

# *Balancing Masculine & Feminine*

*An Article by Shirley Knapp*

*We each have the masculine and feminine energy. When they're in balance, we're living by our intuition, in trust and in peace.*

The feminine spirit that has been reawakened in all here on the planet, out of considerable necessity, will help heal the Earth -- it must be reawakened for ultimate healing of the planet. This is not about the battle of masculine and feminine where many continue to get frozen in time. It is not about war with each other. It's about embracing the understanding of the masculine and feminine within each of you so that you can bring it as a piece of whole truth, not half-truth.

Each of you have a masculine and feminine energy in your being, and both need to be activated and brought to an equal place. If you're doing battle with the outside masculine and feminine gender, you can assume that you are most definitely in inner conflict with yourself. You need the balance of both aspects of masculine and feminine energy, which has nothing to do with gender. It is about energy, and this is why, of course, all the confusion at this time which seems to be brought to the focus of sexuality, when that is clearly not the issue. The issue is of energy. So, when you find others about you who are angry with the opposite gender, ask them to look inside and heal, not project more isolation and separation to the outside world.

The Earth at this time and all beings who walk upon it need to be loved, need to be held, need to be held in community, in connection to Truth, not separate. It is time to bring balance, because you cannot take the next step without being in balance. You have been walking on one foot. You must be at peace --you must be balanced to take these next steps, and for those of you who have this illusion that being alone is balanced, you need to take a further, deeper look inside. You can be balanced on the inside emotionally as much as you can be, but that is only one piece or one side of the scale.

You had to learn to do the solo to understand and learn the dance. You had to learn to dance by the self so that you did not dance in dependence with another. However, one can only hold energy so long by the dance of themselves. This is nothing about relationships of the past. This is about connection to energy balances of the now, so that you're walking foundation and truth, not confusion and chaos, but balance and harmony. Do not find it a coincidence that you will be touched with a new heart-opening situation, whether it be in the connection that you are already in or a further one that will come along the path. This is the new step to take you higher. This next step needs to be taken so that you will fully understand balance, because when you start to live in balance, you will live a more passionate fulfilled life.

Open to balance and you will open to Joy!

**About The Author**

Shirley Knapp, U.S.A. <http://www.shirleyknapp.com> Shirley Knapp is an internationally recognized continuing education instructor and author of "Sustaining Joy" who leads groups in personal growth. She has been in a holistic private practice, teaching individuals and groups since 1986. Shirley's mission is to heal, love and serve the world by transforming ourselves and helping others transform in joy. Browse our web site <http://www.shirleyknapp.com> for other products with this focus in mind.

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