

BECOME POWERFULLY FEMININE

with
Candice Oneida

(y)
Powerfully Feminine
INTENSIVE



Polarity 101

Welcome to the first module in the Powerfully Feminine Intensive, I'm Candice Oneida.

I'm excited to be talking about polarity with you as it serves as the background to the entire work that we will be doing together.

In this module I'm going to be teaching you and clarifying for you about Masculine-Feminine polarity and what they really are.

By the end of this module you will know:

1. What polarity is and why it's important
2. What masculine and feminine really means
3. Where you currently operate from within the four feminine archetypes
4. The road map for you to move into your true feminine power

Today you will learn:

1. How to define and use the word polarity
2. What "feminine" and "masculine" really mean
3. To strengthen your feminine it is going to be done in a new and different way than how your masculine strength was built.

What Is Polarity?

By the end of this module you will have a clear understanding of what masculine and feminine mean and what this means for your life.

Definition:

Polarity = inner forces that are extremities expressed on a continuum

What we're talking about here are forces or principles that are called "masculine" and "feminine."

When we speak about polarity I do not mean feminine = woman, masculine = man. This is way too simplistic. These are forces that are inside all of us whether you are a man or a woman.

When we speak about polarity I also don't mean opposed or separated...it's not about being distanced or cut off from the other polarity, it's just a model to represent these two different forces that are inside of all of us.

As you'll come to see, they need each other in order to come into balance, harmony and joy. Masculine needs the feminine; feminine needs the masculine whether it's found inside ourselves or as reflected by another person or by the world in general.

What I mean by this is: You can in fact listen to this talk as either being about your relationship between **your masculine and your feminine** or you can see how it relates to male/female relationships too; or in fact, about dynamics in life in general. But more about that in a minute.

Hence you will benefit most by looking at this talk through **both** lenses and you'll also learn **a lot** about the dynamics of your life, relationships and communication in general.

Male/female are physical-realm representations of underlying principles, which are wanting to be brought into relationship within each of us. We see in the male/female dynamic the desire for wholeness within ourselves.

If you look at what follows as being associated directly with men and women, rather than the **forces** of masculine and feminine that are within all of us, you could easily accuse me of gross generalizations and gender stereotyping.

Also, it is important to know that this work is not about man or masculine bashing. I'm not an advocate of the war of the sexes stuff that has been out there. In fact I am a lover of the true masculine and see that for women as we learn to bring ourselves back into our true feminine power we will lead, or in fact allow, the masculine to shine in the men around us resulting in everyone's needs being met.

What I **am** referring to here in this training, are archetypes and principles, things that are inner values, motions and forces, not outward mechanisms such as your gender or even what you wear, your hair, makeup etc.

The outward representations of the feminine can be really fun and a great expression of these forces, but to be truly effective they need to be driven **first** from inside you.

And so, **when referring to "the feminine" or "the masculine" it is the inner forces and archetypes that I am referring to in this course.**

So, let's dive in!

The thing that I have observed for the last 20 years doing the work, is that women, especially strong, capable, powerful women, have swung too far into the masculine pole inside themselves and they have subsequently lost touch with the deep knowing, juiciness and magical forces that we hold in our bodies and our energy. And this has led to us getting tired, overwhelmed, exhausted and out of touch with our sexuality, our true power and a life that can be totally ecstatic, successful and full of all of the depth of connection, relationships, sex and success that we really want.

We became out of balance: and to be clear here, balance doesn't necessarily mean 50:50 Feminine:Masculine by the way.

As a woman it could mean something more like 80% feminine: 20% masculine. And for a man, 20% feminine: 80% masculine.

Importantly here: it will be about **your** unique mix. I'm not here to force you to do anything, become anything other than something that is authentically you and yours. This training is here to support your pathway to discovering and resourcing **your** unique self.

Truthfully, what you are going to find out is that we move between masculine and feminine all of the time. Hence, this continuum can be viewed as a fluid model that you seek to know better, so that you can choose where you want to be on that continuum, **consciously** at any time.

This work is NOT about you destroying your masculine in order to find your feminine. That would be like cutting off one arm in order to use the other one!

I often like to use this analogy:

If you have been at the gym for 20 or 30 years doing arm curls only with you right arm, then that arm will get really strong right? So, under stress and through force of habit you probably go to this arm to pick up heavy things, right?

What we're doing here in this course is taking your awareness to your left arm. Now, at first you might say, *"Oh, look at that weak, gimpy, powerless left arm...that's not much use for anything!"*

We're here to not only take your awareness into your left arm, but to build strength into it so that it can be useful, powerful and reliable again for you.

Importantly, though, to build strength in this arm, we will not be using the same methods and habits with which you built strength in your right arm, ok?

The way you'll get into your feminine power (or left arm in this analogy) will feel strange at first.

Different.

Unusual.

Unreliable.

It WILL feel weak at first.

But stick with it, as wonderful and surprising things will result.

Lissa Rankin MD in her book *"What's up down there"* calls this being more "Eggy" and less "Spermy".

A point of language use: Throughout the entire training I might say "the feminine" "feminine side" or "feminine polarity" and they all refer to the same thing.

This is what you will discover as **your** feminine power by undergoing this training.

At this point I want to grab a pen and write your answers on the printable pdf for this module.

So, as you feel into yourself at the start of this course, start by asking yourself these questions. I'll read them all first, then I'll ask you to turn off the video or audio, and I'll leave you to spend a few minutes alone writing down and reflecting on your responses.

How much have you been in your masculine and feminine in your life, work and relationships?

What situations bring out your masculine and feminine?

When do you notice that it's easier to be in your feminine?

When do you notice that it's easier to be in your masculine?

Who or what taught you or encouraged you to be in the masculine polarity?

What did this result in in your life, work and relationships?

In Review, what you've learned today is:

1. How we will be using the word polarity during this course.
2. That "feminine" and "masculine" are inner forces and archetypes that we all have inside of us.
3. That feminine **is not** about woman; masculine **is not** about man.
4. In order to strengthen your feminine it is going to be done in a new and different way than how your masculine strength was built.

Now, head on over to the *"Powerfully Feminine Facebook Page"* and share **one key reflection** that you gained from the written exercise today.

Great job and I'll see you in the next video *"Understanding Feminine and Masculine"* which takes you into a deep dive into these powerful archetypes.