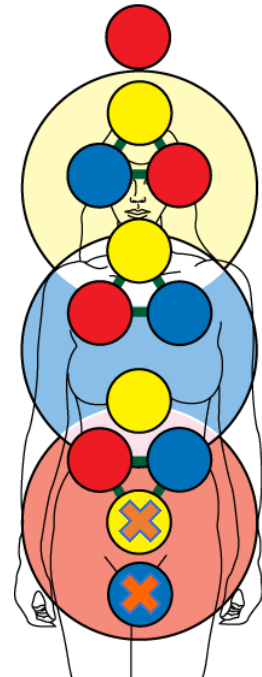




## Divine Masculine and Feminine Energy

### Root and Navel

- The root and navel energies are the foundational energies of a person
- They are activated by early childhood experiences with father and mother
- When open they create stability in one's life
- Wounds are typically from very early childhood (under the age of 5)
- Root issues always involve father or male authority figures, they are about safety and security
- Navel issues always involve mother or female authority figures, they are about nurturing and satisfaction



## The “Game” of Relationships

- Relationships are a game, which has rules and goals
- If you learn the rules, you can use them to play the game well and achieve your relationship goals
- *The Enchantment of Opposites: How to Create Great Relationships* by Patricia Huntington Taylor provided some of the best information I’ve ever read on the male-female relationship game
- Other useful books this material comes from are listed at the end



## Roles versus Rules

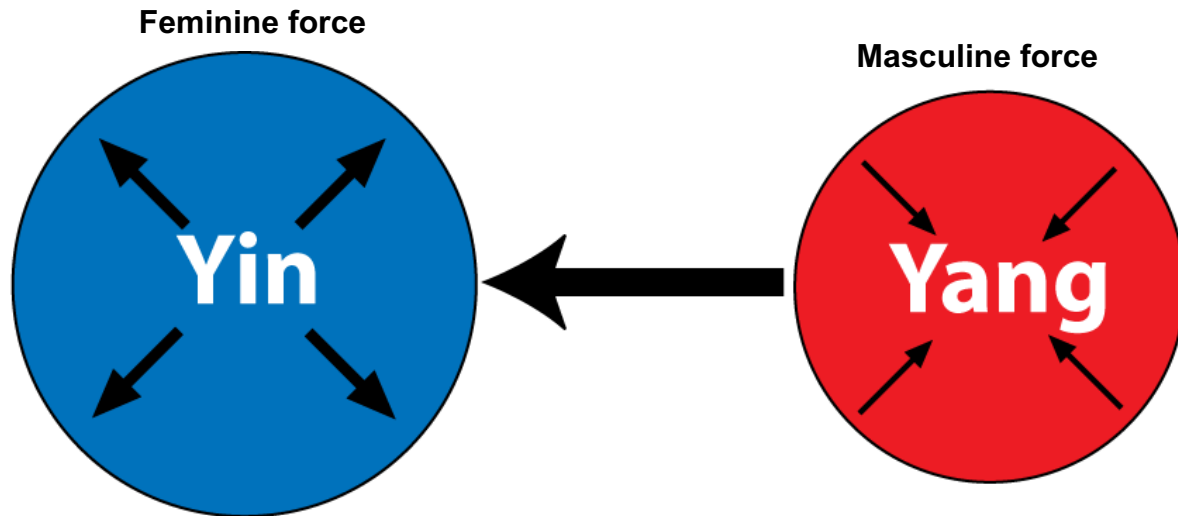
### Roles

- The portion of a common effort that you are agreeing to make
- Some roles can’t be changed (mother, father, son, daughter)
- Other roles are adopted (husband, wife, teacher, friend)

### Rules

- Expectations of the proper behaviors or actions that should be performed by a person with a different role
  - People have different expectations of the rules involved in different roles
- 
- Rules for the roles you have in a relationship must be discussed and mutually agreed upon
  - There is no reason you have to stick to the relationship rules you were brought up with

## The Forces of Polarity



## Basic Masculine and Feminine Energies

### Masculine (Yang)

- Protects
- Gives
- Receives Back
- Pursues
- Provides
- Goal Oriented
- Am I Useful (Productive)?

### Feminine (Yin)

- Nurtures
- Receives
- Gives Back
- Attracts
- Supports
- People Oriented
- Am I Desirable (Attractive)?

## Primary Relationship Roles

### Yin (Feminine Role)

- Receiving role (receives from the yang)
- Gives back to the yang when full (satiated)
- Cherished follower role (wants to be protected and cared for)
- Gives respect (honors the leadership role by listening to counsel) in exchange for being cherished
- Examples:
  - Child
  - Employee
  - Customer
  - Traditional role of a wife

### Yang (Masculine role)

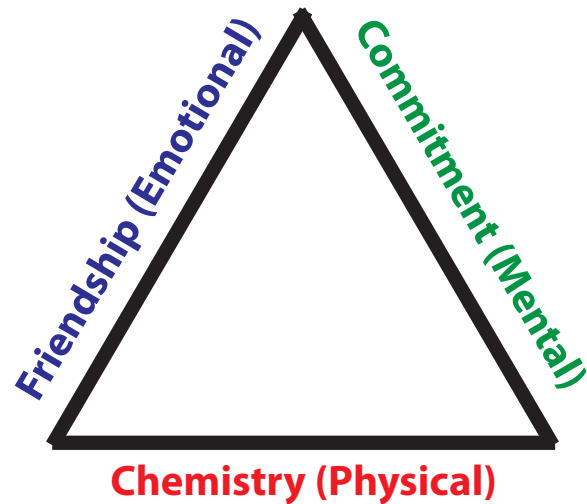
- Giving role (gives to the yin)
- Receives from the yin when depleted (emptied)
- Respected leader role (wants to protect and care for and counsel)
- Cherishes (honors the follower role by caring about feelings) in exchange for being respected
- Examples:
  - Parent
  - Employer
  - Salesperson
  - Traditional role of a husband

Which Role Do You Want?

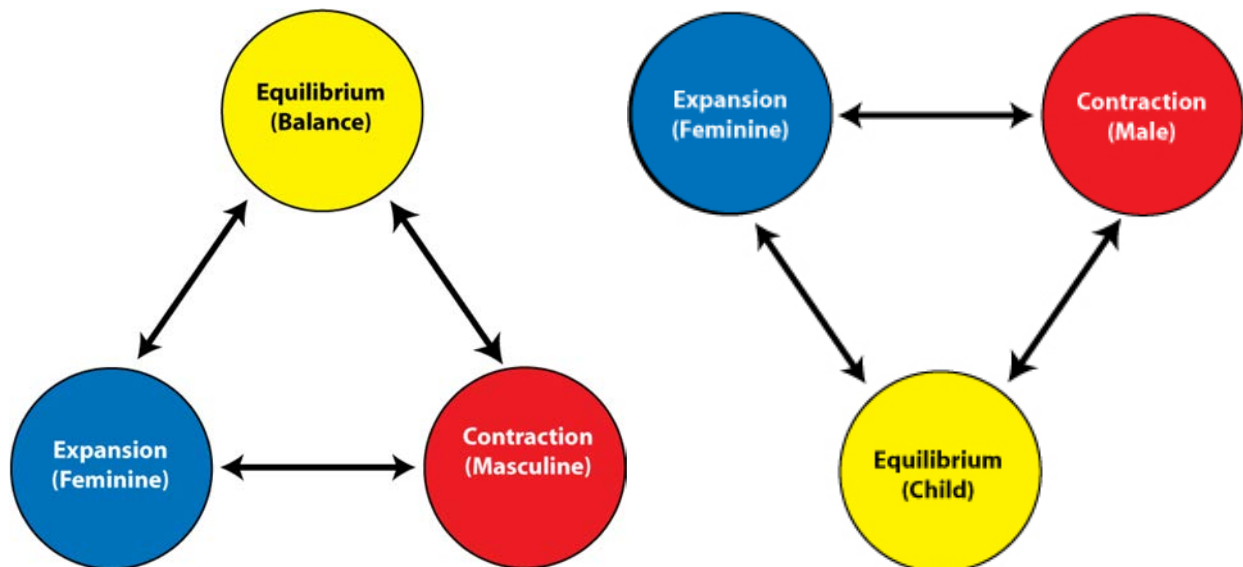


## Three Aspects of Healthy Sexual Relationships

- Desire – physical attraction or what we call chemistry (physical)
- Friendship – common goals, willingness to care and watch out for each other (emotional)
- Commitment – agreement to stay together and work through differences (mental)

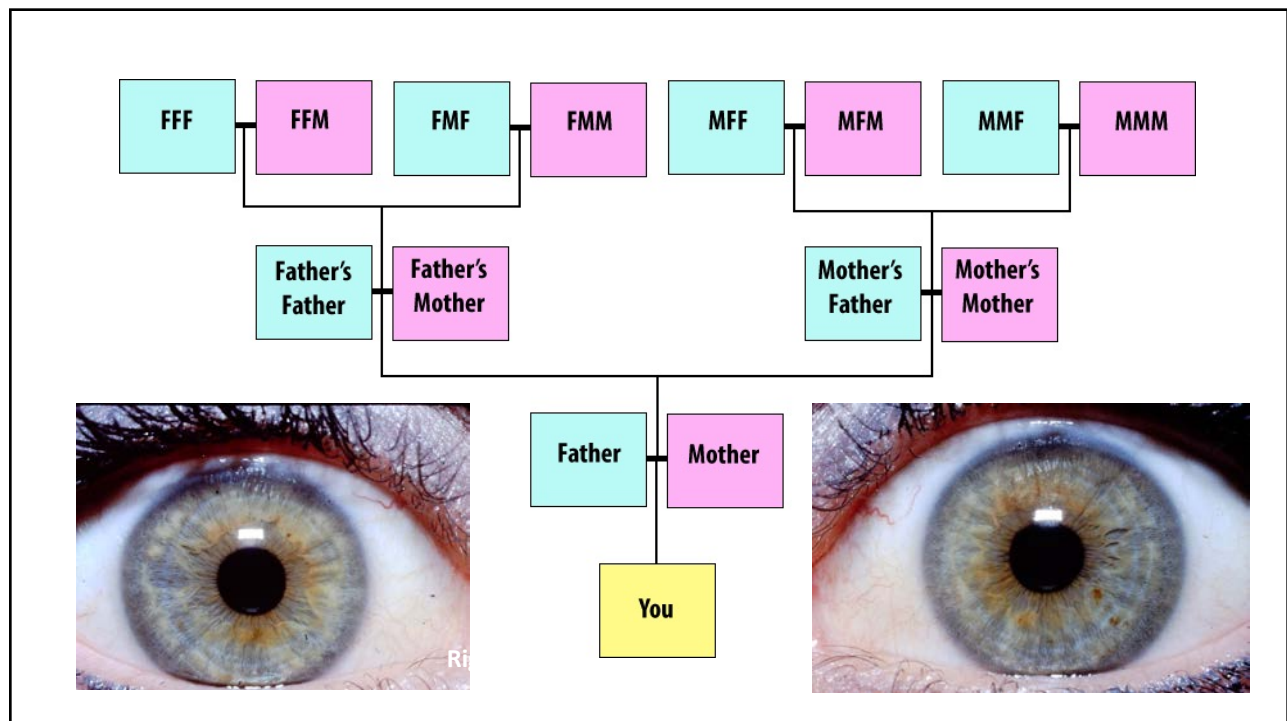


## The Trinity of Family Energetics





## We Are an Attempt to Create Balance Between Our Parents



## Attraction

- Attraction comes from differences (like the north and south pole of a magnet)
- If male and female energy were the same there would be no attraction between the sexes
- Trying to be too much like the other sex kills attraction
- When differences are recognized and appreciated there is strong bonding between a man and a woman



## Men and Women Don't "See" the World in the Same Way

- We assume that other people see, hear and perceive the world the same way we do
- This simply isn't true
- And, it is especially harmful to believe men and women see the world the same way
- Male and female brains and sensory organs perceive the world differently



## Estrogen and Testosterone

- Estrogen and testosterone don't just create the physical differences we see between the sexes
- They also create differences in sensory awareness and brain function
- These differences are biological, not the result of social conditioning
- Although men have some estrogen, and women some testosterone the gaps between them tend to be quite large



## Liberating the Sexes

- From my perspective, the “women’s lib” movement wasn’t a “win” for either sex because it said that men should be more like women and women more like men
- Trying to create equality by eliminating difference isn’t creating equality, it’s creating conformity
- People of either sex should be valued for their strengths and supported in their weaknesses; that’s what relationship is all about
- True liberation would see feminine (yin) qualities as being equally valuable as masculine (yang) qualities





## The Man-Woman Game

- “The man/woman game is a non-reciprocal, asymmetrical, and unfair game”
- It is a game of unifying aliens (people who are NOT the same)
- Example: ice cream and apple pie
- The difference in players makes the game more interesting



## Basic Gender Roles

### Men

- “Men are producers. They are constantly scanning for the next thing to do.”
- “By productive, we mean capable of producing the experiences women want. A man’s production is more than financial.”
- “The producer is the one who gets things done.”
- “Men want winning cycles.”
- “Men are production junkies.”

### Women

- “Women are born to want. The best wanters were the best nurtures for their offspring.”
- “To want is to have appetite.”
- “The wanter is the one who brings things into being by virtue of her desires.”
- “She wants it all: Attention, Necessities, and Extras, and in that order

# The Language of the Sexes

## Manese

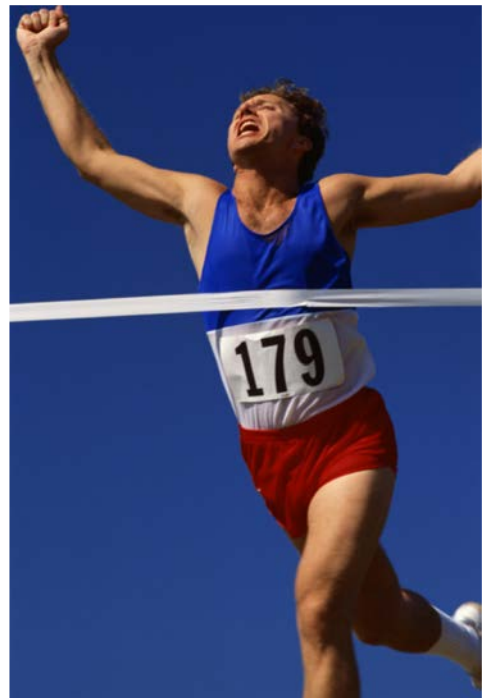
- Logical and goal-oriented
- Slow and methodical, men need time to change course as they like the status quo
- Men love to discuss how something works, what needs to be done or how it can be done
- To men, women change subjects so fast they can hardly track what they say
- Men grumble when they have to change course, but it's OK

## Womanese

- Rapid, multi-tracking, multiprocessing with many thoughts coexisting in a non-linear, supra-logical fashion
- Supra-logical thinking transcends logical thinking because it includes feelings, intuition and free association
- This allows women to deal with many things at once
- As a result, men's thought processes seem slow to women

## Winning

- Men can go without food, sleep or acknowledgment to achieve their tasks
- "Women who understand that men thrive on winning cycles go out of their way to give winning cycles to their men."
- They acknowledge their men when the winning cycles are complete



## The Male Mantra

- Am I useful?
- Am I useful?
- Am I useful?
- Men are constantly questioning their own ability to produce
- You can never reassure a man too much that you appreciate his productivity
- His desire to be productive is insatiable



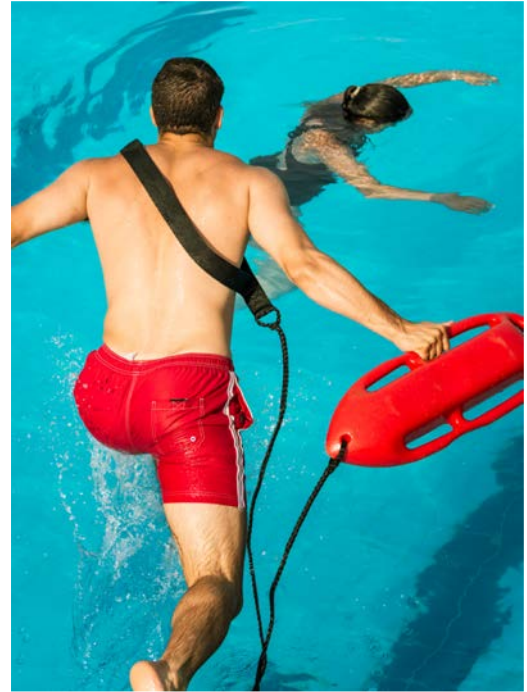
## The Female Mantra

- Am I attractive?
- Am I attractive?
- Am I attractive?
- Women are pleasure-oriented rather than goal oriented
- Most women are trained to limit their wants from early childhood
- Women who lose their appetite are losing, and causing men to lose, too



## Danger and Pleasure

- Men: first into danger
- Women: first into pleasure
- Gentlemen have the courage to remain calm when a woman is in a bad mood and women will reward them with their pleasure
- Men can also “take the rap” when something bad happens, such as being late



## Inner Doubts

### Men

- “Men: Remember a time when you did something successfully, and won praise. How did it feel? How long were you able to bask in the glow of glory? Did you stop seeking to be successful?”

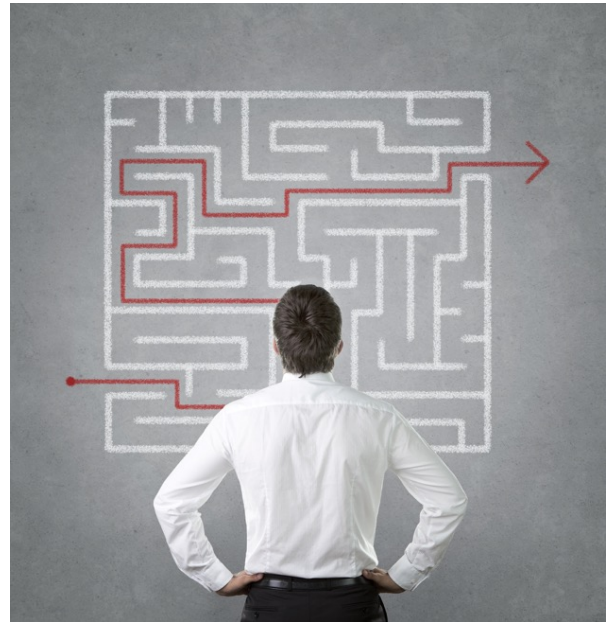
### Women

- “Women: Think of times when someone complimented you on your appearance. How long did the compliment satisfy your need? Even if at the time you believed the compliment, did you stop looking in the mirror?”

- “Do not buy into your partner’s gender-based doubt.”
- If you agree with your partner’s doubts, you are reinforcing their innermost fears. Never agree with your partners doubts. Instead, believe in their ability more than they do.

## What and How

- The wanter (woman) defines the what
- The producer (man) defines the how
- Men love to solve problems and pride themselves on their ability to “fix” things
- When a woman tries to tell a man how and what, he thinks that she doubts his ability to produce



## For Women: Getting What You Want from Men

- Learn how to make attractive requests
  - Ask with enthusiasm and trust for something specific the man can actually deliver
  - Request the what, leave the how (and when) up to him
  - Make sure you genuinely want what you are asking for
  - Consume it with relish when he produces it
  - Say thank you and/or give him a win for producing it
- Men don't respond to requests if:
  - They don't believe the order was genuine and really wanted
  - He doubts he can do it, or feels her doubt that he can do it (he doesn't want to lose)





## Acknowledging Men

- Men love to be praised and admired for their productivity, especially publically
- Deliver genuine acknowledgment with enthusiasm
- Be brief, do not exaggerate or embellish
- A smile, touch or “thank you” can see a guy through a lot of effort
- Don’t give if undeserved



## For Men: Acknowledging Women

- You cannot give too much acknowledgment to women
- Deliver the genuine acknowledgment with enthusiasm
- Provide details, including exaggerating and embellishing
- Acknowledge both her production and her appetite

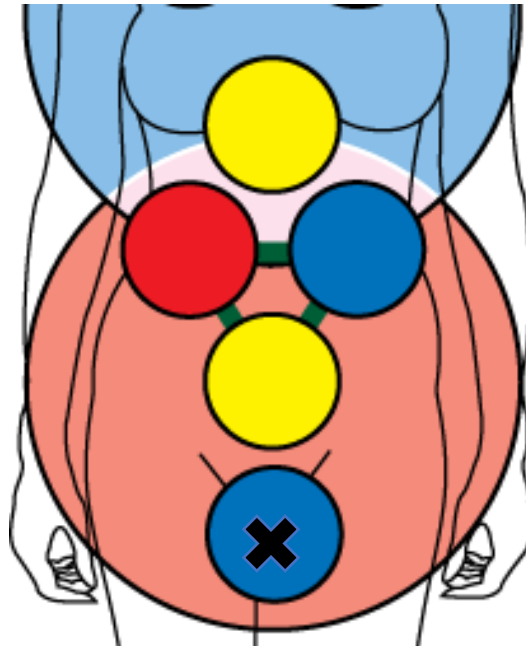


## Suggested Further Reading

- **Why Men Don't Listen and Women Can't Read Maps** by Allen and Barbara Pease
- **Why Men Don't Have a Clue and Women Always Need More Shoes** by Allen and Barbara Pease
- **Staying Married and Loving It** by Patricia Allen
- **Getting to "I Do"** by Patricia Allen
- **The Myth of Male Power** by Warren Farrell
- **Self-Made Man** by Norah Vincent
- **His Needs, Her Needs** by William F. Harley, Jr.
- **Love Busters** by William F. Harley, Jr.
- **Buyers, Renters and Freeloaders** by William F. Harley, Jr.
- **The Five Love Languages** by Gary Chapman
- **The Proper Care and Feeding of Husbands** by Laura Schlessinger
- **The Enchantment of Opposites** by Patricia Huntington Taylor

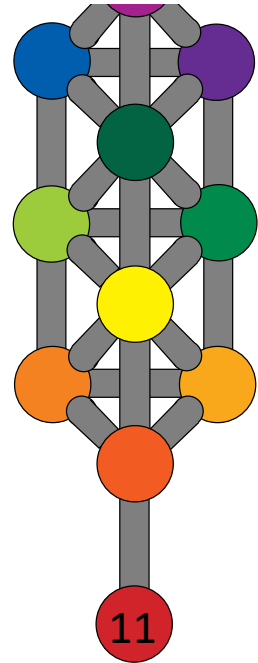
## Root Energy Center

- Is located between the legs and tested over the pubic area
- Is a positive (sending) pole in men and a negative (receiving) pole in women
- Women draw energy "upward" from the earth and men send energy "downward" into the earth



## Tree of Life Concepts

- Range of meaning of Sphere 11 (Kingdom)
  1. vested or temporary authority
  2. be brief, temporary
  3. finite, temporal
  4. temporality, time
  5. an event, to happen, to occur
  6. begin over, to continue, be on going
  7. endure, last, to dwell, remain indefinitely
  8. overcome, have power, dominion
  9. reign, be sovereign, kingdom
  10. royalty, regal, symbolized by the diadem
- Balanced at Sphere 0 (Eternal, Endless)



## Having “Roots” and Being Grounded

- The root energy is the ability to “ground” oneself in the physical world
- It extends through the legs and feet allowing one to stay connected to the earth or the physical world
- A strong root energy allows one to feel stable, secure, confident and strong
- A person with good root energy is able to “stand their ground,” that is, to be “rooted” in the ground they are standing on



## Being “Unrooted”

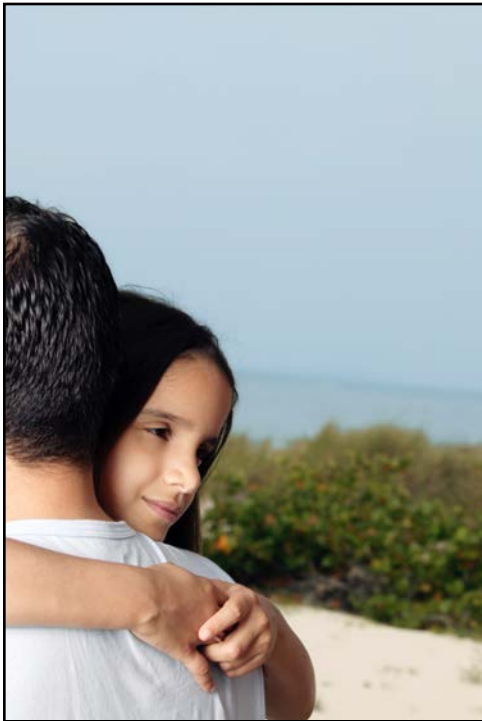
- Lack of energy in the pelvis and legs will create stiffness and a lack of graceful movement
- People who lock their knees, stand stiff-legged and hold tension in their pelvis are easier to “knock down”



## Root Energy and Sexuality

- Sexual intercourse takes place at the root energy center
- Sexual pleasure is linked with the ability to move the pelvis freely and gracefully
- Shame causes one to “tuck in one’s tail” or otherwise hold tension in the pelvis, which inhibits sexual pleasure
- Tension in the pelvis is a sign of being overly shamed about the body and its functions in childhood





## Root Energy Develops With Safety

- Feeling protected as a child allows a child to develop strong roots
- In other words, “home” is the “nest” the place on earth where we have a sense of safety
- Feminine energy builds the home, but masculine energy protects the home
- The absence of safety (i.e., a sense of protection) in childhood can inhibit the development of root energy
- This is the essence of this emotional “wound”

## Positive Root Energy

- Sense of safety
- Feeling secure
- Feeling like I have a “place” or home on earth
- Able to form lasting connections with family, nature and the world
- Ability to connect sexually





## **Sources of Root Emotional Wounds**

- **Being sexually molested by father, other males (or in rare occasions by women) or being raped**
- **Being physically abused by father or mother (or other guardians)**
- **Being verbally abused (belittled) by father**
- **Not feeling protected by father from physical or verbal abuse by others (including mom)**
- **Lack of a healthy father figure in childhood (abandonment) or being unwanted by father**

## **Root Physical Health Issues**

- **Structural: Weakness of the legs, knees, ankles, feet or pelvis, lack of a sense of balance**
- **Excess weight on hips and thighs**
- **Urinary: Bladder infections, irritable bladder**
- **Lack of sexual enjoyment**
- **Female Reproductive Issues: PMS, uterine fibroids, endometriosis, vaginitis, etc.**
- **Male Reproductive Issues: Erectile dysfunction, prostatitis, BPH**

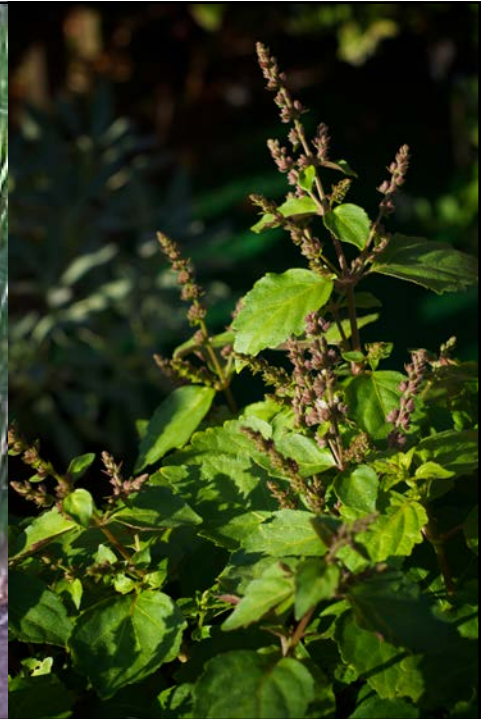


## Root Center Affirmations

- fully experience and enjoy my sexuality.
- I am happy that I am a man (or a woman).
- I am safe and protected.
- I have a place in this world.
- I sense my connection to the earth and feel grounded.
- My father and other men love and protect me unconditionally.

## Root Essential Oils

- Bergamot
- Black Pepper
- Cinnamon
- Clove
- Coconut
- Cypress
- Frankincense
- Helichrysum
- Myrrh
- Patchouli (pictured)
- Sandalwood
- Vetiver (pictured)
- Violet
- Ylang Ylang

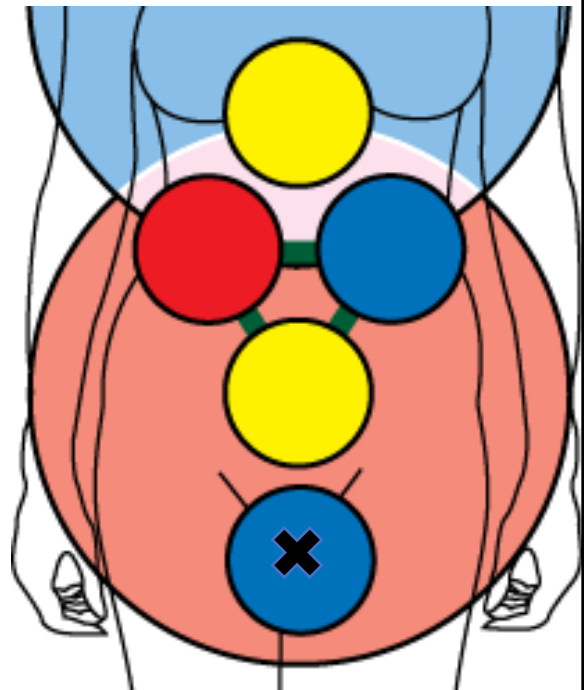


## Flower Essences for Root Energy

- Baby Blue Eyes (FES): insecurity, cynical mistrust, father problems.
- Basil (FES): polarizing sexuality and spirituality, marriage problems.
- Dogwood (FES): Lack of grace due to trauma stored in the body
- Fuchsia (FES): False states of emotionality covering pain and trauma.
- Golden Ear Drops (FES): Uncovering suppressed memories of childhood
- Pine (Bach): Undo guilt and shame from being abused
- Scarlet Monkey Flower (FES): Fear of intense emotions, sexuality, unable to express anger about abuse.
- Sticky Monkey Flower (FES): Confusion about love and sexuality.
- Sweet Pea (FES): Wandering, social alienation, not having a place on earth.

## Navel Center

- Is located directly over the navel (belly-button)
- Is a positive (sending) pole in women and a negative (receiving) pole in men
- Emotional seat of being “nurtured” or “nourished”

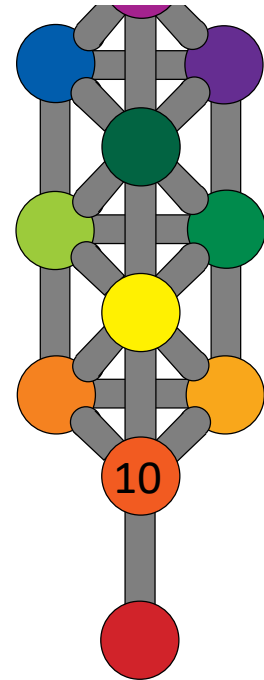


# Tree of Life Concepts

- Range of meaning of Sphere 10 (Foundation)

1. disintegrating, unreliable, unstable
2. vacillating, indecisive, changing
3. circumstantial, conditional, individual
4. the masses, common
5. general, universal
6. unchanging, immovable
7. preserving, maintaining
8. reliable, sure, righteous
9. stable, steady, structure, foundation
10. established, complete, everlasting

- Balanced at Sphere 1 (Crown)



## Foundation Energy Center

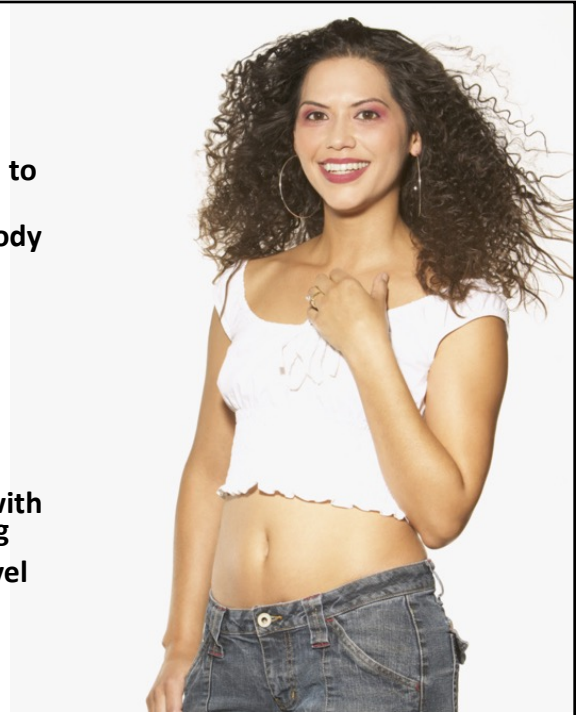
- The navel energy is the foundation of our physical existence
- It is linked to our early experience of “mother” and other females, who are our source of nourishment and nurturing
- It is the energy that enables us to feel that we deserve what we need to sustain ourselves physically: food, shelter, clothing and even money and love
- When we are able to get what we need to sustain our lives we feel solid, that is we have a strong foundation to build on





## Mother and the Navel

- The belly-button is where we were connected to our mother in the womb
- We received nourishment directly from her body through this area
- It also sits over the small intestines where we absorb nutrients from the food we eat
- Lack of energy in the navel creates digestive problems
- People may have a difficult time absorbing nutrients from their food
- They may also have unhealthy relationships with food, either starving themselves or overeating
- Both greed and self-denial can come from navel energy wounds



## Navel Energy Develops With Nurturing

- A child whose needs are readily met grows up feeling secure in their ability to obtain what they need in life
- Only a mother can “nurse” a child
- Since the child was in mother’s womb, enclosed in her energy, for nine months, the child craves close proximity to the mother after birth
- The absence of nurturing from mother (or a mother figure) in childhood can inhibit the development of navel energy
- This is the essence of this emotional “wound”





## Positive Navel Energy

- Feeling worthy
- Feeling deserving of love
- Being able to bond with others in long-term, loving relationships
- Feeling confident that one's physical needs will be met in life



## Sources of Navel Emotional Wounds

- Being an “unwanted” child
- Either parent wanting a child of the opposite sex
- Attempted abortions
- Birthing trauma, including C-section, forceps delivery or other difficulties during birth
- Lack of mother-infant bonding following birth
- Mother being abusive rather than nurturing to the child
- Mother being emotionally “distant” and caring for the child physically, but not emotionally

## Navel Health Physical Issues

- Eating to “feed one’s emotional needs” or “fill up the emptiness inside” creating excess weight on abdomen
- Being excessively skinny, self-denial, philosophically based dietary regimes that deny the body’s needs and cravings, anorexia, bulimia
- Digestive: Poor digestion, poor assimilation of nutrients, inflammatory bowel disorders, frequent indigestion
- Addictions to food, alcohol, drugs, shopping, etc. to fill emotional emptiness
- Infertility, difficulty with pregnancy and childbirth (women only)



## Navel Health Emotional Issues

- Inability to emotionally bound with a partner
- Feeling unworthy of love
- Feeling unworthy of having physical needs met
- Poverty mentality
- Being a hyper-achiever or people pleaser, trying to “prove” one’s worth
- Living too much in one’s head and avoiding the body and physical life



## Adoption: Special Challenges

- First, the child will have abandonment issues because their mother “gave them away”
- Second, the child’s “energy” is from another set of parents, so there will be genetically-carried issues that have nothing to do with the adoptive parents
- Third, adoptive parents may try to hide the truth from the adopted child, which creates confusion

## Navel Center Affirmations

- I have everything I need to sustain my life.
- My body receives all the nourishment it needs to be healthy.
- I have all the money and financial prosperity I need.
- I have all the love and nurturing I need from others.
- I am comfortable allowing other people to nurture me.
- My mother (and other women in my life) love and nurture me unconditionally.



## Navel Essential Oils

- Amber
- Anise (pictured)
- Atlas Cedarwood
- Clove
- Fennel (pictured)
- Jasmine
- Gardenia
- Honeysuckle
- Lavender
- Lemon
- Lily of the Valley
- Orange (Sweet)
- Patchouli
- Pine
- Pink Grapefruit
- Rose



## Flower Essences for Navel Energy

- Mariposa Lily (FES): Alienated from mother, lack of mother-infant bonding.
- Shooting Star (FES): Birthing trauma.
- Calla Lily (FES): Confusion about sexuality, gender from parents wanting a child of the opposite sex.
- Easter Lily (FES): Conflict about sexuality, prudishness or promiscuity.
- Hibiscus (FES): Unable to express feminine sexuality.
- Pomegranate (FES): Confused about femininity.
- Quince (FES): Unable to reconcile feelings of strength with femininity.
- Star Thistle (FES): Fear of lack, unable to give.
- Star Tulip (FES): Feeling hardened or cut off.
- Tiger Lily (FES): overly aggressive, competitive.