

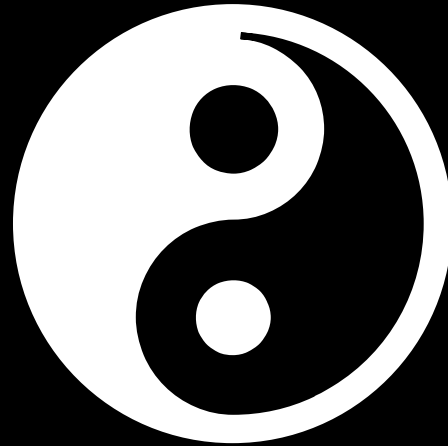
GENDER BODY POLARITY



Zulma Reyo
School of Consciousness

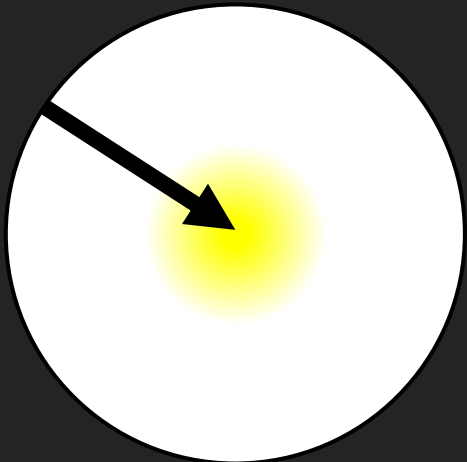
YIN-YANG

Both the **Feminine** and the **Masculine** Principles contain what is known in the East as **Yin** and **Yang**.

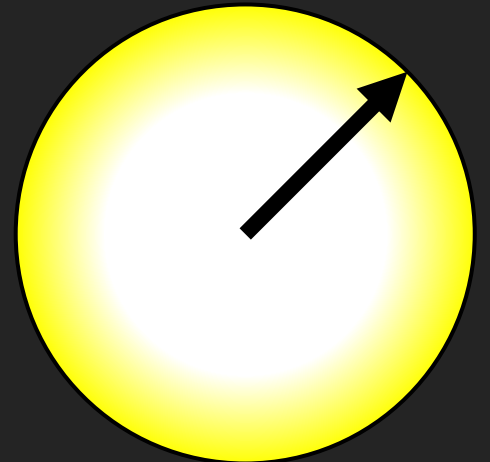


Yin-yang describes the perpetual motion of Life or Creation in an interconnected dynamic.

YIN represents the force of attraction. Its movement originates at the periphery and concentrates inwards. At the same time, subtle influences irradiate in the opposite direction.



YANG represents the activity of the force projecting from the centre to the periphery, simultaneously emanating and reverberating subtle waves in the centre.





YIN / YANG

YANG / YIN



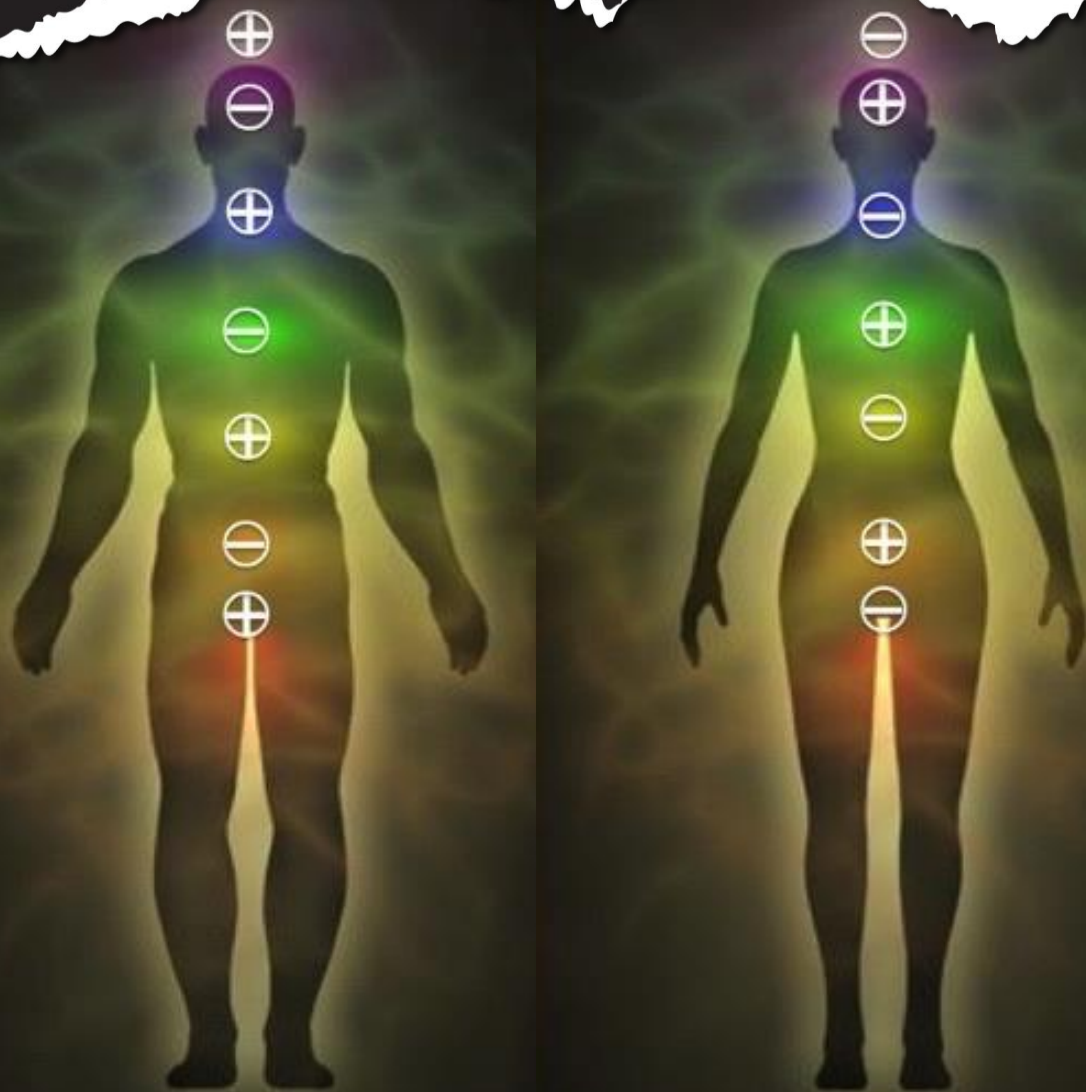
YIN and **YANG** are present in all men and women:

- The YIN force is engaging, receptive, and introspective.
- The YANG force is dynamic, it expands and builds.
- Each gender has receptive and dynamic faculties and instincts.

YIN is not FEMALE and **YANG** is not MALE!

- YANG is the dominant polarity in men BUT when he is receptive, he is NOT FEMININE = SENSITIVE MASCULINE YIN
- YIN is the dominant polarity in women BUT when she is a doer, she is NOT MASCULINE = FEMININE YANG

MEN AND WOMEN'S CHAKRA POLARITY



- The terms **Positive** and **Negative** polarity refer to how forces affect our expression.
- **Positive**: expressive, dynamic and expansive modality.
Negative: Receptive and introspective modality.
- These polarities alternate successively.
- This alternation will define different qualities in the way we perceive and act in the world.
- Each gender vibrates differently.

MEN'S CHAKRA POLARITY



- The **FIRST** centre projects outward into the world through the male genital organ and the forces it represents. He “conquers” the world of matter – things, objects, distances, forms – in this way.
- The **SECOND** centre, it expresses a negative receptive polarity, explaining why it is usually difficult for a man to deal with his emotions. Responding deep within him .
- The **THIRD** centre holds a positive charge, creating a strong associative and logical mind as well as fuelling the outward expression of power. Compulsion to advance, to extend and to develop

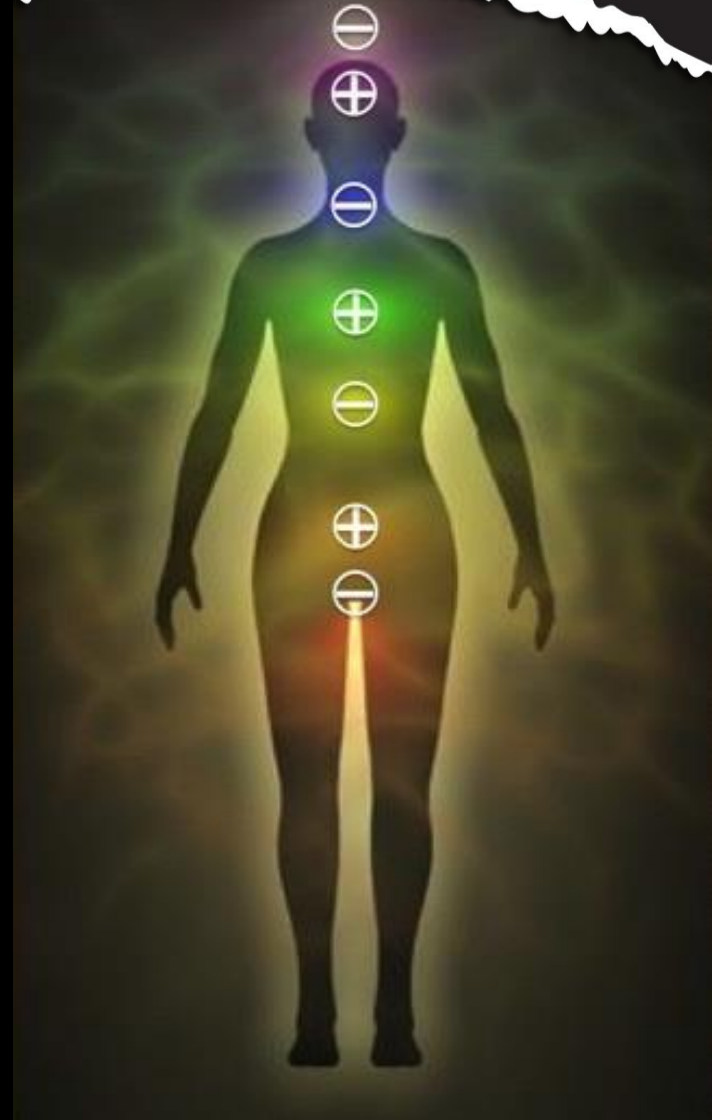
WOMEN'S CHAKRA POLARITY

- **FIRST centre:** charged negatively, the vaginal cavity stresses receptivity to matter. A woman attracts rather than penetrates the physical world. This allows her to absorb the positive male force and sustain the frequencies for gestation/creation. Physical sensitivity.
- **SECOND centre:** positive emotional polarity. Ability to physically and actively emit feelings. She dominates powerfully the environment and relationships. Seductive, intense, enveloping, manipulative, dominant naturally.
- **THIRD centre:** negative charge. She cannot deal exclusively with logic and objective thinking. Her thinking is holistic, intuitive, versatile and multidimensional.



WOMEN'S CHAKRA POLARITY

- Woman's **HEART** centre has a positive polarity that reflects her mind but as sentient intelligence.
- Its activation requires refining management of the **SECOND** centre and contact to her power (inner self-confident) of the **SOLAR PLEXUS**.
- Consciousness activates her YANG expression in the world:
- **Power of manifestation** in the world with strength, conviction and influence over her surroundings.
- The birth of the Priestess and the Visionary.



MEN'S CHAKRA POLARITY




- Man's **HEART** has a negative polarity becoming an anguish passage: the sensitive aspect launches him into a new identity.
- Its activation pushes him to break free from his dominant physical and mental YANG. This leap is usually triggered by mental refinement, loss of control and global awareness.
- Consciousness activates his YIN expression in the world:
- His spirituality will take root and become actively sentient instead of pure intellectualism.
- The birth of a sensitive and receptive Teacher.




CONCLUSION

- Once the **HEART** has been integrated, the personality – the 3 lower bodies of each gender – stops dominating us **compulsively** and lose influence.
- While our bodies irradiate gender qualities in **refined** Perfection, each gender becomes both male and female in Spirit: two-in-one.
- An **enlightened MAN** will be deeply and emotionally sensitive.
- An **enlightened WOMAN** will be clear, objective and active.

YIN | YANG MAP in MEN and WOMEN

|  | MAN | | | WOMAN | | |
|----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-------------------------------------------|----------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
| | YIN | YANG | Male Polarities | Female Polarities | YIN | YANG |
| PHYSICAL LEVEL | Centred, Calm. Discreet. Possessive. Individualistic. Patient. Sustainer (of power). | Directional. Forceful. Purposeful. Champion. Protective. Competitive. | + BUILDER DOER | − GESTATOR OF LIFE | Resilient. Permeable. Flexible. Physical sensitivity. Magnetic. Attractive. | Caretaker. Guardian of life. Enduring, tenacious. Resistant. Resourceful. Fertile. |
| Distortion: | WEAK | TYRANNICAL | | | SUBMISSIVE | AGGRESSIVE |
| EMOTIONAL LEVEL | Vulnerable. Soft, tender. Introverted. Evasive. Dreamer (aspiration). Kind. | Expressive. Fierce. Passionate. Drive, push. Exaggerated. Impulsive. | − DESIRE | + ACTIVATOR OF MOVEMENT | Transforming. Containing. Impressionable. Susceptible, sensitive. Deep, abysmal. Serene, peace. Subtle, invisible. | Dynamic, expansive. Intense (chaotic). Enveloping. Challenging. Seductive, influential. Manipulative. Perspicacious. |
| Distortion: | DISCONNECTED | PROVOCATIVE | | | HYSTERIA | DRAMA |

YIN | YANG MAP in MEN and WOMEN

|  | MAN | | | WOMAN | | |
|----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|-------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
| | YIN | YANG | Male Polarities | Female Polarities | YIN | YANG |
| MENTAL LEVEL | Independent. Concentrated, focused. Researcher. Inventive. Scientific, analytical. Diplomatic. | Law & order. Persuasive. Authoritarian, leader. Knowledgeable. Logical. Achievement-oriented. Purposeful, Deterministic. | <div>+</div> GIVER OF FORM | <div>−</div> INTEGRATION | Holistic. Simultaneous. Versatile. Intuitive. Multi-faceted. Receptive. | Cautious, vigilant. Flexible. Indirect (alternative routes). Practical. Observant. |
| Distortion: | SELF-ABSORBED (EGO) | FANATICISM | | | LUNACY | CONTROLLING |
| SPIRITUAL LEVEL | Silence. Conformist, originality. Seeker of the Truth. Honour. Idealism. | Equanimity, fair. Teacher, Master. Generous. Aesthetics. Fraternal (brotherhood). | <div>−</div> THE SAINT TEACHER | <div>+</div> PRIESTESS VISIONARY | Compassionate, purity. Transmutation. Harmony, wholeness. Justice, integrity. Visionary. Enigmatic, mystery. | Motherhood, wisdom. Elevation. Inspiration. Creative, gracious. Merciful. Beauty. Responsibility. |
| Distortion: | “DOORMAT” | RIGIDITY | | | NAIVETY | HARDNESS |

The present moment in history requires:

The activation of sensitive **Masculine Yin** forces.

The emerging determination and aspiration of the **Feminine Yang**, supporting and channelling that male sensitivity.

