

BECOME POWERFULLY FEMININE

with
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(y)
Powerfully Feminine
INTENSIVE



Feminine vs Masculine Will

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

You may be wondering why I'd be talking about "will" under a topic about receptivity.

Well, stay tuned as you learn a little more about the power of the feminine and it's relationship to your will and your ability to wo-manifest what it is that you desire.

Today you'll learn about:

1. Feminine vs Masculine Will
2. Surrender

Feminine vs Masculine Will

Firstly,

What is Will?

"Will is a motion or movement of our consciousness."

There is a force behind will.

However, it needs to be noted that feminine will and masculine will are different directions of how we use our will. They are equally important, but of course here, in this training, I've been training you to re-learn how to implement feminine will, right!

Masculine will is what most of us have, to date, been most familiar with...the motion toward action, doing, penetration, logic...what we have here been referring to as, the in breath.

Feminine Will is about receiving, surrendering, opening, creating space, creativity, regeneration...the out breath.

And, until you put these arts and skills into practice in your daily life you'll never know the beauty, grace and power that is in your feminine will because to date you have been most trained in and hence familiar with masculine will.

In short, we've mainly been trained to use masculine will.

And what this resulted in was a belief that that is the only will there is!

That of action, doing, penetration, logic and competition.

The tools in these modules are teaching you arts and skills that are feminine arts and skills...that are about feminine will.

I like to speak of the outgoing and incoming tide as a way to discuss masculine and feminine will and their relative directional motions. The motion of the ocean, and it's tides is a great metaphor for understanding and observing the motion of masculine vs feminine will as equal forces of nature that we all work with in our lives, bodies, communication and relationships.

Everything that you've been doing in this module on receptivity has been to ready yourself to receive new things...the things that you have discovered in your process of diving deep into your own desire.

It has been an active clearing out of your thoughts, beliefs and emotions...that you have now sent out on the outgoing tide.

Great job by the way!

Now that you've done that, it's time to let the tide come back in...it takes no effort on your part to do that, it is a law of nature...stop fighting the tide, let it return, let it bring you fresh new nourishment, gifts and the desires that you put out there on the outgoing tide.

Whether it's been some desire setting that you have placed on the outgoing tide or whether it's been some clearing out of edges and boundaries inside of you around your value or how you are loved...either way, it's time to receive what gifts are there to receive on the incoming tide!

There is something powerful in the human system which is, when we receive some of things that we want, something really turns on inside us.

Our Will is connected to this experience. Our will is happy when it gets what it wants!

And when our will, gets what it wants, it feels powerful, boundariless and like a goddess in the making.

You may have already had this experience via your more masculine will.
It will feel different when you receive and experience success from your feminine will.

It will feel different. And you won't know this, until you try it!

Now, we can no more breath in constantly than we can continue to push out the ocean on the tide.

Let the tide come in..sense the rhythm of the tide, the turning around of the breath...your body knows when she needs to breath out...let go and receive the bounty that knows is coming toward you on the incoming tide.

Stop resisting...and receive!

If you don't create time and space...then you won't receive what it wants to provide for you...to give to you.

Give yourself time and space for things to come toward you.

Practically, this means stop filling up every single minute of your schedule! Leave space...leave in breath and digestion time.

I like to suggest that you schedule unscheduled time!

This may seem oxymoronic, but for my women who are super smart, successful, savvy women...they sometimes need to trick themselves at first to experience what can happen for them in these unscheduled moments of their lives.

I'm always struck by how when I create more and more space in my schedule that more and more comes to me...AND my creativity becomes off the charts! So many ideas, ways to teach better, ways to open my vessel and give more and more.

Other ideas for your feminine will:

Schedule pleasure dates with yourself and your friends or your lover. Make sure that there is plenty of transition time for this to happen...for the tide to turn so that you can receive the experience and share it joyfully with others.

What I mean by transition time, is transition between tasks or your work day into relationships time.

Create time and space for this.

Date night once a week...may not be enough...especially if you don't allow for transition time...especially if it become routine...and not made a priority for both of you.

I have an ongoing saying in my life *"How can you make this really special"*...you can apply this to anything, anywhere, anytime.

It becomes an orientation of your being, when you think like this.

"How can you make this really special"

The best thing here would be to let the masculine partner in the relationship lead date night and you go along for the ride...let date night be special...let it be different every time, go into it without new eyes, wear your desire deeply in your being, and expect the unexpected!

If he asks you what you want then tell him! But after that let go, surrender, be in a place of wonder and let yourself be taken care of.

Surrender

I would be remiss if I weren't to talk about surrender in this module on receiving and indeed in this work on feminine power altogether.

"The best laid plans of mice and men often go awry" ~ From Robert Burns' poem To a Mouse

I quote from this poem to remind us to always come from a place of humility, grace around what we want as a human being.

The real question is *"Surrender to what?"*

The Divine OR The Flow Of Life

It is often said that spiritual forces know better for us what we really need than what we think we need for ourselves.

Let this not be confused with you diving into your desire. This is still a fundamental step in order that you plug into your power source.

However, sometimes plans go awry or need to adjust...BUT, remember, the more we surrender, the more the Divine plan for us becomes available...the plan that actually has even better, even wilder, even more amazing things waiting for us than if we were to doggedly move forward toward our goals from the masculine ways that we were previously training in. If we were to do this we would not be receptive to these amazing possibilities that the Divine has ready for us.

OR you could be surrendering to what Michael Singer in his book *"The Surrender Experiment"* calls surrendering to the flow of life.

This could look like surrendering to situations around you and learning to flow with what is offered to you.

I highly recommend this book as an incredible example of where surrender to the Divine can lead you.

To A Relationship

You as the feminine in the relationship can decide to surrender to the masculine in your partner.

Let him lead, let him enter you, let him penetrate and come toward you. Be the feminine...receive, let go of control and open to his gifts.

It is said in successful relationships that masculine leads direction and the feminine leads the depth.

You do this by diving into your desire, receiving, learning to let go, learning to surrender.

All in all, surrender is an orientation of your spirit, your thoughts, your body and your life toward the Divine Plan for you.

Surrender is a superior aspect of feminine will and it is by no means passive.
It is an active decision to let go, to open, to receive.

It has faith in the incoming tide; faith that the out breath will be followed by the inbreath.
That the sunrise will follow the sunset.
It knows the rhythms of life and that you are integrally a part of that.

This probably won't happen overnight and it is learned through, well, trying it...flexing your surrender muscles...see what happens if you...right now...today...just....let go, turn up and open yourself to new, potentially unseen bounty and possibilities awaiting you.

Receive.

This becomes especially important when things, well, don't go your way...or don't turn out exactly the way you planned.

Ahhhhhh....let it go.

Move on

Stay open

Letting go and surrendering is another way to create space in side yourself for new things to come into you.

Instead of getting frustrated or resentful or hurt by things that don't work....try surrender instead.

Let go....create space....out breath.

Congratulations!

In Review, what you've learned today is:

1. **Feminine vs Masculine Will** – how they are different, and that feminine will is indeed a force of will.
2. **Surrender** – and how at the end of the day we sometimes have to remember to surrender to the Divine Plan for us and how a learning of surrender is indeed a deep learning of divine feminine will.

Now, head on over to the *“Powerfully Feminine Facebook Page”* and share **one key reflection** that you gained from the lesson today.

Great job and I'll see you in the next module called the *“Art Of Pleasure”*.

In this module you will learn how to constantly feel pleasure in your body and how to create space and sensuality in your life. You'll discover that ecstasy is your home. You'll learn more about your body and anatomy and, well, you're going to learn all about pussy brain!