

THE YIN AND YANG OF TRUE POWER

The word “power” stirs up many associations. You may have experienced power in relationship to another as “power over’ that feels controlling, manipulative, forceful, pushy even aggressive. Often money, wealth, status and position at work or in society and family, are perceived to have inherent power.

In truth we all powerful creator beings whatever role we play in our family community, at work or at play. Our ability to express our true power effectively involves an understanding of the feminine (Yin) and masculine (Yang) energies of our being – and how these energies work in harmony.

No matter whether we are in masculine or feminine form we are both Yin and Yang within. Each contributes equally to work in co-creative partnership.



The FEMININE energies are receptive; inviting, fluid, intuitive, sensual, accepting, creative, blissful, open and surrendered to the stillness of being present in the moment. Her essence is joy, passion, purity, compassion, connection to our feelings and emotions.

The MASCULINE energies transmit rather than receive. They initiate, generate, are productive, action-oriented, directive, problem solving, focused, rational, analytical. His essence is will, the lover, manifestation and abundance.

SOUL-ALIGNED CREATION

We are living in harmony when our masculine and feminine work in divine co-creation. Then we access the power of being in the flow of soul-aligned creation. When the masculine is driven by our ego aspects, our actions transmit the power that is driven by the ego-mind. The nature of ego aspects is that they were created from fear based programs in order to protect us. The perceived danger due to traumatic memories we've retained in our database of files from our past, generates us to be in “survival mode'. The result is the “power-over “distorted expression of the masculine. No doubt you've experienced the need to make important decisions and often chosen to act from fear. You notice that this doesn't give you the freedom you seek. When we live from fear we allow these aspects to distort the true expression of our power and sabotage highest our soul path.

Today, in our world, we are observing the chaotic results of this unbalanced masculine transmission of perceived “power' that has predominated for centuries.

We also recognise how it operates as “power-over” in our lives. We feel it both when we receive it from others and as our own behaviour when we project it onto others.

RE-BALANCING OUR TRUE POWER – DISCOVERING THE FEMININE POWER WITHIN

Humanity's distorted fear-based expressions of the masculine power that are playing out on the planet at present simply are the cry for change. We are experiencing a great planetary shift that is birthing a new consciousness based on love not fear. It requires all of us to choose to participate and to be the change we wish to see in the world. To create our lives from peace, love, harmony co-operation, respect, tolerance and acceptance of differences. This means discovering the feminine power within us that is the wellspring of true power and creation energy.

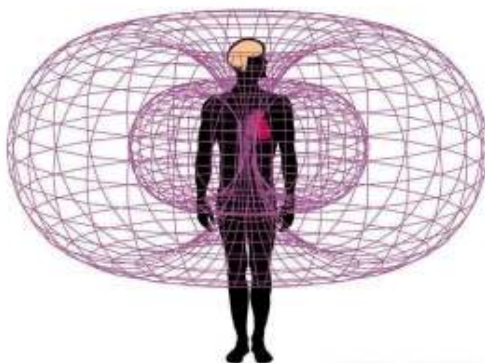
ACTIVATE THE ART OF FEMININE POWER – BRINGING YIN AND YANG INTO HARMONY **She receives inspiration – he then transmits through inspired actions**

In-spiration is derived from the Latin word *spirare* meaning to breathe -in. Breath is the primary life force that connects us to the love, light and power of spirit -the love that brings healing and transformation, the light that brings truth and wisdom and aligned with both is our true creation power. Through focused intention and the breath, our feminine receptivity opens to spirit through expanding our heart centre (chakra). This allows us to build a beautiful, expansive and powerful heart field of unconditional love energy. This receptive heart field opens us to our soul and spirit connection, to receive the guidance, protection, healing and support of all the realms of spirit that align us to our highest life path and potential as a soul. It is accessed through meditation and other practises that align us to the present moment awareness and the receptive (feminine) states of beingness, silence, gentleness, stillness, peace, serenity, bliss, inner knowing, creativity, intuition. Herein lays the feminine power!

Fear and unconditional love are vibrational polar opposites.

The Heart is more powerful than the Brain

The Heart is about 100,000 times stronger electrically & up to 5,000 times stronger magnetically than the brain.



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Fear cannot exist in the presence of the healing and transforming power of unconditional love. The force field of the heart is more powerful than the field of the mind, a fact that science continues to measure and validate. Through its high vibrational energies the heart field can entrain the brain and neural pathways of the body and influence the potential expression of the cellular DNA, where our fear-based programs are held.

The power of our open, expanded, receptive heart field, is the feminine power that can gently and lovingly heal

and transform the ego aspects driving our fear-based actions. The insecurities, doubts, anxiety, overwhelm, confusion arising from negative thoughts, words, beliefs, emotions, feelings, body pain and disease are healed and transformed allowing actions inspired from the heart-soul-spirit connection.

Opening to remember the unconditional love we each are, knowing we are divine beings worthy to receive the divine love of the universe (Source) and extending this to ourselves and others lies at the heart of feminine power.

Activating our feminine power, we make an impact without force, change the way we operate in our world and create our life in a gentler, loving and peaceful way. This feminine way of being-ness is in the flow of creation, receptive in the present moment. It acknowledges and accepts all in your life and surrenders preferences and attachments as to how and when things happen. It takes great strength of will.



We each have free will to choose in every moment.

The power of our choice allows us to redirect the pushing, striving mind that seeks to mould the physical world or control people and circumstances in life. From a place of divine love and peace we create a magnetic attraction that allows for divine timing, choice and freedom to bring clarity, guidance, resolutions to our life issues and challenges, rather than dynamic pursuit, resistance and judgment.

If you would like assistance and loving support as you are held in a safe nurturing energetic space of connection to healing, guidance and inspiration, check out my website www.soulpower.net.au.

SOUL POWER Unlimited offers a range of Healing, Guidance, Consultation and Soul Blueprints sessions, Workshops, Articles, Stress release, Meditation and Breakthrough Soul Coaching programs.

Carolyn Cini (Lakshini), Director of SOUL POWER Unlimited, Keeper of the "Angelic Heart Prisms" is an accredited Life "Soul" Coach, Sacred Counsellor, Sacred Artist, Wisdom Teacher, and Spiritual Healer. She assists you to consciously live your heart dreams as you embody more love, happiness, abundance and fulfilment in life - living true to you and your highest soul path. Her work combines coaching and many healing modalities - multidimensional kinesiology, sacred sound and art, angelic healing - to free the true expression of your gifts, passions and purpose. You align to the guiding wisdom, love and power of your heart and soul connection.