

## Episode Transcript

### **TAOLC EP: 019** - Embracing the Polarity Dance: How to Support Your Feminine or Masculine Core

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Welcome to The Art of Living Consciously Podcast, a show designed for out-of-the-box thinkers and mindset shifters who are looking for new ways to evolve. This is an intimate container designed to uplift, inspire, and motivate you on your own growth journey.

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I'm your host, Dannie Reeve. As a certified BNE or Bioneuroemotion practitioner, I empower men and women to turn their conflicts into stepping stones for growth because when you question your own beliefs and perceptions and take responsibility for your life, everything else follows. If you ask me, earth is a place where souls are sent to evolve, and in this podcast we will discuss the best tools for our evolution.

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Hello. Hello, my flawsome friends, and welcome to episode 19. I know this is a well overdue episode, and I first want to thank you for still being here and for taking some time out of your day to listen to what I have to share with you today. I have had my own set of setbacks over the last month, and although this is by no means an excuse for not showing up consistently for you guys, I became very aware of my need to slow down and to prioritise my wellbeing in order to be able to show up in a better way and create meaningful content.

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I have been called to tap in a little more into my feminine essence, and in the process I have deepened my understanding of the masculine and feminine energies. So today I have an exciting episode for you in store, and I know you will really enjoy this one because a lot of you enjoyed the episode that I did on masculine and feminine energies. It's a fascinating topic and one that is so important if we want to lead a balanced life. During this past month, I have really worked to deepen my understanding of how to manage those energies, what they look like and what it looks like when they are out of balance, and obviously the best way to integrate the energy that we are least comfortable with is through relationships, right? I recently signed up for a course with a coach. I've been following on Instagram for quite a while.

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This course came up and it was a full body yes for me. His name is Jake Woodard. I hope I'm saying his name correctly. I know him as Jake, and let's put it out there. I would love to interview him on this podcast one day because I know he has so much wisdom to share with you guys. So let's make this happen one day. I'm just putting it out there. Anyway, I signed up for his course and it was a two day workshop that really deepened my understanding of how these

energies play out in a relationship. So in this episode, I'm going to share my takeaways so they can complement the episode that I've done so far on masculine and feminine energies. This will be insightful for both men and women or people who are primarily in their masculine and people who are primarily in their feminine because as we know, this is not a gender thing.

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It's an energy thing. We all have a predominant core energy, and we will usually seek in others the complimentary energy or the energy that is less predominant in us. We live in a polarised dual world, so it makes sense that we would seek the opposites or the apparent opposites in order to get to know ourselves better. So that's how the world works. That's why we have a sun and a moon. The ying and the yang, the light and the dark, all these are seemingly opposites, but they complement each other. Feminine and masculine energies are exactly the same, and that's why we are constantly having to dance from one to the other and find balance and flexibility between both polar opposites. An important step to learning how to dance that dance is to know what your core energy is. For a lot of us, that is already a tricky step in and of itself because we might deep down know that our core energy is feminine, but we show up in our masculine because for whatever reason, we reject our feminine energy because we don't feel that it is safe, because we don't feel comfortable with it, et cetera.

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And the same obviously can occur with a person who deep down has a strong masculine core, but doesn't know how to show up in their masculine and becomes hyper feminised. One of the biggest eye-openers for me in Jake's workshop was to actually witness men who were having trouble standing in their masculine energy and how difficult it was for them to approach women from their masculine energy. It also made me really aware of how ingrained my masculine shield was, how unsafe it feels for me to be in my feminine and to allow the masculine to guide me. And this is a problem that many, many core feminine energy people have nowadays. We don't know how to be around the masculine and how to let the masculine in, and of course, that results in the fact that it's also very difficult for a lot of masculine core people to be in their masculine and to show up in their masculine.

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In fact, I believe, and there are books and studies showing that there is a big crisis when it comes to masculinity nowadays, a very interesting book on the subject is *The Boy Crisis, Why Our Boys are Struggling, and What We Can Do About It* by Warren Farrell and John Grey. This is largely due in my opinion and according to what I have learned to the fact that over generations and generations there was a clear imbalance and abuse of power when it comes to showing up in the masculine. Masculine energy was equated to domination, to violence, to abuse of power. Many women in previous generations suffered the consequences of that abuse of power. So the unconscious solution for many women in the new generations has been to fear the masculine, to also emasculate the masculine, to take on a masculine role themselves so they could not be controlled by any man or any masculine core person.

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This translates to becoming ultra independent, to being guarded, overprotective, to being in constant 24/7 business mode, to focusing on achievements, to being a mother to absolutely everyone in our lives, including the men in our lives. Sounds exhausting, doesn't it? And it is, and I'm sure that some of you listening to this can totally relate with what I'm saying, and if you are a man or a masculine core energy person listening to this, this will give you greater insight as well as to why the women or partners in your life are acting in the way they are acting. I will also talk about how this imbalance affects masculine core people as well, so please stay tuned. Uh, I'm not leaving you out <laugh>. In fact, let's take a quick look at what a masculine core and a feminine core look like when they are balanced. A person with a healthy masculine core can be seen as, I like what the analogy that Jake uses, which is like a pillar, like an oak tree with a little bit of bend.

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It's grounded, it's rooted, but it's also solid assertive. You can lean on it for comfort and it has a great sense of direction. A masculine core person prioritises achievement, has a sense of purpose, looks for freedom, and is a leader. A balanced feminine core person is like water. She's grounded, calm, loving, inviting, receptive. It's like she is a container for pleasure. The masculine feels relaxed and peaceful in her presence, and a balanced masculine core energy person provides a sense of safety and a sense of direction to the feminine. In a balanced world, the feminine attracts the masculine and she provides calm, soothing waters for him to swim in. In that world, the masculine penetrates the feminine and provides a structure and a sense of safety for her. We need the grounded masculine to feel safe and to create. It's impossible to create from a place in which your brain is functioning in high Beta levels.

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You cannot, that's why meditation is so good for you, because you quiet your brain down and you bring it down to lower levels of frequency which allow you to reach a state of peace. That's the role of the masculine in a family system. The presence of a well-grounded masculine energy person brings peace to the system and enables its members to thrive and grow. Think of it as a container that provides structure and direction to all family members. Without that structure, you are left with chaotic and uncontained energy. That's why a lot of dysfunctional families are characterised by the lack of a strong, grounded, assertive masculine father figure. Studies are actually showing that the lack of such figure can have direct effects on the dropout rates of children at school and how likely they are to succeed academically. How the mother views the father is crucial because a child will see their father through the eyes of their mother.

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That's why it's so crucial to start balancing these energies within ourselves and to understand what is our core energy and how we want to show up. A core feminine person with a masculine shield will show up as defensive, as guarded. She will have little warmth. She won't allow the masculine to penetrate in the system. She won't allow the masculine to support her or to support her children. If you're a feminine core person listening to this, it's worth asking yourself a few questions. How do you view the masculine? How did you see the masculine when you were growing up? Do you try to do everything yourself? Do you allow

yourself to be supported by others? Do you allow the masculine to lead, or are you always trying to control everything? Do you trust men or the masculine? Now, I'm going to share a personal story for you to see how engrained that masculine shield can be and how early it can come along.

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Jake's course made me really aware of how unsafe or guarded I have felt in the presence of the masculine for most of my life. As I was doing the course, I actually had a flashback to an event that occurred when I was, I think I was around 12 years old or 13 maybe. There was this boy I really liked who was in the year above me, and I secretly had a massive crush on him. One day I was at break in the patio with my friends, and this boy came up to me in front of my friends. He asked me if I wanted to be his girlfriend. My immediate reaction was to look at him and laugh and say, no. I literally humiliated him in front of my friend, but deep down, I really wanted to say yes. I just gave this automatic response, which I don't even think was my response.

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My masculine shield had acted for me. I had internalised that men were to be rejected, that they were unsafe. I still have no idea why I answered what I answered, and I feel like a horrible person, but it was honestly a knee jerk reaction. Some of this information is literally in our DNA and some of our reactions are conditioned by that information. That was an unconscious reaction. I come from generations of women who have suffered greatly because of their relationship to the masculine. My unconscious mind is trying to protect me from living the same fate as them and I have become polarised. This is not easy to admit. It's not easy to admit that after all the work I have done, I am still feeling that way in a sense. I still have to catch my nervous system, understand that I am reacting to something that is not mine.

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It takes a lot of awareness. It takes a lot of courage to own up to these things, and as you do, you can start doing something about it. Will it happen overnight? No way it won't. That programme is still there and it will still operate, but you can quieten it down and tone down the volume little by little. A core feminine energy person with a masculine shield is a scared person. If you can relate to this, the first thing that one has to do is to start feeling safe in one's body again, to start trusting yourself so you can trust others. Listening to that fear, observing it, and then choosing not to feed into it. I have found that yoga, meditation, dancing, and really feeling being in my body has helped me connect to my feminine core. It makes me softer, more receptive, more willing to open up.

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When I'm triggered, I try to sit down and question my perception with the tools I know through BNE, will I ever stop being triggered? No, I don't think so. I've been structured that way, and you might have been structured that way as well, but you do have tools to start turning down those triggers and learning from them instead of reacting to them. I have plenty of episodes that give you the tools to do that, and I strongly encourage you to apply them. Relationships. Intimate relationships are a great conduit for that, especially when you are aware that the partners that we choose are based on the people and parents who have hurt us most. They are there to open and trigger our wounds so we

can overcome them. If you are a feminine person with a masculine shield, you will likely attract a masculine core person who is also struggling to stand in their masculine.

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That is the perfect situation for you to evolve as a being. What's important is that you are willing to do the work. What matters is that you are taking responsibility for your growth. If you truly are, the likelihood of you attracting a person who is also willing to work on themselves is even greater. Who knows what you might be able to create together? So now let's look at how that imbalance can show up for a masculine core person and how that might affect them and their relationships. One of my biggest takeaways from Jake's course was how he described the hyper feminised man, a man or a masculine person who is not comfortable with their masculine energy will appear as distracted. Flighty, ungrounded will be domineering versus assertive, inconsistent, lack direction, be too expressive or cold withdrawn and emotionally unavailable. Now, what was really insightful is that he said that hyper feminised men tend to come in two polarities, right.

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The first polarity, which is the obvious one, is the more passive undecisive type. The other polarity is someone who shows up as impulsive, reactive, overemotional. Little things will set him off, and he can be very aggressive as well as acting as cold and withdrawn at times. When we think of somebody who is not comfortable with their masculine energy, we tend to think of somebody who is very passive and submissive and indecisive, right? However, it makes a lot of sense that the opposite polarity would show up in somebody who is uncomfortable with their masculinity. Now, if we look at the DNA perspective, this can come from various reasons. One could be that there have been generations of overly aggressive men in the family unit, and masculinity has been judged as inappropriate. So the more passive man will probably have judged his father or his grandfather and would have seen maybe his mother or his grandmother be in a position where she was unhappy and often confided in him, for example.

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So unconsciously, that child decided that it was better to not integrate the masculine qualities within himself because it made the women in his life uncomfortable. So if you relate to this as a man or as a masculine core person, you can ask yourself, what qualities in your father or your grandparents have you relegated to your shadow? Maybe your father was a very aggressive person. How have you relegated your own aggressiveness to your shadow? Meaning that you don't allow yourself to be assertive. You don't allow yourself to say what you think and take the lead, and in that sense, it's an invitation to integrate the qualities that you have judged in your father or that your mother judged in your father. That will allow you to reach your own sense of balance and to show up as a man without being ashamed of being a man.

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If you are in the polarity of somebody who tends to be very impulsive, very aggressive, or cold and withdrawn, especially with the women in your life or your feminine core partners, you might want to examine the relationship with

your mother as well. Did she not give you the attention, the love that you wanted? Did she maybe overprotect you? What image of the feminine did you get through her? Part of you might despise the feminine because of how it showed up for you in your childhood. You might only seek it for pleasure and look for mothering figures in your life. You might be seeking the feminine in all the wrong places such as gaming, porn, drugs, alcohol, etcetera. I was really interested to learn that addictions are a form of submission and therefore a sign of hyper femininity. However, there is a part of you that really yearns to get in touch with the feminine in a different way instead of fleeing or acting on your emotions, to feel them, which is a feminine quality and to protect and lead rather than to only seek the feminine for its pleasurable qualities and looking for a mother figure to soothe you.

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This might be triggering information to listen to, but it is so, so important for us to become aware of these patterns within ourselves. Once you are aware, you can start doing something about it, you can start unlearning what you have learned. You will be led to the right books, the right tools, the right people, and an exciting journey will begin for you. Will it be an easy journey? No, it won't. We all know this by now, right? We all know it. We all surrender to it, and we all just pledge to keep moving forward. I thoroughly recommend that you check out Jake's offerings. I'll put a link in the show notes, and I only recommend resources I truly believe in.

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If you are interested in delving into projection and shadow work to understand your triggers better and how to manage them, you can head over to [www.danniereeve.com](http://www.danniereeve.com). That's D A N N I E R E E V E . C O M and please remember: you are the master of your own life and you can choose to become the change that you want to see in the world. Thank you so much for listening. I truly appreciate you, and I wish you a flawsome day.