

# Rebalancing The Masculine & The Feminine For A New Paradigm

In a time of collapse, witnessing the consciousness and paradigm driving our current moment is paramount. A rebalancing of consciousness may be a solution.

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***Set Your Pulse:*** *Take a breath. Turn your attention to your body and release any tension. Breathe slowly into the area of your heart for 60 seconds, focusing on feeling a sense of ease. Stay connected to your body as you read. [Click here](#) to learn why we suggest this.*

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***Editors note:*** *I invite you to view masculine and feminine in this essay not as men vs. women or with gender, but simply as qualities that make up the wholeness of our being. Anyone can*

*bring these qualities in balance, and anyone can have them out of balance. Yin and Yang may be another way to put it to move beyond the way words might misshape our interpretation of something. It can be helpful to attune to the body and present to feel into the true intention of being shared. - Joe Martino*

When the masculine and the feminine are in balance, there is fluidity, relationship, a flow of energy, unity, totality. This fluidity and balance is perhaps best illustrated by the Taoist image of the indissoluble relationship and complementarity of Yin and Yang.

In the broadest terms, the feminine is a containing pattern of energy: receptive, connecting, holding things in relationship to each other; the masculine is an expanding pattern of energy: seeking extension, expansion towards what is beyond.

More specifically, the feminine reflects the instinctual matrix and the feeling (heart) values of consciousness; the masculine reflects the questing, goal-defining, ordering, and discriminating qualities of consciousness, generally associated with the mind or intellect.

For millennia women have lived closer to the first pattern; men to the second. But now, there is a deep impulse to balance these within ourselves and in our culture. There is an urgent need to temper the present over-emphasis on

masculine value with a conscious effort to integrate the feminine one.

In the ancient world the feminine principle in the image of the goddess stood for relationship - the hidden connection of all things to each other. Secondly, it stood for justice, wisdom and compassion. Thirdly, and most importantly, it was identified with the unseen dimension beyond the known world - a dimension that may be imagined as a matrix connecting invisible spirit with visible nature.

The word used then to name this matrix was goddess; later it was soul. The feminine principle offered an image of the oneness, sacredness and inviolability of all life; the phenomenal world (nature, matter, body) was regarded as sacred because it was a theopany or manifestation of invisible spirit.

The greatest flaw in civilisation has been the over-emphasis on the masculine archetype (identified with spirit) and the devaluation of the feminine one (identified with nature). This has been reflected in the fact that the god-head has no feminine dimension.

The history of the last 4000 years has been forged by masculine traits - principally the goals of conquest and control. (this is in no sense intended as a criticism; in the context of prevailing belief systems and general level of

consciousness, things could not have been different).

However, religion and science - all our cultural ideas and patterns of behaviour - have developed from this unbalanced foundation. Throughout this time, everything designated as "feminine" (nature, body, woman) was devalued and repressed, including the rich diversity of the Pagan legacy of the ancient world.

In the domain of religion, heretics were eliminated; diverse ways of relating directly to the transcendent were lost. Naturally, this has created a deep imbalance in the culture and in the human psyche. It has led finally to the tyrannies of this century where the lives of some 200 million people have been sacrificed to totalitarian regimes.

The modern tyrant is the extreme reflection of a deeply-rooted pathology derived from a long-standing cultural imbalance between the masculine and feminine archetypes.

Where there is no relationship and balance between the masculine and feminine principles, the masculine principle becomes pathologically exaggerated, inflated; the feminine pathologically diminished, inarticulate, ineffective. The symptoms of a pathological masculine are rigidity, dogmatic inflexibility, omnipotence, and an obsession with or addiction to power and control.

There will be a clear definition of goals but no receptivity to ideas and values that conflict with these goals. The horizon of the human imagination will be restricted by an overt or subtle censorship. We can see this pathology reflected today in the ruthless [values that govern the media](#), politics, and the technological drive of the modern world.

We can see the predatory impulse to acquire or to conquer new territory in the drive for global control of world markets, in the ideology of growth, in new technologies such as the genetic modification of food. We see exaggerated competitiveness - the drive to go further, grow faster, achieve more, acquire more, elevated to the status of a cult.

There is contempt for the feeling values grounded in the experience of relationship with others and with the environment. There is a predatory and compulsive sexuality in both men and women who increasingly lose the capacity for relationship. There is continuous expansion in a linear sense but no expansion in depth, in insight. The pressure of things to do constantly accelerates.

What is the result? Exhaustion, anxiety, depression, illness which afflict more and more people.

There is no time or place for human relationships. Above all, there is no time for

relationship with the dimension of spirit. The water of life no longer flows. Men and women and, above all, children, become the victims of this [harsh, competitive, uncaring ethos](#): women, in their disorientation, and because the feminine value has no clear definition or recognition in our culture, are drawn to copy the pathological image of the masculine which itself incorporates fear of the feminine.

Because to a large extent, this whole situation arises unconsciously, not much can be done about it until catastrophe intervenes.

### **Evolutionary Pressure Emerges**

I feel [we are living in a time of kairos](#) - a mythic time of choice - a time of stupendous scientific discoveries which are enlarging our vision of the universe, shattering the vessel of our old concepts about the nature of reality.

Yet the delicate organism of life on our planet and the survival of our species are threatened as never before by technologies driven by an ethos of the conquest and control of nature, technologies which are applied with an utter disregard for the perils of our [interference with the complex web of relationships](#) upon which the life of our planet depends.

The choice is between clinging to an outworn and [unbalanced ethos](#) and maturing beyond it towards a more responsible and sensitive

capacity for relationship. If we are unable to develop this empathic capacity to relate, we will surely destroy ourselves and the environment that sustains our life.

### **Bringing Balance**

So how could we help to redress the balance between the masculine and feminine in ourselves and in our culture?

First of all, where are we, as individuals out of balance? Where are we driven by the unbalanced cultural ethos of achieving power and control, ignoring our feelings of depression, anxiety or symptoms of the body's distress?

Are we allowing ourselves enough time for reflection, for relationships, for connection with a deeper dimension of reality?

The priority as I see it is to make the fact of [this pathology a matter of public discussion](#). Shift the emphasis from achieving power to achieving balance.

Secondly, here are some suggestions for strengthening the feminine principle in our society.

- Free the Imagination from the stranglehold exercised by a controlling minority which excludes the non-rational from inclusion in our understanding of life.

- Formulate a new image of spirit as the totality of all that is - both seen and unseen. Recover the lost and devalued feminine aspects of spirit: restore nature, matter and the physical body (including sexuality) to the realm of the sacred.
- Imagine the Soul as a cosmic internet. We belong to an immense field or matrix of relationships. We could imagine the soul in this new way as something we belong to and can develop a relationship with.
- Religion - Relinquish the dogmatic formulations of the past: Monotheism as Mytheism. (Ravi Ravindra) Recognise the negative effects of deeply rooted beliefs - such as the belief in original sin - on our interpretation of life and its meaning. Welcome the idea of direct individual experience of the sacred and the numinous.
- Science - Integrate the principle of empathic relationship with what is studied in scientific teaching and practice. In education give children an empathic understanding of their own bodies and of nature rather than the image of the body and the universe as a machine. Help them to become aware of their environment as a great chain of relationships in which their



lives are embedded. Nourish their sense of wonder.

- The psyche: Heal the split between mind and soul. Recognise that feeling is a valid mode of perceiving reality and must be integrated with thinking. The main problem in our society is emotional immaturity.
- Politics: develop a forum beyond national and international politics where the true problems of the planet can be articulated and addressed. Recognise grandiosity, standardisation, the drive for control, the proliferation of bureaucracy as symptoms of the pathology of an inflated and unrelated masculine principle.
- Medicine: integrate alternative (complementary) methods of healing with orthodox ones as a deliberate policy. Focus on preventive medicine. The modern GP has no time for an empathic relationship with his or her patient. The pressure of numbers is simply too great. However, in some surgeries and hospitals alternative practises are being integrated with orthodox ones. This integration could be expanded.
- Agriculture: Focus on increasing the production of organic food. Removal of pesticides, antibiotics and toxins from our food and water.

- Care of Children: A much higher level of prenatal care. Compared with the rest of Europe, we are way behind (Sweden is the most advanced). Attention to quality of children's diet and to nourishing the imagination as well as the intellect.
- Educate Women to be aware of their own specific value and the importance of their contribution to the culture. Articulating feeling values without fear or shame.
- Educate Adolescents in awareness of the responsibilities of relationships and of the parent towards the child. Teach them the psychology of the child; its dependency; its sensitivity, its potential for emotional growth. Teach them about the complexities of neuroscience so they understand how their emotions affect their bodies and vice-versa. Ask them to invent ways of caring for the environment.
- Teaching Methods: integrate right-hemispheric consciousness with the linear consciousness of the left hemisphere - opening to the creative power of the image. Balance in the curriculum between developing the capacity for logical thought and creative imagining and participation. This poem by a 12 year old boy at school in Southampton shows how a teacher can

provide the environment in which a child  
can dare to express his true feelings:

*I hear my inner voice talking to me,  
Explaining, encouraging,  
Opening the part of me that I thought was  
lost.  
In this world of cruelty and fear little lights  
are burning.  
Everyone has a flame inside their hearts,  
If only they had the courage to find it.  
The light can trickle out through a hole in  
your mind.  
When the inside is out  
You are transformed and revealed.  
There is no need to be afraid,  
But be curious  
As you will probably never know  
where the force is coming from. - Daniel  
Webster*

Each of us is called to focus on rebalancing the masculine and feminine in ourselves and in our culture. This could affect a profound alchemy in our lives. Women and men could both participate in a process of transformation which could bring into being a new cultural focus whose emphasis is no longer on power and control but on relationship, balance and connectedness.

The phrase "the conquest of nature" could be replaced by the awareness that humanity and

nature participate in a deeper and still unknown reality that embraces them both.

Millions of people have no choice. Those of us who do have a measure of choice could rise to the immense challenge of defining and living a new and responsible role in relation to each other and our planetary home.

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