

# The Five Strengths of Feminine Power

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Balancing Masculine/Feminine in  
Self-Expression and Choice

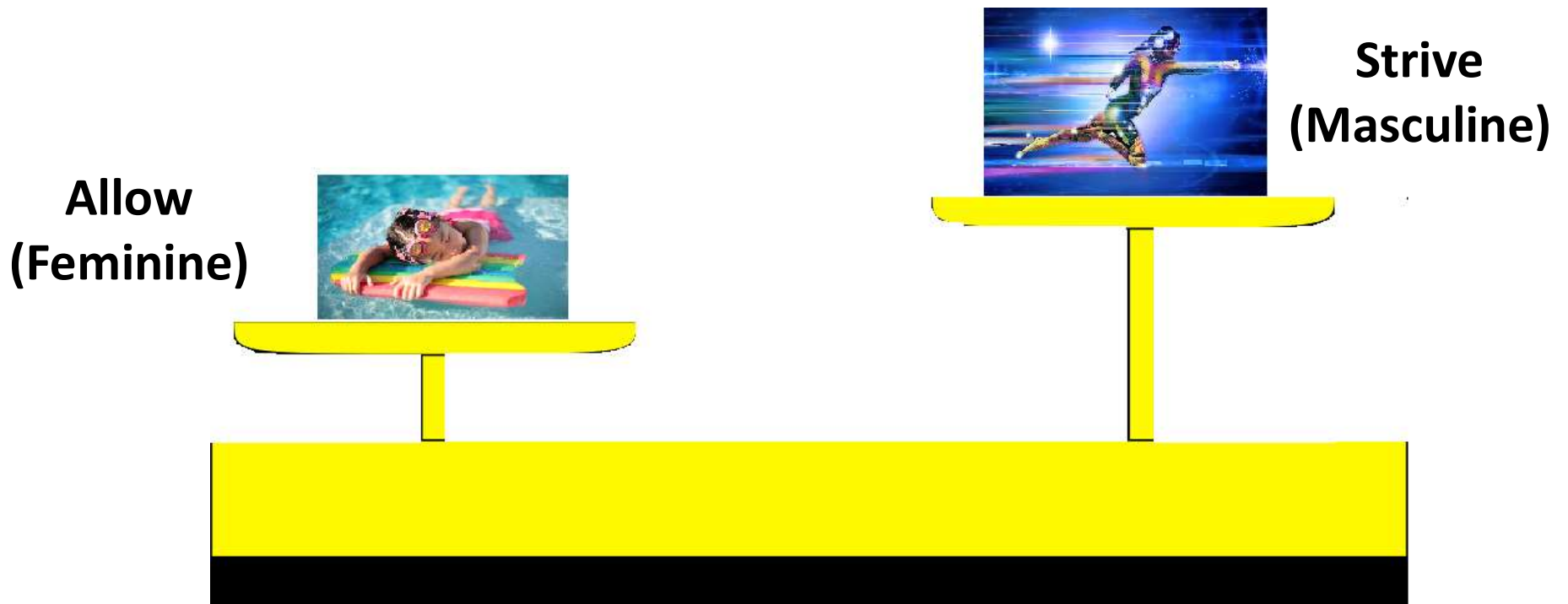
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# Why are we talking about feminine power?

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Because we aren't really using it!  
We are out of balance.



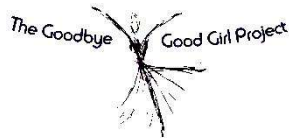
# Feminine / Masculine

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**Masculine:** I must work hard to have a better life, and the burden is all on me. I am the one who makes everything happen. I must be hard on myself in order to make life be what I want it to be. **Effort is key.**

**Feminine:** I must allow the flow of life to support me. I need and appreciate the support of others. I help and I am helped. I know life is a creative and unfolding process. **Allowing is key.**

50/50 is the best balance



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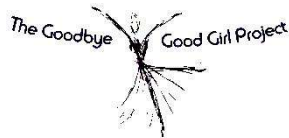


# Even Women Have the Masculine Blues

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We all – women as well as men – have been trained to the overbalanced masculine in self-expression and perspective.

As we women and men come into recognizing and honoring our feminine strengths, the balance and understanding of the feminine and masculine becomes empowering, and we learn what strength truly is.



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**Here we are in the new paradigm! It's time for that balance!**

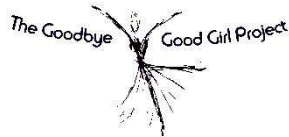
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- Incorporate effort and allowing
- Say goodbye to the chronic need for Permission and Approval
- Say hello to empowering your life

**INTRODUCING**  
**“The Freedom Experience”**

*Self-Expression, Communication and  
Personal Power Trainings for Balance*



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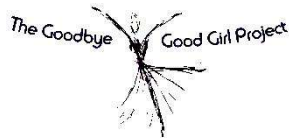
If we are in the so-called new “paradigm” ...

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**We are?  
Cool!  
Where *is* that?**

...why are we still struggling with self-empowerment? And how do we “get” it?



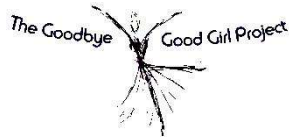
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# ***We Shift!***

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Away from a Masculine-Heavy approach  
to a Feminine/Masculine Balance  
which heals us, and our world.



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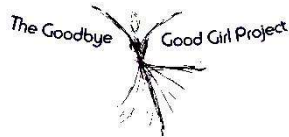


# We Are the New Paradigm

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## Adopt New Approaches

- Trust Yourself
- Reach Out to Help, Reach Out to Receive
  - Live a Caring Life
- Settle for Nothing Less Than Fulfillment
  - Dare to Be Authentic
- Dare to Say Yes to Your Dreams



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# Where We've Been – Where We're Going

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## The Old Paradigm

**Power Over**  
**Winning and Losing**  
**Top-Down**  
**Kill or Be Killed**

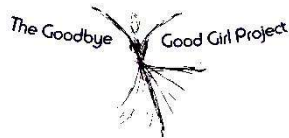
## The New Paradigm

**Power With**  
**Collaborating**  
**One-Level Response**  
**Love, Wisdom, Peace**

We move from ambition to meaning – *Wayne Dyer*

We move from Quantity of Stuff to Quality of Life – *Lori Kirstein*

**What seems to make this so difficult to do?**



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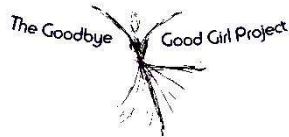


# The Practiced, Masculine Social Mode

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- **STRIVING:** I want to be peaceful, joyous, happy – but I’m still better at being **hard on myself**.
- **PERFECTIONISM:** I believe that my true nature is joy, but I’m so much better at **depression, or anger, or frustration**.
- **FIGHTING:** I feel like I have to **fight with my negativities** to get where I spiritually or professionally want to go, but my efforts are getting me nowhere!

Does it make sense to seek peace by fighting?



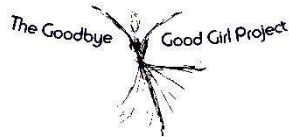
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# What would happen if...

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- You **allowed**, *as well as* strived?
- You refused perfectionism and **embraced yourself as-is**?
- You made your choices based on your **conscious internal** qualities – feeling better, stronger, more fulfilled?
- You stopped “shoulding” on yourself, and instead offered yourself **simple lovingkindness**?

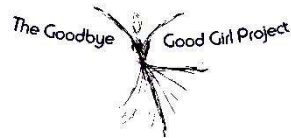


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# Your life would begin to bloom

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# Are you ready to go there?

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## Take the pedal *from* the metal!

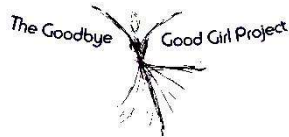


Take it easy...



Make room for the unexpected, the unusual...

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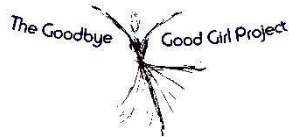
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# The Five Strengths of Feminine Power

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1. Community
2. Courage
3. Curiosity
4. Compassion
5. Communication



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# 1. Community

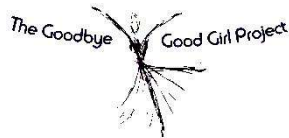
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Sharing | Revealing | Including | Helping | Being Helped



**You *don't* have to do it all by yourself. You *do* have to take responsibility for your choices.  
You *do* have to give and receive. You *do* have to dare to see and be seen.**

**Reach out! Give, and ask for, help! Make real human connection!**



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## 2. Curiosity

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Curiosity gives you questions, and possibilities!  
It's your choice: Defensive, Reactive...or Curious?

You hurt my feelings.  
Was that your  
intention?

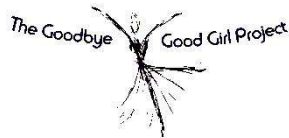
What do you  
mean by that?



Do you really  
mean that?

Tell me how you  
perceive this?

**Investigate as well as protect! Find out where you're right!  
Find out where you're "missing it"! CHOICE OVER REACTIVITY!**



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# 3. Compassion

Strength with Care. Mind with Heart. Lovingkindness.  
Lovingkindness – a powerful key to forward movement



**The Evolution of the Compassionate Self**



**Suffering**  
We all suffer from physical discomfort and pain, and from emotional pain, such as anxiety, sadness, guilt, regret and shame, and in this way we are all the same.

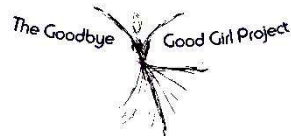
**Kindness**  
We can offer ourselves love, warmth, care and kindness, placing our hands gently over our heart and taking time out for some soothing breaths and kind words.

**Wisdom**  
We can pause, consider, imagine and discover the wisdom we need, to know how to respond to suffering skillfully and to cope with the difficult emotions.

**Courage**  
We can find the strength, confidence and courage to act in ways to alleviate suffering in ourselves and others, setting an intention and taking steps.

 The Compassion Initiative  
<http://compassioninitiative.com.au/>

**You matter! You deserve to be talked to kindly, and treated kindly!**  
**Practice it in whatever way you can find!**



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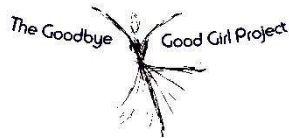
# 4. Communication

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The great untaught skill that includes  
Self-expression | Listening (Receiving) | Sharing



**Learn how to tell people your truth with clarity and ownership!  
Learn how to truly hear what other people are saying! Learn to share!**



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# 5. Courage

(Still think courage is limited to Bruce Willis heroes?)

The courage to put yourself first...or at least in the mix!

The courage to trust your intuition and your wisdom.

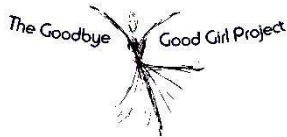


The courage to trust yourself!

The courage to practice what you say you do – or want to - believe!

The courage to know that you matter! The courage to put yourself first!  
The courage to give birth to ***yourself!***

**COURAGE: Step out on faith. Put healthy needs before your social “should”s.**



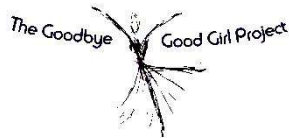
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# Practicing the Masculine/Feminine Balance

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- (1) Experience of something new, and high** = Enlightenment Period
- (2) Repeat and Own the Experience** = Find the Tools which Deepen Your Understanding – and Repeat the Experience – of the Truth you have gained.
- (3) Practice the Practical Use of Those Tools** = Find your ways to Practice the Truth you have gained.
- (4) Notice Your Advancement** = Take stock of ways in which this new practice supports you.
- (5) Let Go** = Take it easy. No “shoulding” on yourself. You’re on an unfolding adventure, not a bootcamp experience.

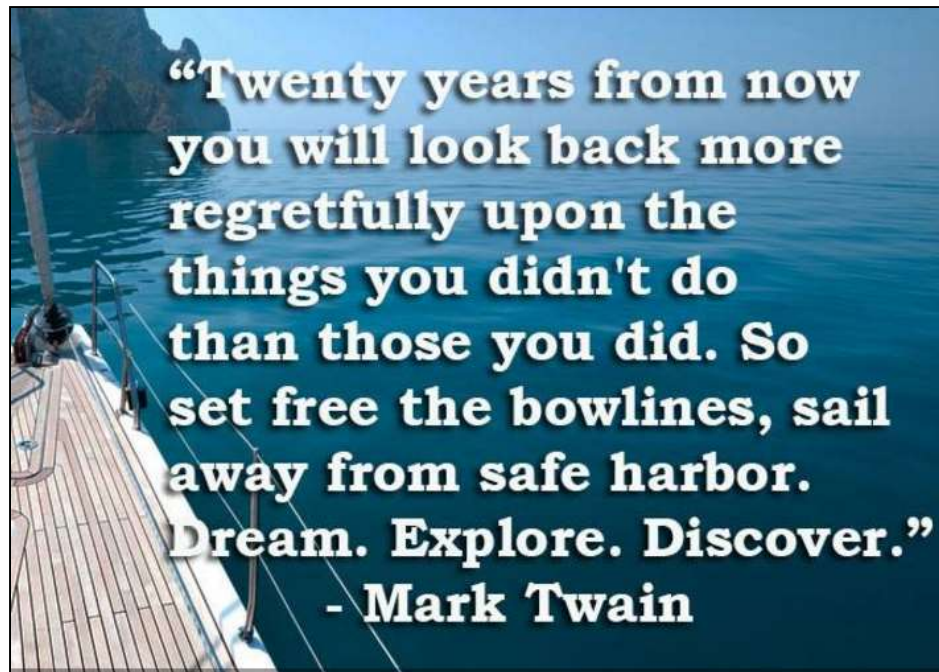


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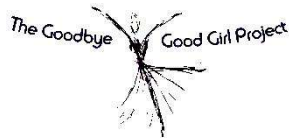


# What Is the Cost If You Don't Try Something New?

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**Experience is the key. You can't plant your feet in the ground of a goal if you can't believe you can do it!**



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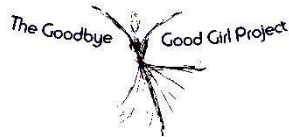
# You're Invited!

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## The Freedom Experience Workshop

*Because you can't move into freedom if you don't know what it feels like!*

- **Do you want to feel stronger?**
- **Do you want to feel safer when you “show up” in the world?**
- **Would you like to know how to speak your truth, consciously?**
- **Would you like to get practical about your spirituality and your personal growth?**



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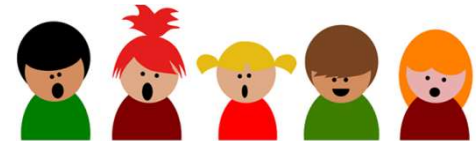


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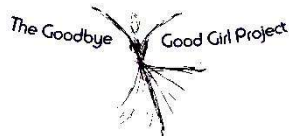
**It's play – It's group support – It's a paradigm shift**

*What you will get:*



- Powerful tips for self-expression.
- The experience of “showing up” in a safe and supportive environment.
- The experiences of joy, creativity and lovingkindness as growth practices.
- Connection with a community of like-minded people.
- Seeing yourself more for who you really are.

**Music | Drawing | Self-Expression | Sharing |  
Creativity & Communication | Tools for Quality of Life**



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# The Freedom Experience Workshop

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**\$97**

3 hour workshop

Room for 15 People

**Sign up today...**

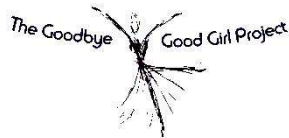
**\$75**

**End of April 2016**

**Kenwood**



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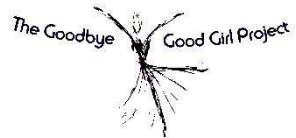
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# Questions?

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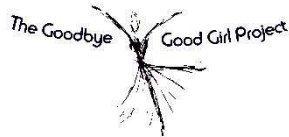


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*Thank you!*



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