CIAO, SISTARS.

WHAT IS MASCULINE AND FEMININE ENERGY, AND WHY SHOULD YOU CARE?!

Here's the good news! You are indeed a massive and magnificent walking vessel containing a unique brew of energies that you can manipulate. In the last Tickle, we discussed how the energy in you varies from sketchy-basement low-grade to constellation-high level frequencies and what to do to stay on the high-vibe floor. But you should also know that these energies are divided between

A straight man can be swimming in feminine energy and a hetero woman can be lugging along huge sacks of heavy masculine energy. I'm a straight woman, for example, who came onto the masculine and feminine poles, exactly as ancient Chinese Taoists have understood for thousands of years with their principles of yin and yang. Although the masculine has gotten a very bad rap of late, **you do indeed need—and want—both energetics in your body**. Most of us are deficient in one and overactive in the other; the trick is to begin to recognize how they play out in your life and bring them both into a balanced and happy marriage inside yourself. Then you're really going to soar.

Interestingly, this feminine-masculine polarity has nothing to do with being a man or a woman, straight or gay. Energy is not gender related. planet drowning in masculine energy. I'm practical, assertive, sometimes loud, and I will jump into conversations and infiltrate situations without any embarrassment whatsoever. The good news is that it's helped me get a lot done in my life and to stand up for myself. The bad news is that I can be bossy, controlling, judgmental, and stubborn as all hell, which are a few of the gloomy sides of the masculine.

It's important to understand which energies are dominating aspects of you...

KEEP READING!

"Our society doesn't really think the feminine has a place in the office: it appears weak, soft, too touchy-feely, and overly emotional. As a result, many women in professional environments still roll into work pulling on the pants of the dusty patriarchy."

A MATRIARCHY MAKEOVER IN THE OFFICE

I'll never forget the moment in 2009 when I was fired after six months from my job at Gucci, with my boss giving me one simple, searing explanation: "J.J., you're just not cut out for classic, big corporate life." I got the dismal news on my birthday in Cannes after working three all-nighters—using full-powered, blind masculine muscle—for that very big company. I was devastated and fell down a rabbit hole of negative masculine energy: I criticized myself for not being better, I blamed my dumb superiors, and I cut off—rather than cared for—my screaming feelings of guilt, pain, and deep shame.

appease someone when my gut tells me the opposite, I can't do something sketchy to save my own skin, and I can't not care about how people who work together actually feel.

Most successful businesses today rely heavily on the masculine, and some of this is necessary and helpful. A business plan has to be concocted, constructed, and supported through logic. The financials have to be secured. The structure of the company has to be designed and built so that the process is efficient. This is good and essential, actually. But we must honor the feminine within this system, too. **Our society doesn't really think the feminine has a place in the office: it appears weak, soft, too touchy-feely, and overly emotional. As a result, many women in professional environments still roll into work pulling on the pants of the dusty patriarchy.** They are no longer wearing Armani power suits,

Upon retrospect, that boss was right. I wasn't cut out for "big corporate life"—at least, not that one. And I'm happy that I am not. Many business environments today are pulsating with distorted aspects of the masculine; they are overly structured, soulless, patriarchal systems run by too much head, not enough heart, a lot of fear, and political games of getting more money and retaining more power. I was never very good at politics: I can't mindlessly follow orders, I can't not share a true opinion, I can't say something to but they have become hardened, heartless, too busy, over-scheduled, and no longer operating from their bellies, the seat of their all-powerful intuition.

Feminine energy must blow back big-time into our work environments. Again, this is not the business of women only. Everyone benefits from it.

READ THE REST!

QUICK HACK
Mute your Mind

The fastest way through the doors of the Divine Feminine is to turn your mind off. Completely. Go into a purely feeling state of awareness. And the quickest, simplest way to do that is through breathwork, sound healing, and guided meditation. There are many other avenues, but these are foolproof and cynic-proof routes to getting into the receptive listening bubble that is known as the Sacred Feminine (more in the Spiritual Toolkit!).

Spiritual Toolkit: Tuning Your Masculine-Feminine Energy Dial

You are a swirling mix of energies—high and low, masculine and feminine. It's important to understand what you're deficient and excessive in and bring these polarities into balance. This begins with an awareness practice—watching yourself from above as you go through life and how you navigate sticky and tricky situations. When you see the ways in which you are not stepping into your Divine Masculine or Feminine, there are actual action (or non-action!) items you can take. Here's a rundown for you...

47 WAYS TO DO IT

Hello, Healer

Devi Ma, Founder of the Priestesses of the Golden Age

I met the magical Devi Ma in 2020 during a DNA healing session, a profound energetic and spiritual activation at Radiantly Alive Yoga in Bali. I have taken a three-month ancient Egyptian Reiki and Mystery Codes course with her (fascinating!) and am currently enrolled in her Divine Human Awakening class. She is the REAL deal, facilitating light and sound code activations, feminine embodiment practices, womb healings and rituals. Her teachings are for advanced level spiritual initiates, but please read this interview to learn more about her intriguing, all-important work!
—J.J.

READ THE INTERVIEW

Sunday Sessions

Join JJ and @devi_healing_light for a deeper discussion on the Sacred Feminine and her.

Set your clocks for 1pm CEST on Sunday, March 27, and tune into @jjmartinmilan on Instagram.

RESOURCES

Discover Her

There are many goddess and Divine Mother archetypes that can help you access the energetic frequency of the Sacred Feminine. I love listening to, watching, and reading the prolific Alana Fairchild. Check out her many books (like the Kuan Yin Transmission), but here she offers a beautiful Divine Feminine Peace Offering meditation.

Tap into this

The Ancient civilization of Lemuria (look it up!) was a potent fountainhead of the Divine Feminine in present-day Hawaii. One of my favorite channels for this energy is the sweet-as-pie, grandmotherly-wise Laura Yardley. She is deeply connected to ancient goddess Huna and can give you a remote healing session on Zoom. Laura@heartofhuna.com

Read & Practice this

Ali Storm, a former fashion girl in NY, had a massive kundalini awakening several years back and then channeled this book called Project One, which talks about the rise of the Divine Feminine in our current culture and gives you practices and modalities of how to tap into it at 3:33pm every day. This book was very important to me during my lockdown upgrade.

Move like this

In balancing your feminine and masculine, you want to move your body, but do it consciously and without beating it up. Joyce Virani created a Sensual QiGong technique that is wonderful for bringing awareness into the body and moving it, too. She does private sessions and workshops. I like these videos that help bring balance to body, mind and soul.

Still Curious?

I'll bet you have questions—maybe many!
Email me at askjj@ladoublej.com and I'll do my best
to answer them directly or in a future Spirit Tickle.

Not feeling ticklish? Opt out of receiving the Spirit Tickle below.

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