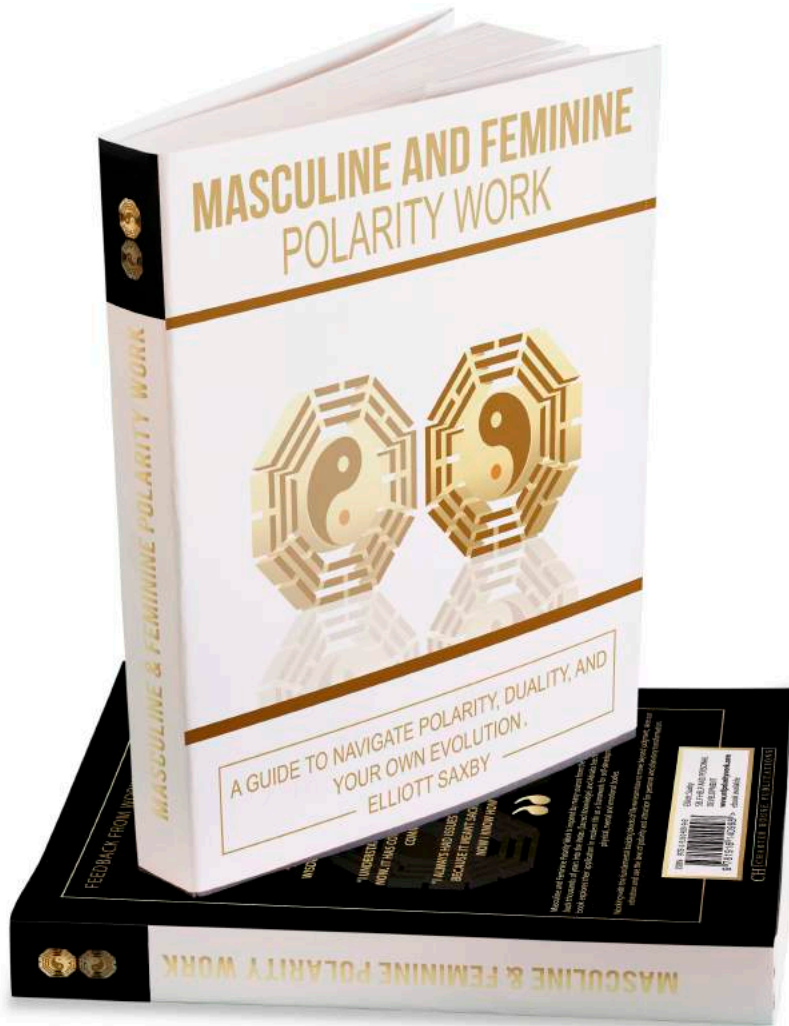


the immature masculine's shadow

megalomaniac
slave master
bullying
violence, imprisons others, prejudice, and racism
egocentric
cold-hearted
warmongering
dictating
emotional isolation and self-reliance
harmful sex
fear

Masculine and Feminine traits act as a guide only. Traits, emotions and values should not be made binary as most can be applied with a Masculine or Feminine energy. Separation in this way is helpful for self understanding and integration.

The polarity framework from the book “Masculine & Feminine Polarity Work”



If you find these four maps helpful and want to understand more about my work: polarity work, de-armouring, or Kundalini, you can

1. buy [the book](#)
2. join the online course www.kundalinibodywork.online
3. or attend a [workshop](#)