Your Feminine Power

Practice Receiving and Responding . . .
Rather than giving or initiating

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Understanding Your Feminine Power

FEEL YOUR POWER, EXIST IN IT AND EXPERIENCE IT

Power in the Energy Connection: Feminine Power and Masculine Power have a natural Energy Connection. Imagine a small bubble, and imagine two hearts tightly fitting into that bubble. In the image below, the pink heart on the left represents Feminine Energy and the blue heart on the right represents Masculine Energy.

The natural connection between the pink heart and the blue heart involves the pink heart moving away from the blue heart, creating a space between them. In the image below, you see that the pink heart is leaning back towards the left, in the opposite direction of the blue heart.

The natural movement of the blue heart in the Energy Connection is to lean forward, towards the pink heart, closing in the space created by the pink heart leaning back. The blue heart naturally leans forward towards the pink heart so that there is no space between them. As the image below demonstrates, the blue heart leans forward and closes up any space between them.
This is the Energy Connection between masculine energy and feminine energy.

However, when the pink heart doesn’t lean back and away from the blue heart, but instead leans forward and moves towards the blue heart, the movement within the Energy Connection is reversed. Once the pink heart leans forward towards the blue heart, there’s no space for the blue heart to move towards the pink heart. So this reversal causes the blue heart to move away from the pink heart.

As noted in this image, the forward movement of the pink heart reverses the natural Energy Connection and causes the blue heart to move away from the pink heart and even outside of the Energy Connection.
Feel your Feminine Energy by *leaning back*, not using your Masculine Energy (such as initiating contact, doing stuff, making plans). While it takes some practice, you’ll experience immediate results Leaning Back!

EMBRACE YOUR VULNERABILITY

*Stopping Your Old Patterns and Focusing on You:* As you get accustomed to leaning back into your Feminine Energy, you may realize how masculine your existence has been! Don’t beat yourself up over it. Just embrace it to become aware of those old patterns.

Your old patterns were like a wall you put up (using your Masculine Energy) to protect yourself. That “wall,” which is your boundaries and your strength, is going to be on your inside – your core – and your softness will surround your core on the outside. This power structure of strong on the inside and soft on the outside allows you to be touchable, reachable, alluring, magnetic and inviting; and at the same time strong, sturdy, solid and steady.

**You’re now being vulnerable.** You’re giving up controlling other people or situations. Being vulnerable is about opening up to yourself and exploring what you’re feeling – you’re no longer allowing people or situations to affect you randomly because you’re embracing your experiences and facing your resulting feelings.
Being vulnerable is showing what’s really going on with you rather than masking it up behind a smile, or disguising it by talking about something unrelated to what you’re really feeling inside.

Now, let’s talk about receiving. If you’re anything like I was, you give, give, give and give more. Not just to the man in your life, but to everyone. The key to turning this around is receiving. When you’re leaning back, you’re in a position to receive. Doing nothing, just being, experiencing the moment and receiving.
AWARENESS OF WHEN YOU’RE IN YOUR FEMININE AND WHEN YOU’RE NOT

This is about shifting from functioning in Masculine mode to living in your Feminine mode.

Living in your Feminine requires that you ask yourself “am I doing, or am I just being and experiencing?”

It’s being aware of whenever you’re acting from your Masculine.

The point is to be more aware of “being present.” Being present simply means that you’re not in your head, but instead you’re there in the moment experiencing it (not future thinking or stuck in the past).

Feel what you feel. Feel your feelings in response to your environment and experiences. The beauty of it all is that you’re aware and in control of you. This awareness is a crucial step of this program.
BUILD ON YOUR INNER STRENGTH

Processing Your Feelings is about putting words to your feelings. I ask each of my clients to keep a small journal that can fit into a purse so that she can write down her feelings and experiences when they happen (or soon afterwards). The purpose of this is to build on recognizing and expressing her true feelings. There’s always a mixture of feelings involved. The point is to recognize all of the feelings that you’re experiencing at that particular moment.

An easy way to approach recognizing all of your feelings at a given moment is to imagine a stewing pot . . . remember, the old fashioned cast iron pots with the heavy cast iron lids? Imagine that you’re making a stew or soup inside of this stewpot, full of fresh vegetables, herbs, spices and meat with a few potatoes or a little rice. Now imagine this stewing pot has all of your feelings in it as ingredients – angry, sad, mad, glad, happy, curious, wonderful and more. All of the ingredients are your feelings. When you spoon out a bit of the stew or soup, you get more than one ingredient, right? This is what processing your feelings is about . . . identifying the mixture of your feelings at a given moment.
The best way to do this is to slow down and experience each moment at a time.

Meaning that you focus and observe your environment, your body, your breathing (not your thoughts) and feel exactly what you’re feeling.

Examine each feeling and go a little deeper each time.
TAP INTO YOUR TENDERNESS

Speaking Your True Feelings: Now that you’re experiencing your feelings by putting them into words and writing them down in your journal, it’s time to let your words and actions represent your feelings. So often we women stuff down our feelings and “put on a face” to cover up our pain, anger, disappointment or fear. This is about getting your truth out to the world, on your own terms!

Speaking your true feelings is about saying what you feel. **Remember the following points:** (1) since you’re expressing your feelings, try starting off with I feel, it felt, it would feel or something with the word “feel” in it; (2) **avoid using the word “you”** since that makes the statement about someone other than yourself. The purpose in speaking your true feelings is to express what you feel, not to place blame, attack or argue; and (3) **speak your more positive feelings** . . . like I mentioned previously, in your stewpot of feelings - there’s more than one feelings going on! So find the more positive one, and start speaking from there.
I’m sure you’re thinking it’s impossible to be positive ALL of the time. So, this is a good time to introduce you to your Negative Voice. Your Negative Voice is a part of you, it lives in your head and wants to protect you. It’s primarily a Masculine part of your personality. However, to exist in your Feminine, you’re going to need to turn down the volume on your Negative Voice. You don’t need to mute it out completely, just lower the volume so that it doesn’t interfere in your finding positive feelings to speak from.

An easy way to lower the volume on your Negative Voice is to hear it, recognize it, and then move on to focus on something else. Something you’re passionate about . . . something you enjoy doing and being involved in that makes you burst into colors and shine from within. I know women who love to sing and are passionate about that. I have a good friend who is an actress and she’s passionate about all things theater. What’s your Passion?

If you haven’t discovered your personal passion in life, or you haven’t devoted any time towards it (think “me time”), then tapping into that tender, glowing, positive and beautiful part of you and explore it. Experience it. Journal about it. Speak it.