There is a Shift of Conscious underway on the planet and it is affecting everything and everyone. Every human and every thing on the planet, including Earth herself is in transition, whether they know it or not. We are shifting from the dense third dimension to the lighter, more fluid fifth dimension. As creative humans with much to contribute, it is important to understand our personal creative energies and how to balance them for the greatest benefit and success.

In the third dimension, masculine energy and feminine energy are very much out of balance. This is because most people in the third dimension do not know the rules and they don’t know how to succeed at or exit the game. Knowing the rules to the games we are playing is a really big deal because relationship is the biggest game on the planet.

One of the most fundamental aspects, or rules of the relationship game is to understand masculine and feminine energy. We are not talking about male and female bodies, men and women, husband and wife, sons and daughters, or lovers. This isn’t about gender. We are talking about our own internal nature and our expression of personal masculine and feminine creative energy. Regardless of our gender or sexual orientation we all have the opportunity to create by accessing the masculine and feminine energies within ourselves. However, most of us are unconscious of the great treasure we have access to, and hence do not know how to recognize and utilize these energies for our own success.

Have you ever noticed that the masculine and feminine don’t quite communicate on the same wavelength? The masculine and feminine somehow seem to misconnect in this third dimensional reality. There is a very good reason for this. Let us illustrate the difference between masculine and feminine as simply as possible. We will use the concept of geometry. In a simple way, masculine energy is made up of straight lines and angles. Feminine energy is made up of curves and swirls. There are no straight lines and angles in feminine energy and there are no curves and swirls in masculine energy.

Feminine energy is very complex, energized and fast, while masculine energy is simple, uncomplicated, single-focused, and slower than feminine creative energy. By way of example, masculine energy holds about 40 points of energy and feminine energy holds about 140 points of energy. Feminine energy is very expansive, creative, and fluid. Feminine energy can do 25 things at one time while it swirls and curves. Masculine energy understands straight lines—go from point A to point B to point C and back to point A. Simple. Both types of creative energy are absolutely valuable and necessary to bring your balanced creations forth.

However, masculine energy without feminine energy is not whole; it does not feel valued; it is not nurtured or appreciated. It feels incomplete. More importantly, we are talking about your personal, internal, masculine and feminine balance. Female energy without masculine energy also is not whole. It feels unsupported; it is not focused; it is scattered, ungrounded and unstable; it is without structure, and as a result it has no sense of direction, completion, or success.

Masculine-Strong, Feminine-Weak

When masculine energy is out of balance it may show up in several ways. Now, make what we are about to say very personal. See if you can apply it to your own creative energy. Please hear the words and also read between the lines. When the masculine energy feels as if it is not good enough, when it is in fear, when it has been told it will never succeed, it is not worth anything, and it has no
value, it is off balance. To compensate, the masculine energy may demonstrate a false strength. It may puff itself up and say, “I have these great ideas and these big dreams; I want to lead and create. I know what I'm doing. Follow me.” When a female who also is in fear and is weak, timid or withdrawn finds this puffed up male, it is a perfect match. She can remain in her false weakness and neediness, and he can remain in his false strength. Neither is challenged to change. The Law of Attraction gives each of them exactly what they are asking for. As it plays out, however, it will look something like this.

In your mind draw a straight line and then make an angled line moving off of that first line. Any angle. (See the diagram.) The masculine energy leads: “Come with me. I know what I am doing. I have this great idea. I am going to build this wonderful house for you in Toronto, Canada.” And the feminine energy says, “Oh, this is so wonderful. I also want a big house in Toronto.” The masculine and feminine start out together at the first point of the line, and the masculine goes forth to construct the house and the feminine, because feminine has curves and swirls, begins to create. She selects new paint, new drapes, and designs the landscaping. She is thrilled and satisfied that she will get to create her nest.

The masculine continues forward and then his habits of fear and self-doubt pop up. The masculine hesitates and becomes afraid of failing: *I don't know what to do because I am told that I am hopeless. I am not going to succeed. I am not worth anything,* and the masculine doubts his ability and stops moving forward on building in Toronto. The masculine has built 80% of the new home and then he says, “No I think we should move to a tropical climate. It will be much nicer, and we can have a house on the beach in Hawaii. I know what's best. Follow me to Hawaii.”

The feminine energy is out there swirling around in Toronto and must now stop creating. She is now incomplete. She isn't able to complete her plans. The feminine energy says, “Oh. Well, okay. A tropical beach would be nice. I would love a beach house in Hawaii. I love you and trust you.” And they move, but she is incomplete. He is also incomplete, but he begins to build the house in Hawaii. Again the feminine swirls and curves and begins to have fun creating in Hawaii. She buys the bamboo flooring and plants the hibiscus flowers.

Then once again, when he gets deeply into the process, the off-balance masculine says: “Well, I think I need to change my job, which means we have to move to London. Come with me to London and we can have the beach house some other day.” Once again the female energy is incomplete and unsatisfied. The masculine energy drives the game and the feminine energy continues to give up her
power. If the feminine has even just a small portion of her truth still available, she will begin to get frustrated, angry, and maybe resentful. The feminine creativity is being dampened because she was very excited about the big house in Toronto and then the beach house. She was getting very creative because that is what feminine energy does. The masculine energy is also incomplete in this example, and must find his inner truth to make any change.

Does this dynamic remind you of anyone? Notice it within yourself or within someone you know. This person would have great dreams and plans and have an attitude of bravado. They would enjoy, for a short time, both the masculine and feminine creative energies as they build the house and design the landscape successfully together. At some point, their fears and weakness would arise to sabotage their path and soon excuses and ‘better ideas’ would be followed instead.

Now let’s take a look at some of the other permutations.

**Feminine-Strong, Masculine-Weak**

If you reverse the roles discussed above, and have a relationship in which the feminine energy is very strong, and the masculine energy is weaker, it is as if the feminine energy says: “I have these grand dreams and desires. I wish to have this… I want that… I would like to have these other things over here.” But sometimes beneath this apparent strength and determination, there also is *I cannot have, I don’t deserve nice things, or I can’t receive*. Feminine creative energy without the balance and structure of masculine energy is very scattered and undependable. It is as if you pour water onto the surface of the table, and it simply spreads everywhere; it’s not contained, focused or directed. There is no structure (cup) in place to hold the feminine creative power.

When this off-balance feminine asks of the masculine, “Oh, I want you to build me a house,” the masculine says, “I’d love to build you a house. I am a carpenter. I can do this for you.” And he goes off in his excitement and gets the wood, stone and electrical wiring and begins to build a beautiful house. This is the creativity of straight lines and angles discussed earlier.

In the meantime, the feminine energy has continued creating. After asking for a house, she went off to yoga class, tea with friends, shopping at the mall. She bought the ingredients for a gourmet dinner (notice the curves and swirls of creativity), went to a math lecture and tried on new running shoes. When she finally brings her attention back home, she greets the masculine, and she asks, “What are you doing?”

“Well,” says the confused masculine energy, “I am building the house you said you wanted.”

And the feminine energy either responds with, “I did? When did I say that?” Or “Oh, I know, but I’ve changed my mind. What I really want is to move to Hawaii and have a beach house there.”

“Oh. Okay, then. I can build you a house at the beach,” he says.
“That would be so wonderful,” the feminine energy replies. Off they go, and the story repeats itself. With this ungrounded, scattered pattern, the masculine energy feels invalidated, unappreciated, and unheard. This scattered feminine energy is swirling all around in an unmanaged manner, and the masculine energy follows her, or tries to, never coming to completion. When she changes her mind again and again, the masculine also changes his direction for her, trying to build a house, a structure within which she can be happy and create. However, with this pattern, both the feminine and masculine creative energies are incomplete, and over time, frustration sets in. Do you know someone like this? This person is ungrounded and does not complete the many projects they have begun, because they are busily dreaming up even more ideas. They may also have saved all the materials and supplies they collected for each of these projects ... for years, promising to get to them someday.

**Feminine-Weak, Masculine-Weak**

There is also the pattern of weak feminine creative energy, together with weak masculine creative energy. In this case, neither is creating easily and neither fulfills their desires. Weak energy does not create. It gets very frustrated and has no permission to speak up, to set direction, or to take charge. Sometimes, in these cases, neither the masculine, nor the feminine can define or ask for their desires. The first step of creation is not even taken.

The masculine energy doesn’t build the structure for the feminine to create within, and the feminine doesn’t define what she wants him to build. You may recognize this creation pattern in those around you. Decisions never seem to get made and they change their minds frequently. There is no forward movement. Inertia can occur. Both want the other to make the decision of what movie to go to, and soon it is too late; all the good movies have already come and gone. As a personal exploration, you might become aware of this dynamic demonstrated in the lives of those around you and, ultimately, in your own creative process. Do you know someone who exhibits inertia and is not creating fully in a way that you know they have the potential to create? Perhaps they don’t take risks and use vocabulary that is self-defeating?
Feminine-Strong, Masculine-Strong

The flip side of this is a creation pattern of strong, feminine energy and strong, masculine energy. Again, both are in fear and, internally, both feel a great deal of confusion, pressure to perform, and insecurity. There will be a great deal of competition, pushing and shoving, incompletion and turmoil.

Both creative powers here can be uncompromising and stubborn. Consequently, both dig in their heels and nothing gets created. You may know people who do this in their creative space. They may boast and brag and present themselves as confident and accomplished, but in actuality, have achieved remarkably little in their lives. This person may ‘know it all’ and argue with every suggestion others make. They often blame and demonstrate anger at others. It is the fault of “others” that they don’t succeed.

How Did We Get So Out of Balance?

When your masculine creative energy is too weak or too strong, and/or your feminine creative energy is too weak or too strong, we call this the third dimensional relationship game. This is where most of us have learned to live our lives. How did we get here, in this off balance state? Here’s an example: There is a little child who is very talented, skilled, and knowledgeable. She is very excited about who she is and what she wants to do. She has a great deal of confidence in herself and in what is possible. She simply says, “I can!” This little child sets out on her path and creates wonderful drawings and great art. She (or he or they) sings all the time and passionately builds amazing things. At three years of age, she is extremely successful in her world, and one day says to her favorite grown-up, “Look at my elephant I drew.” It is a beautiful elephant, and she is very pleased with her creation. The grown-up says, “Don’t you know elephants aren’t orange? And besides, this isn’t right—this is a scribbly mess. You should color inside the lines.”

This is such a shock and invalidation that the little child drops out of certainty and starts to doubt herself. She steps away from her power. The you’re not okay belief slides right into that little slot where I’m great and successful used to be just a moment ago. At first, the little child is confused, and then she does one of two things. She may say, “Well, I’ll show you,” and goes through the rest of her life working to prove that she is good. She may become a Type A personality, and an over-achiever in order to show that long-ago grown-up that she really is of value. However, there is still a little doubt. There is an Am I really okay? that sits in her space and among her beliefs about herself. She has pri-
vate thoughts like I am not sure whether this painting I just did is actually worth ten thousand dollars, even though on the outside she presents herself as absolutely confident, determined, and strong. She is paid her ten thousand dollars over and over again, yet she still doubts her ability and worth.

The other possible reaction this little child may have is: Well, maybe that grown-up was right. Maybe I’m not that good after all. She never returns to that powerful, talented expression she once had. This passionate child grows up to doubt her every decision. She hides, worries, and does not take risks. She never draws (or sings or dances or creates) again.

Every one of us has experienced the result of this distorted feminine-masculine creative energy. Once you understand the distinctions, and the power of these creative energies, you will be better able to balance them and, therefore, create more powerfully from that fullness. Then, when you step into a relationship, you will continue to hold the belief that you count, you make a difference, and you have value. There will be no push or shove, no competition or invalidation, and no better or worse. There is a balance between and within your masculine and feminine ways of creating. Once balanced, you will recognize yourself and move forward into joyfully painting those elephants any color you choose with playmates that celebrate with you. We, and the world of art, are very happy that Picasso never believed his critical relatives.

We have now defined masculine creative energy (straight lines and angles) and feminine creative energy (swirls and curves), and we now know what happens when those creative energies are out of balance with each other. (Please remember, we are talking about your personal creative energy here, not bodies and genders.) We have also discovered how each of us gets into this place of misalignment. As we continue to transition through this planetary Shift of Consciousness, it is absolutely essential that the masculine nature and the feminine nature in each of us be brought into balance. This rebalancing is very possible. As we choose to step up into these higher aspects of consciousness we naturally include and anchor greater levels of personal power and alignment with All That Is.

When your masculine and feminine creative energies are aligned, balanced, and playing well together, you are, by default, in higher fourth and fifth dimensional states of being. Higher vibrational words such as Ease, Laughter, Community, Co-creation, Respect, Admiration, Appreciation, and Balance are only experienced when we are in the higher fourth dimension. Whereas denser, slower words like competition, depression, guilt, blame, and victim, are only experienced when we are in the third and lower fourth dimensions. In the higher fourth and fifth dimensions, there is no lack. There are no limitations. There are no ‘shoulds’ or ‘should nots’, and you cannot do anything ‘wrong’ there. Elephants can indeed be orange.

### When Both Creative Energies are Balanced and Healthy

When healthy masculine energy is in relationship with healthy feminine energy, masculine creativity has the room and the opportunity to come up with new ideas and build new structures. He now has the motivation and the impetus to learn, grow, and expand into new realms of possibility. He feels validated, and has the support to explore new houses to build so the feminine can create within them. And because healthy masculine energy also loves balanced female energy, he then says, “How can I uplift, nurture, and provide for this feminine creativity? How can I assist her in creating her dreams? Together we can create new worlds.” This co-creating occurs within each of us, in our individual expressions as well as our external relationships. The (structured) man builds the raised garden beds and the (flowing) woman plants and tends the vegetables and herbs. We’re sure you’ve seen two (or more) people come together and do some wonderful things as a team.

When healthy feminine creative energy is balanced and in alignment with the healthy masculine, she has the structure and scaffolding necessary for creativity. She can easily and passionately design, plan, execute, and bring to fruition her dreams. She can fully focus on her studies and research;
her writing and craft; the music and math that she loves so well. Balanced masculine energy provides the necessary structure, dependability, and stability. It is reliable. There is a focus, strength, and a sense of stability for the feminine energy to experience itself safely and with permission. When feminine energy is safe and has permission, it is expansive and creative. The masculine creates a container or field that offers the feminine a dependable space in which to create and be happy. It is from this balance that a flow unfolds. It is then that the feminine can say, “I would like a house.”

And the masculine energy smiles and says: “I can happily build this for you. How big and what color?”

There is then a give and take, a cooperation and co-creation. The feminine says, “What you have built is wonderful. Can we build a garden also? Is it possible to add a couple of birdhouses too? And what about…?”

As the feminine creates more widely, the masculine expands the structure to make plenty of room for her swirls and curves. There is balance. There is the shared thrill of creating in passion together. As an example in our life together, Jim happily built a trellis for Roxane, and she is happily planting the tomatoes.

In this higher fourth dimensional balance, this combined creative energy becomes very powerful and has the capacity simply to look at the third dimensional world and say, “I hear your opinion of me not being worthy. Thank you very much. AND that is not where I choose to go.” There is no discussion or negotiation. No energy is thrown, and no one is invalidated. You make your choice, then dust off your sandals and set about your business, allowing that other person the room to go about theirs.

**Bringing Your Masculine and Feminine Energy into Alignment**

It is of utmost importance during this time of planetary transition to identify, experience, and begin to anchor healthy masculine and feminine energy into your creative process. Words are an easy place to begin to rewire your masculine and feminine creative energy into balance.

Let us give you an example of the shift in alignment these masculine and feminine words bring forth within you. Be playful with this. Remember, there is no right or wrong way of having this experience.

As mentioned earlier, masculine words have straight lines and angles. When you become or wear a masculine word as a coat, or as an energy in your space, you will have a feeling or sense of the straight lines and angles. Feminine words will give you a sense of curves and swirls. A word that has a masculine nature to it would be, for example, the word, Capable. This doesn’t mean there isn’t a feminine version of the word Capable. All words have aspects of both energies. Some will feel stronger one way than another to you. We will talk more about this later.

- Take a breath and feel the feeling of being Capable. No other opinion counts here. Just yours.
- Take another breath and feel within your body the strength and alignment of being Capable. Capable is the structure and scaffolding upon which much more can be built. You may notice that your body might want to sit up straight; your head may want to go back. Your shoulders may want to move back. It is a sense of Yes, I am Capable.
- Allow yourself simply to feel and explore this. Make it up at first if you have to. Capable, in this case, has a structure to it. It can be felt as a masculine word. Feel its stability.
- Now add to Capable the vibration and feeling of being Certain about yourself. Is there anything that you do well? Can you brush your teeth? Are you Certain? Can you do it every time? Yes, absolutely! I am Capable and Certain.
- Let your body be and feel these two words. Let them create the structure or container (masculine) within which feminine creativity can experience itself. Without the structure and
container, feminine words and creative energy flow out in a scattered way, with no direction, like water poured upon the table.

*Now find the feeling of Ease. Ease is like an exhale. This word has a more feminine energy in it. Notice that Ease has no structure to it. Would you let your attention Focus (masculine) on Ease while you are being Certain and Capable. All of us have masculine and feminine creativity within us.

• Certain, Capable, Ease. Let yourself experience the feminine flow, and would you not only feel Ease but would you also like yourself. I like me has no boundaries, no edges, no lines and no angles. I like me!
• Now give yourself Permission. Permission has no lines either. It is Wow! I can do this. You are building a (masculine) container of Certain, Focus, and Capable to allow (feminine) Ease and Permission to express themselves.
• Find the vibration of Kindness, which is another very powerful and very feminine word.
• One last word: Allow Appreciation to begin to flow within your space. Allow yourself to Appreciate the Capability and Certainty that you now have Permission to experience. Allow it to be very Focused.

Here are Some Other Suggestions

Create lists of masculine and feminine words
Create separate lists of words that vibrate at masculine and feminine words for you. Wear one of each every day. Experiment.

Also, begin to play by choosing a masculine word and finding the feminine aspect of it. You might quickly recognize the straight lines and angles of Certainty, but see if you can recognize the feminine aspect of that word too. The feminine might demonstrate Certainty when the new project she initiated is beginning to germinate. The feminine word, Gentle, also has a masculine aspect. A Gentle masculine energy may be like a grandfather, holding the infant. Get the picture?

As you play with this, you will begin to discern both masculine and feminine energies in words and bring them into your awareness as aspects of the totality of who you are. Working with the words and balancing your masculine and feminine energies are enjoyable and expedient ways to accomplish the re-wiring and the remembering of who you really are. They are also foundational pieces for balanced creations.

Become aware in your daily life of how you create
Begin to consciously and intentionally incorporate both feminine and masculine creativity. For example, if you have an important project at work—designing a new marketing campaign, for instance—it is essential (using your masculine creative energy) to analyze and understand the budget you have to work within and the costs of print and online advertising. It is also crucial to understand the size and specifications required for each of these types of advertising. If you simply rushed into creatively designing ads (feminine), without the understanding and structure (masculine) of the system, you might have a beautiful but useless piece of advertising art. Create the structure or foundation first, then you can happily, successfully create within it.

Cycles of Feminine and Masculine Energy Throughout the Ages

There are cycles upon cycles within this evolution of humanity. We have a cycle called day and night, which is created by the Moon orbiting the Earth. We have a cycle called seasons, and another called a year; the time it takes the Earth to go around the sun. There’s also a bigger cycle that occurs as a result of the precession of the equinoxes, when the Sun’s position at the vernal equinox shifts backwards through the centuries. It completes a full circle in 26,000+ years.
In the precession of the equinoxes, there are two very specific cycles, or phases. The first approximately 13,000+ years is considered to be a predominantly masculine energy cycle, and the second 13,000+ years is a predominantly feminine energy cycle. Many things happen during that first 13,000-year cycle. During that part of the cycle, the feminine energy goes into a resting phase, and the masculine energy takes over. This masculine cycle creates structure, safety, and permission in many ways. Then it rests, and the feminine creative aspect moves to the forefront and more creation occurs, until it’s time to rest again and allow the masculine energy to bring the creations of the feminine into effect. This continues throughout each phase and cycle through the ages. This is not something we typically pay attention to because it is bigger than a day, a week and a year.

With the Shift that is occurring within humanity and Earth, we have now reached a point where the present, masculine, phase is about to end, and instead of continuing as we have in the third dimension with alternating masculine and feminine cycles, we are moving into a new cycle of consciousness. This is one in which masculine and feminine become one balanced, unified field of consciousness. In order to enter and hold yourself in the vibrations of a fifth dimensional reality and bring the unified field into wholeness, the masculine and the feminine within you must be in balance. When this is accomplished, the structure of the masculine creative energy begins to be the container in which the feminine creative energy can grow and expand. The feminine energy can then direct the masculine energy into expanded structure, which in turn allows the feminine to create within that new space. It’s an ongoing ebbing and flowing of masculine and feminine that allows for amazing opportunities and a joyful creative process. This new level of balanced masculine and feminine creative energies is where we are headed.

You are big. You have never been small, and you have always been the little child who was Capable and talented with Certainty and Ease. You just simply let a grown-up talk you out of it for a moment. Now that moment is over. Right now you are Certain, Capable and Focused. You are in Appreciation with Permission and Ease again. And orange elephants are coming back into style.

I like me—just like you did as that little child.

You are the center of your universe, and when you begin to choose consciously how you wish to create, you will find that the Light that you hold becomes so magnetic that your service to others will be effortless. Your personal growth will be boundless.

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