

# Balanced Harmonics Guide

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## MASCULINE/FEMININE

Balanced Harmonics requires a balance of both masculine and feminine energies within. This requires integration of all the divine traits, as well as the harmonics balance for each vessel.

51% feminine/49% masculine for Feminine  
51% masculine/49% feminine for Masculine

## GIVING & RECEIVING

Balance in giving & receiving requires the healing of all EGO programmings as well as lower frequencies which creates blocks to the flow

## BEING & DOING

The art of both being and doing requires experience and wisdom, as well as full connection to Source & divine intuition. Once we return to our natural state, we embody the organic flow of both energies.



### 01 MASCULINE/FEMININE

Anchoring Divine Traits  
Healing M/F wounding

### 02 GIVING & RECEIVING

Dissolving programmings  
Practicing equal energy

### 03 BEING & DOING

Living by example  
Learning through  
experience

# Masculine/Feminine Balance

## Divine Masculine Traits

WORTHINESS  
DIVINE INTELLIGENCE  
PATIENCE  
TRUST  
INNER STRENGTH  
COURAGE  
INTEGRITY  
HONOR  
TRUTH  
CONSISTENCY  
DEDICATION  
PERSISTENCE  
TENACITY  
ACCOUNTABILITY  
PROACTIVE  
DIVINE WILLPOWER  
EMPOWERMENT  
HUMBLE  
PASSION  
TOLERANCE

## Divine Feminine Traits

GENUINE  
HEART CENTERED  
COMPASSION  
EMPATHY  
UNIVERSAL LOVE  
KINDNESS  
RECEPTIVITY  
GRATITUDE  
NURTURING  
ORGANIC  
JOY  
PURE THOUGHT  
TRANSPARENCY  
SELF-LOVE  
WISDOM  
RESPONSIVE  
INTUITIVE  
FULL FEELING  
SELFLESS  
NON ATTACHED

# Healing Masculine/Feminine Wounds

Healing our masculine/feminine wounding begins within, as most of our wounding comes from our DNA lines which we inherit upon birth. Many of our woundings were then played out in childhood, stemming from our Earth parents who are also carrying the same wounds. This later is played out in masculine/feminine, masculine/masculine, or feminine/feminine relationships.

The first step is identifying the wound and where it originates. For example: a feminine who has deep distrust in the masculine, where does it originate from?

Next is to see how this wound has played out in our lives beginning from childhood. Do a forgiveness ceremony to help clear these wounds and triggers.

# Healing Masculine/Feminine Wounds

Next, we must identify where this wound is stemming from within ourselves. For example, the feminine who cannot trust masculine likely has a wound stemming from relationships, back to the Earth father.

However, on a deeper level, this wound is a reflection of the feminine's lack of trust of her INNER MASCULINE. Meaning, she has not healed and anchored her inner divine masculine and therefore does not trust in herself, which is then projected out to external masculine.

Focus on building up the divine traits of the inner masculine in order to fully heal the wound within. This takes times, but the self-love disciplines are the guiding support for this inner work.

# Healing Masculine/Feminine Wounds

Finally, review the 4 control dramas as described in the Book, *The Celestine Prophecy* by James Redfield.

The following are the 4 types of relationship control dramas to be identified within all of your relationship dynamics, so they can be healed & dissolved.

The Aloof

The Interrogator

The Victim or Poor Me

The Intimidator

# GIVING & RECEIVING

Once we come into balanced harmonics, we are then able to anchor in the divine balance of Equal Energy Exchange. Our current 3D world is unbalanced in giving & receiving, and instead is a taking/hoarding paradigm. This is due to the imbalance within of masculine and feminine energies.

Giving is the masculine energy while receiving is the feminine energy. When we are out of balance with our masculine/feminine energies, this can lead to over-giving and blocks to receiving, or taking and hoarding which is a block to giving.

All exchanges are exchanges of energy no matter what the modality of exchange is. For example, anything we buy, invest our time and energy into, support, etc., is all an exchange of some kind.

# GIVING & RECEIVING

In order to come into balance of giving & receiving we have to understand Equal Energy Exchange. When we are giving and receiving equally, that is balanced. If either are blocked, it creates imbalance.

When we give out of love, joy, and service to others, and another receives in gratitude and appreciation, then the exchange is balanced. However, if there are lower frequencies within the exchange or the beings, then the exchange becomes corrupted.

The key is to dissolve all programming which affect our giving and receiving. This purifies the energy of all exchanges so that there is no corruption or discord created through the giving and receiving process.

# GIVING & RECEIVING

## Programmings & Lower Energies of Giving

- obligation
- lack/poverty consciousness
  - fear
  - force
  - guilt
- expectations
- conditions or bargaining
- validation seeking
- control

## Programmings & Lower Energies of Receiving

- lack of self-love
- unworthiness
- anger/resentment
- entitlement
- self sacrificing
- lack of empowerment
- victim consciousness

# GIVING & RECEIVING

To dissolve and heal these programmings, it is essential to do the inner work of transformation.

This includes:

- Identifying the EGO programmings you have
- Awareness of how these programmings are being embodied
- Following the tools & techniques for transformation
- Consciously embodying the higher traits
- Changing the habits & behaviors that are reinforcing the programmings
- practicing equal energy exchange
- having proper boundaries

Resources to Utilize:

- Ascension Guide
- EGO Workbook
- Embodying Divine Traits Guide
- 30 Day Self-Love Plan

# BEING & DOING

The art of BEing & DOing is a perfect flow between our masculine and feminine energies. In the 3D realm, there is no balance between being and doing, there are only extremes of both. This causes illness, dysfunction, and extreme imbalance in all aspects of our lives and environments.

Once we have begun to heal our inner masculine and feminine energies, embodying our divine traits, and dissolving our programmings, we begin to come into our natural organic state as divine beings.

During this stage, we come to a deeper level of awareness of how our masculine and feminine energies express themselves. We then embrace the new divine flow of action/doing/creating, and being/resting/reflecting.

# BEING & DOING

The art of BEing is our Divine Feminine Energy

- resting/reflecting
- enjoying
- relaxing in nature
- yoga/walking
- art
- journaling
- prayer/meditation
- channeling/connecting to Source
- feeling and knowing

The art of DOing is our Divine Masculine Energy

- creating
- speaking/expressing
- beginning projects/tasks
- organizing
- taking initiative
- following through on intentions
- connecting with others