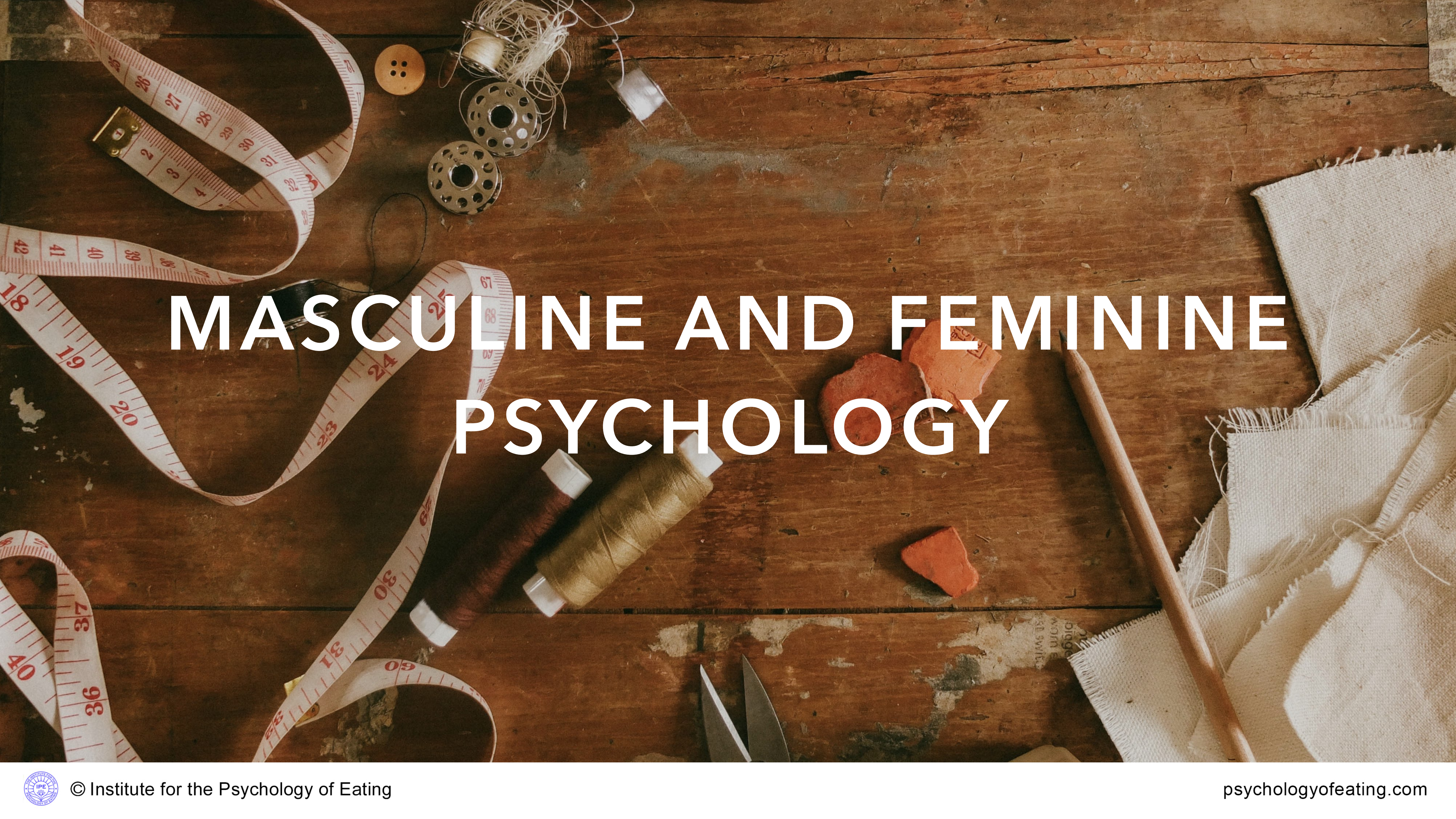




MASCULINE AND FEMININE PSYCHOLOGY

MASCULINE & FEMININE

- A deeper understanding of the masculine and feminine energies within us can be powerfully transformative
- A deeper understanding of these energies/archetypes is a very potent and strategic coaching and counseling tool
- When we are expressing our masculine and feminine energies/archetypes in a way that's truly natural for us, a healthy relationship with food, body and self is the natural outcome
- In general, when we have the ability to think in terms of archetypes, to play with them, explore them, experiment with them - we give ourselves the best chance to be highly effective practitioners, and humans...



MASCULINE FEMININE PSYCHOLOGY

ARCHETYPES ARE:

Timeless energies

Metaphors

Eternal Blueprints

Invisible psycho spiritual DNA

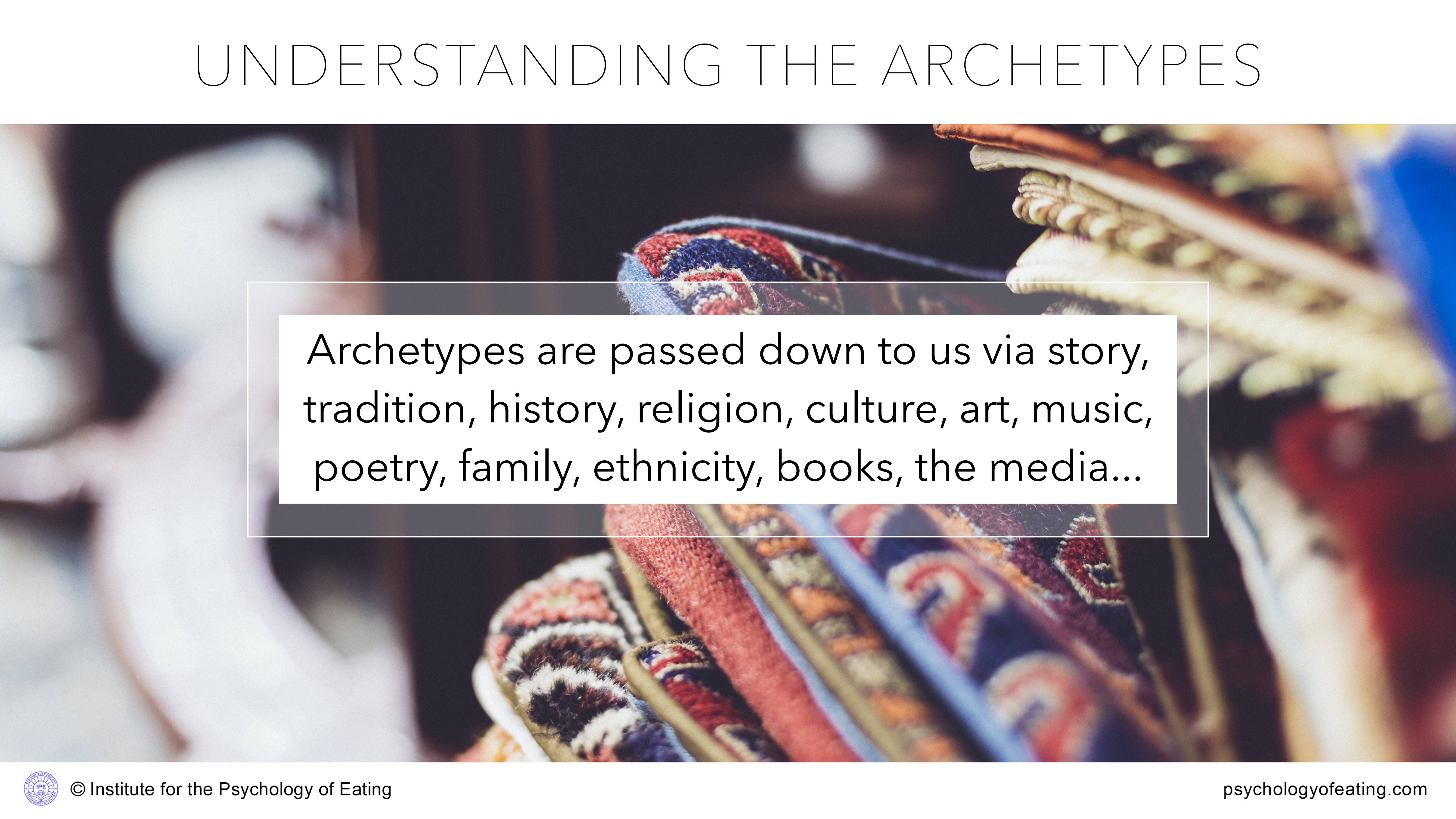
Vastly underrated in modern
psychology & personal development

Deeply important

The story of our Journey



UNDERSTANDING THE ARCHETYPES



Archetypes are passed down to us via story, tradition, history, religion, culture, art, music, poetry, family, ethnicity, books, the media...

UNDERSTANDING THE ARCHETYPES

EXAMPLES OF ARCHETYPES:

King, Queen, Warrior, Lover, Artist, Dancer, Child, Victim, Athlete, Magician, Killer, Betrayer, Savior, Mother, Father, Sister, Brother, Aunt, Uncle, Healer, Teacher, Leader, Princess, Prince, Casanova, Whore, Virgin, Witch, Sage, Saint, Sinner, Teenager, Beggar, Bitch, Genius, Guru, Shaman, Caretaker, Guardian, Gangster, Scientist, Hunter, Wise Woman, Old Man, the Astrological Signs, the Cards in the Tarot Deck, the Fool, Angel, Demon, and so much more...

MASCULINE FEMININE PSYCHOLOGY



Joseph Campbell, when asked where the archetypes
are actually found responded:
“They live in the DNA”

MASCULINE FEMININE PSYCHOLOGY

FEMININE AND MASCULINE ARCHETYPES - SAME AS:

- Yin and Yang
- Right Brain & Left Brain
- Woman and Man
- Moon and Sun
- Emotional and Mental
- Goddess and God
- Earth and Sky
- Mother/Father



UNDERSTANDING MASCULINE & FEMININE

- This can be a challenging concept for some people
- Please let go of “political correctness” -
- Assumption - all humans are equal, AND males and females are **different**
- Assumption - men and women have both masculine and feminine archetypes or energies within them
- Assumption - men will, on average tend to emphasize more of the masculine archetype. Women, on average will tend to emphasize more of the feminine archetype
- And there’s every possible range of masculine & feminine energies within any given person, and this may even change throughout our lives



UNDERSTANDING MASCULINE & FEMININE

- There are no shoulds and shouldn'ts here - meaning, there's no right or wrong in terms of how much masculine or feminine archetype any person should be expressing
- AND - many people get caught in unconsciously over-emphasizing one of these polarities
- When we over emphasize a polarity, or are a bit deficient in a polarity, unwanted symptom and unwanted behavior can be the result
- Assumption - we are here to express our truest nature and our own natural mix of masculine and feminine, whatever that may be
- Our polarities are both inborn AND are conditioned into us by the world



THE MASCULINE ARCHETYPE:

Left brain, logical, mental, linear, one-pointed, straight, to the point, goal oriented, intellect, mind, hard, heroic, purpose, presence, clarity, systems, hierarchy, protection, boundaries, order, commitment, will, strength, information, science, numbers, calculating, measurement, penetration, problem solving, directional, singular, combat, fight, muscle, metal, survival, king, prince, father, brother, warrior patriarch, conqueror...

THE FEMININE ARCHETYPE:

Right brain, non-linear, creative, receptive, emotional, nourishing, embodied, artistic, circular, musical, unpredictable, chaotic, flowing, watery, colorful, connecting, associative, soft, loving, caring, food, body, fat, earth, soil, procreative, communicating, inclusive, intuitive, open, spacious, curvy, sensual, touch, pleasure, images, yielding, dance, birth, earth mother, queen, princess, devouring, mother, sister, goddess, birth, unknown, mystery...

MASCULINE & FEMININE PSYCHOLOGY

ASSERTION:

The field of Nutrition and the field of Eating Psychology both suffer from a lopsided, imbalanced masculine approach and perspective.

Meaning, our collective emphasis in these disciplines is heavily left brained, mental, numbers driven, disembodied, intellectual...

Another way of saying this: nutrition and eating psychology have been deficient in the feminine polarity of things...



MASCULINE FEMININE PSYCHOLOGY

Nutrition = Masculine
Nourishment = Feminine



NUTRITION & THE MASCULINE

THE MASCULINIZATION OF THE FIELD OF NUTRITION: THE FOLLOWING ARE MASCULINE DISTINCTIONS:

- Reliance on numbers
- The All Important "Weight" - a number
- The Scale
- Nutrient Amount
- Calories
- Heroic Exercise
- Scientific "Proof"
- A "System"
- The "Right Way"
- The "Perfect Diet"
- More muscle, less fat



NUTRITION & THE MASCULINE

When we **over-emphasize** a masculine or left brained approach to nutrition, we will over-emphasize numbers, nutrient amounts, calories, measurements, cholesterol levels, the unquestionable nature of lab tests, willpower to control appetite, perfectionism about the body, surgery, fat removal, an attitude that science will save the day by discovering the tiny cellular mechanisms that hold the key to all life's mysteries, especially weight loss, we go on a quest for "perfect health", absence of disease, and the ability to never feel suffering or upset again....



NUTRITION AND THE FEMININE

THE FEMININE DISTINCTIONS IN NUTRITION:

- Nourishment over nutrition
- Pleasure over “feeding”
- Mystery over “scientific certainty”
- Flow over “meal plans”
- “Natural” food over synthetic ones
- “Movement” over exercise
- Cooking over prefabricated meals
- Body wisdom over book knowledge
- Eating over willpower
- Garden grown over laboratory grown



ASSERTION

- When we are overemphasizing one polarity, this imbalance will inevitably show up as symptoms or unwanted eating behaviors or out-of-control thoughts
- Example: when we think "I need to control my appetite with more willpower", this can lead to binge eating, emotional eating, self attacking thoughts
- Example: when we think "I must hit my target weight", we give our power away to an artificially created number and can live in self rejection and misery if we don't get to that precise amount...

ASSERTION

Until we embrace and integrate the Feminine when it comes to food, nutrition & the body, women & men will continue to suffer with disordered eating, body hate, self-judgment, and obsession over food

MASCULINE & FEMININE PSYCHOLOGY

This Training will, by necessity, strongly state the case for including a more feminine approach to food, nutrition, weight, and the body. This does not negate the need for the masculine or left brained aspect of these...



MASCULINE & FEMININE PSYCHOLOGY

ASSUMPTION:

Masculine/left brain approaches to life, politics, economy, health, food, science, culture and more have predominated for centuries in the western world. It's time for more of a balance...

MASCULINE & FEMININE PSYCHOLOGY

ASSUMPTION:

Collective evolution happens and personal healing is accelerated when we have more of an integration, balance and harmony between masculine and feminine...

AN INTERESTING SCIENCE FACT:

Hemispheric dominance in the human brain naturally alternates in cycles that are approximately 2.5 hours in length. At two times during each day, hemispheric dominance is balanced between left and right - during the times of sunrise and sunset. At these times, learning is maximized, mood is most balanced, wisdom and creativity are emphasized, and a sense of wellbeing is most naturally pronounced.

MASCULINE & FEMININE PSYCHOLOGY

A GREAT PRACTICE:

Begin to notice in self, clients, friends and loved ones where they emphasize masculine approaches and thinking to food, body, and health. What do you see? How does this impact them? How might this be limiting them? How might things change if they embraced more of the feminine with food and body?



A MASCULINE EMPHASIS IN COUNSELING

- Fix broken people
- Give them information
- Set goals, meet them
- Just say no
- Change or modify behavior
- Don't let your feelings get in the way
- Give them meal plans. Tell them what to eat
- Give them the "right diet"...

A FEMININE EMPHASIS IN COUNSELING

- Help and assist people in their journey
- Provide wisdom, insight, and experiential learning
- Have a direction and be willing to be flexible
- Embrace feelings, listen to them
- Create change and transformation from the deepest place
- Help them discover the changing needs of their own body
- Help them embody

MASCULINE & FEMININE PSYCHOLOGY

MASCULINE APPROACHES TO WEIGHT LOSS:

1. Get rid of excess weight!
2. Intensive exercise
3. Food restriction
4. Counting and limiting fat grams
5. No pain, no gain
6. Willpower - resist food
7. Measure of success - the number on the scale
8. Motivation
9. The goal is what's important, not the journey



MASCULINE & FEMININE PSYCHOLOGY

FEMININE APPROACHES TO WEIGHT LOSS:

1. Listen to this divine symptom
2. Movement rather than exercise
3. Find natural appetite
4. Receive pleasure from food
5. Let go of the scale
6. Embrace the fullness of the journey
7. Self love rather than motivation from self loathing
8. Be inspired about the journey
9. Embodiment now



REMINDER

- This conversation about masculine and feminine is not about which is better. Both are necessary energies in all of Life
- Ideally, we have an elegant blend of masculine and feminine energies in our relationship with food and body - the kind of blend that truly works for who we are...
- Sometimes, we need more of one polarity than the other
- In general, the fields of nutrition, medicine, and psychology need a dramatic course correction here when it comes to including the feminine
- We will be emphasizing a more feminine approach to nutrition and eating psychology, as this aspect has been dramatically deficient - and is the reason why so many people continue to feel lost, confused, and burdened by unwanted eating challenges and thoughts about food and body



MASCULINE & FEMININE PSYCHOLOGY

YOUR JOB AS A COUNSELOR, HEALER, TEACHER, COACH:

1. See your client
2. Notice their masculine/
feminine polarities
3. Do they need more of the
masculine in their life?
4. Do they need more of the
feminine in their life?
5. A swirl of both perhaps?



MASCULINE FEMININE PSYCHOLOGY

THIS IS THE END OF
Masculine Feminine Psychology

PLEASE GO TO
Psychobiology of Soul Lessons - Part 1

