

*"Just when you thought you had it all,  
your heart tells you something is missing"*

**BY NANA PONCELEON**



# ACT FEMININE

*It is time for the female  
Evolution*

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*ACT FEMININE – It's Time for the Female Evolution*

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*Made in Unites States of America*

*This book is dedicated to **every** human being who has been a part of my life. Every encounter, no matter how brief, has contributed to make me the person I am today.*

*However, I want to give a very special THANK YOU to some people who have been an important part of this process.*

*To my sister, Rinell Ponceleon because our relationship goes far beyond the blood. Rinell helped reading the material, correcting errors, all the way to having deep discussions with me about the subject of the book and life in general. To my sister my eternal gratitude, not for the book but for being in my life. I love you, always have adored you and I know I always will. You are one of the best fashion designers I know. But motherhood became your focus for many years because of **four** strong and magnificent reasons. Now that those reasons are becoming little adults, I think you will be ready to tackle the creative world again. **We** will touch women's lives, no doubt. We will do it from the inside out and from the outside in! The journey is just staring sister!*

*To my dear childhood friend Madyori Noya. Where can I start? Maybe at the beginning. Right?. We met in elementary school and are still very dear friends today. Actually, we are really not friends, we are sisters; sisters of life. Sometimes these are the best ones because you choose them. I guess we chose each other. We have moved from country to country over the years, however, the distance has been irrelevant. Love is Love! I had to ask her once and the answer without hesitation was "Yes, I will help you with the book." She has read and read and still probably is, because there's always a new version. Including this one, because I did not include this dedication until now. Madyori, my soul sister, I will say it once again, I Love You! May our lives continue to nurture each other. Thank you for your unconditional support always!*

*To Eddie, you have been in my life for a brief period of time. But as we always talk about, time is such a relative concept for us. You came into my life one very special night, well I guess in hindsight, meeting you was what made it special. Because going to the same Mexican food truck I have gone many times before, after a night out, was not that special. Who needs Tinder? Right? Hahaha... I do not know if we will share one more day or a life time together. What I do know is I will do my best to make it the best time possible. You have helped me, not by proof reading the book or anything of the sort. **You have helped me write this book.** You have helped me prove to myself, that everything I write about is possible! I have never told you this, so you will find out when you read it. You have helped me feel a confidence I hadn't felt in a long time. The confidence that comes from the certainty and total conviction that **my transformation is real.** You have helped me prove to **myself**, I am ready to share this with others. You have helped me know... I AM. Thank you for your constant and loving encouragement with this and many other projects which are in the making. I love you too.*

*To my mother, who I am blessed to still be able to enjoy, even from the distance. Life has separated us physically, but we are closer than ever before. To you mami, thank you for allowing yourself to go with me on the journey of healing. You have allowed me to grow and take our relationship to the caring, loving, and nurturing place I always wanted it to be. I now can say, I have the mother I always wanted. You and I, we both did the work and became the daughter and the mother, we always dreamed we could be. Our tough times and our good times today were instrumental in the writing of this book. I thank you for EVERYTHING! Everything has made into the woman I am today. May God allow me to have you for many more years, enjoying this new stage of my life, our life. I LOVE YOU ALWAYS!*

*To Luis, my ex-husband and the father of my two beautiful princesses. All I can say to you, yet once again is **I am sorry. Please Forgive me. Thank You. I Love You.** Our life together has left me with the most fantastic blessings a woman can have, children. Our life together made me grow and become a better person. I am able to write this book because of our time together. Thank you for allowing me to come into your life. Thank you for always being an outstanding father to my princesses. You will forever be a part of my life and my growth.*

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# ACT FEMININE

## 1. JUMP INTO THE ABYSS

This will be my very first book ever written but certainly not the last; hence, it is very important for me, in more ways that I can explain. It is a jump into the abyss of the unknown which can be a very scary place for me to be, though I have been pretty adventurous all my life. The difference is that this adventure is totally new and challenges my deepest fears – not being good enough and being vulnerable-.

As I grow and develop into a new me by taking risks and pushing the boundaries of my comfort zone to new and unimaginable places, I tell myself... “you have no choice but to continue to move forward, not for you but for the lives of those women you will be able to touch and unequivocally for my two beautiful daughters, Daniela Barranco and Mariale Barranco.”

To my daughters I have to say:

*I Am Sorry*

*Please Forgive Me*

*Thank You*

*I LOVE YOU!*

*From Ho’oponopono*

***The Ancient Hawaiian Practice of Forgiveness***



*I am sorry* for bringing you into this world with the ignorance and unawareness on how to take care of my life, your lives in my hands, and “life” in general.

*Please forgive me* for hurting you while wanting to protect you from the hardships of life. I didn’t understand I was an instrument, a vehicle of love; not the judge and the juror of your lives.

*Thank you* for coming into my life to teach me every second of everyday through your example (actions) and your words of wisdom, the old ancient wisdom that lives in both of you. Thank you for helping me become the most miraculous expression of femininity

in a woman, being a vessel to bring life into this planet.

I LOVE YOU beyond what words can try to explain. You are the proof to me that a force much greater than all of us exists. You made me be the instrument of birth. You represent, as every human being on this planet does, the miracle and infinite creation of life.

I hope I can heal those wounds I caused, by with you both and hopefully be the mentor by I was unable to “BE” before.

I also want to explain why “ACT” FEMININE. A have said this can sound fake. It can imply that to “act” as if, like actors do or fake it instead of The reasons I am using the word *act* are me it all started with my acting and because the word is exactly what you would need to do and live in your feminine.



sharing this example today,

few people you just have really BE IT. because for the definition of to transform

Most everyone involved in psychology, human behavior, personal growth, and transformation agree that words, what we say does matter. No matter how you slice it, the *words* you use to communicate send a message. People have the habit of saying, “Oh don’t worry it’s just a word I use but it is not important.” The reality is that it does matter. Everything you say matters and sends a message. Your choice of words, the ones you use constantly program your subconscious. As the popular saying says: repetition is the mother of skill, of learning, of retention. So, what do you think it’s going to happen if you repeat a word long enough or better yet all your life? You will learn it and retain it, probably burn it in your subconscious. Do you get it now?

Okay let us go back to the controversial word ACT. I will show you why there is no better word to describe what you must do in order to release and live in your feminine.

The word act means:



To *take-action*,



To *do* something,



*Behave* in the way specified,



The doing of a thing,



Something done voluntarily,



The process of doing something,



The sum of a person's actions or effects that serve to create an impression or set an example,



A display of affected behavior,



To behave in a manner suitable

to,



A state of real existence rather than possibility.

Some synonyms:

Take action, take steps, take measures, take the initiative, move, make a move, react, do something, proceed, go ahead.

In order to be in your feminine, you need *to take-action (to ACT)*. You would also need *to behave in the specified way (to act)*, that way which will allow you to be nurturing, caring, and *interdependent*. The doing of a thing, doing (act) feminine. Being in your feminine should be something *done voluntarily (an act)*. Being in the feminine would require that you not only say you are embracing your feminine but that *you display the behavior (you act)*. Being in the feminine is the *sum of a person's actions or effects that serve to create an impression or set an example (act)* as a feminine being. And last but not least, the definition that I probably like the best is that being feminine is *a state of real existence rather than possibility (an ACT)*.

As I will share in more detail later, I went from being a business woman to becoming an actress. Though it was without a doubt what I wanted to do, it was neither easy nor a smooth transition. I had to overcome decades of taboos and negative self-talk that were deep rooted in my subconscious. When I began to truly dive into my acting something very unexpected happened, I began to feel my feminine in a new and profound way. Every acting exercise, every character, every new discovery made me freer, more open and more vulnerable. The ACT began to be more and more real but also more and more scary.

So, when my personal life confronted me with the fact that I was avoiding my feminine, that I was not being a balanced human being, utilizing in equal proportions my masculine and my feminine energies; a huge emotional explosion happened. Everything around me was reaffirming the message that I was living too much in my masculine, yet I had no idea what to do. I slowly began to lose everything I knew as “a life”. The only thing helping me keep my sanity was my acting.

Now after many years of therapy, coaching, life learnings and teachings I have devised a new yet familiar path to help women get in touch with a part of themselves they are probably suppressing for an infinite number of reasons. The reasons why you may not be accessing your feminine are not really important. What you can do *now* to change that and live a more fulfilled life is what's important and it is only one ACT away. This method, the workshop I have created uses many acting exercises and techniques to help women connect to their feminine in an easy and fun way. It is a place where you let your artistic side guide you towards your essence.

I hope my journey towards my feminine, my rebirth as the woman I was born to be and always was, can inspire you to dive into this fabulous life of fulfillment as a more balanced woman.

## 2. HOW DID I GET HERE?

When my husband had to call 911 one day, because my migraine had escalated to a point where I couldn't walk from the bathroom, where I had been throwing up, to my bed, I knew I needed to make important decisions. I needed to stop for a moment to analyze, evaluate and create a new strategy for my life moving forward. I began to question whether my corporate job, the *good life* - you know, the big house with a maid, the recognition, the financial freedom, the constant parties in our house, and the trips, - where not enough.

I had accomplished the feminist's dream. I graduated from Pace University, a reputable school in New York city, in Business Administration with a minor in Computer Science. I had made lots of money on my own from my corporate jobs.

I worked for a Venezuelan company which represented Phillip Brothers (Salomon Brothers commodities division) in Venezuela. The owner and CEO of the company was making so much money with his other companies, that he entrusted this one to be handled entirely by my boss and I. I did all the leg work. Yes, a 25-year-old me was negotiating alumina, bauxite, scrap aluminum, sugar, among other commodities with huge Venezuelan companies. After that I thought I knew enough to start my own business. I began selling medical products to clinics and hospitals. This was a very short-lived business experience which totally failed. I really knew nothing about how to run a business in its entirety.

Then, my roommate at the time asked me if I wanted to go for an interview for a sales position in the company where she worked. I had heard of them but really did not know much about the company except that they had something to do with computers. So, I prepared my resume and went for an interview. I got the job. I got the salary and got the stocks options. I worked there a little over 11 years mainly in sales. The company was called Microsoft. This job allowed us to payback in only a couple of years, a loan we had acquired with my husband's grandfather. He had loaned us the money to buy our first apartment. Then we bought our first house. We paid for it in full in a couple of years. And then we bought our second house. This time, we paid for the house cash. We tore it down and rebuilt it, without selling the house we were living in. I had reached financial freedom.

At the same time, I was also just a mother of two beautiful ladies, just a wife, just a friend, just a girl who loved to dance, just another person from a middle-class family who got lucky, because honestly, I didn't work too hard for everything I had. But what no one knew, not even me, was how sad, overwhelmed and unfulfilled I was.

Now back to the 911 day. Due to my very intense migraines, we consulted a cousin of mine who is a doctor. He told my husband and me "If this situation continues, she will be in grave danger of suffering an aneurism." So, after working out the finances with my husband, I decided to resign. I resigned in a time when almost *no one* left a company like Microsoft. The world as I knew it, revolved around Microsoft. This was a scary move. I didn't know what I was going to do after Microsoft. I just knew I had to leave. In all honesty, I didn't want to do anything. I just wanted to sit for a moment and catch my breath.



Different trial and errors went on after the corporate life. Consulting being one of them, which was only natural I guess. People I had worked with while in Microsoft began to call me. The owner of a consultant firm I had hired while in Microsoft, offered me a job as a consultant in his company but I wanted no commitments at the time. So, I began to freelance with them. This turned out to be as much work or more than before. I found myself sitting in front of my computer doing reports at 3 o'clock in the morning.

Then a friend recommended me to go to a workshop happening on the weekends in order to relax. He said "I know you like that artsy stuff. You are kind of artistic. So, you should go to the *House of the Artist* (La Casa del Artista) and enroll in their acting workshop." I decided to investigate. I remember walking into that little black box theater, seeing all those very young and eager faces ready to embark on a beautiful journey and I felt immediately at home.

I remembered instantly why I wanted to study Arts and Drama at New York University many years back. My mother almost had a heart attack when I told her. She thought that was the craziest idea I ever had. After all, I had already graduated in business with a minor in computer science and was already working in IT.

My father was a chemical engineer specialized in sugar and my mother was an economist. My mother graduated from college in a time when women in her town, hardly graduated from high school. She worked in many important positions in the private and government sector. And my father was a well-respected and influential business man in Venezuela. Arts was not the natural option, as a career in my house.

But why would the eldest of the children want to become an artist? Well, my mother got me into dancing flamenco, learning to play piano, doing gymnastics as part of the national team, singing, among other activities when I was a kid. So how was it crazy that I wanted to become a singer and a dancer? I soon found out, that the pride my mother felt when guests came to the house and she asked me to play my guitar and sing for them, was fine as long as I kept it a hobby. And since I cared too much about what my mother thought of me, about what she felt was right or wrong, basically about anything and everything in my life, arts became nothing more than a dream.

But in that black box, that blessed day the dream went from black and white to technicolor. I gave up consulting as well. I decided to dedicate myself only to acting, even if it was just as a hobby. My workshop finished with a show. Then, there was another show, then a casting, then a movie and then another movie in Venezuela. I came to the United States a few times to do acting workshops here too. Susan Batson in New York city, Carolyn Barry Entertainment and New York Film Academy in Los Angeles. Then after years of imagining myself walking the streets of New York as an artist, the dream became a reality.

My husband and I agreed, that my two daughters and I moved to New York. I came in search of a dream and looking for safety for my girls, as Venezuela was becoming increasingly dangerous. My husband decided to stay behind because of his business. His art gallery was growing and doing well at the time. We also did not know if this was going to be a permanent move or not, so we decided not to burn the boats in Venezuela yet. He came regularly to New York to visit us, as we began a new and what proved to be a very difficult life in New York.

My daughters did not like New York at all, specially my oldest daughter. She got very depressed here. I don't blame her. Though we had told both them we were going to move to New York as students, meaning we were going to have the lifestyle of a student versus the life we were used to living there; one thing is to imagine it and something different is to live it. Going from a house with 6 rooms, each one with its own private bathroom, a fabulous maid who was like a mother to the girls, and having family and friends over almost every week, to moving to a small townhouse in New York where it was *just us*, almost one on top of each other at all times, proved extremely challenging to say the least. People say reality trumps imagination many times and this was no exception. Everything my daughters knew vanished after an airplane flight, Caracas - New York. And to make things worse, we came here on a December 30th winter day. Thinking back, I certainly did not set myself up to win.

Another problem I completely underestimated was, how was my marriage going to be impacted by this move. Though the relationship wasn't in a huge crisis, we had been having challenges for many years, which were not solved before we moved to New York. But it wasn't until I went to a Tony Robbins event a couple of years ago that everything became so very clear to me.

My husband and I went to the event hoping we could do something to improve the relationship. Tony was doing one of his masterful interventions to a very powerful business woman. Everything unfolded in slow motion right in front of my eyes. As Tony peeled off the onion and dug deeper into this woman's real issue, my own onion began to peel as well. It was as if I was looking in a mirror. I felt the dagger go straight into my heart. I imagined that my husband felt the same way. We were not sitting together as the organizers smartly suggested, so each person can have the space and the privacy to do the work and open up comfortably.

When we met after Tony's intervention, we had teary eyes. We both knew that the realization moment had happened for both of us. But we didn't say much. That day I realized that the female revolution had given me so much, but at the same time it took away an important part of me. It stole something that should have never left me, my essence. It taught me to suppress my female side, making me rely mostly on my masculine energy. It made me feel weak if I used or lived in my feminine energy.

I became aware then of one of the main reasons my marriage had failed. My husband never had a real wife to come home to. He had another pal, another buddy he got along well with. But I really wasn't the buddy, the friend. I was *the wife*. And I know what you might be thinking right now. The days of washing the dishes and cooking for your man are over. Well that's not what I was referring to when I said he didn't have a wife to come home to. We had a maid, so I didn't need to do the dishes, clean or wash his clothes. What I mean is he didn't have a woman who embraced and shared her feminine with her man. He had a woman living in her masculine energy most of the time who wanted to boss him around, control him, criticize him and not recognize him enough for what he did or who he was.

My body gets very uncomfortable just thinking about this and how much I hurt him and the family. After another Tony Robbins event called Date with Destiny things got even more clear. I heard other men talk about the frustration they felt because no matter what they did, they could not satisfy their partner. They wanted to make their women happy more than anything in the world but they were constantly criticizing, questioning and complaining about everything they did. I

understood then that if a man feels he cannot satisfy his woman no matter what he does, he will eventually detach and go into his cave. Men will not put any effort into anything that does not have a possibility of succeeding, or getting them closer to their goal or at least move them forward. Most men in this event who were in this situation did not feel anger as the primary emotion, they felt pain. And this pained me. I had this situation all wrong. My husband did not stop loving me, or caring for me, or even wanting me to be happy. My husband gave up on trying to make me happy, because he knew he was not going to succeed no matter what he did.

It also became obvious to me that though our brake up was beyond repair, he deserved an apology for what I had done to him and the relationship. Yes ladies, I know it takes two to tango, but I am responsible for myself, for my actions and omissions, therefore I decided to assume my responsibility. Later, I will go deeper into the consequences of not embracing one's feminine energy in life in general and in a relationship.

Today, seven years later I am still living in New York. I am divorcing after a 25-year old marriage. My girls decided to go back to Venezuela when dad and I decided to divorce. After my girls' departure I faced one of the hardest times in my life. I was alone for the first time. I became sad and depressed. But the gravity of the situation came from the fact that I was unaware how serious my emotional situation was. Probably, because I did what I used to do when things got tough. I blocked my feelings. I turned off my emotions and turned on my emotional survival mode, which I had developed since childhood very efficiently. This was always the side of me that kept me going during tough times. I think living with parents who had serious relationship issues and moving nine times by the time I was 14 years old, compelled me to create this mask. But this last move was a little different. *I didn't move, they left.* Now I was faced with one thing and one thing only... *ME!*

Since I had come to New York to study acting and pursue my dream; I decided to stay even if that meant staying alone and starting from scratch. And starting from scratch was quite literal. It is not important here to explain how and why it happened, but after the divorce settlement and my mismanagement of some cash we had here, which he told me to keep, I ended up broke. No money in the bank, a debt I could not pay and not making enough income to turn this around. I had never been in this situation, not ever.

So, I had to go into survival mode. I had to take massive action in order to produce the income I needed. And since everything in life can be an opportunity if you decide to make it into one, I began to focus intensely in my finances and take massive action to turn this around. I began to have more auditions than ever before and obviously began to get casted like never before. And the results were as you would expect when you focus 120% on an objective. I began to get the results. I became a working actress who was able to live from her acting.

But the challenge remained in terms of the part of me that was sad, stressed and unfulfilled because something was missing and I was very clear that it was not money. So, I continued to go inside to find the answers. And everything reinforced the fact that I was out of balance. So, I continued to read, follow experts, watch videos, search and research about relationships, femininity and masculinity.

As I continued to learn, it became more and more clear I had suppressed my feminine side most all of my life. The challenge for me was that I liked my masculine energy very much. I still do actually. In my masculine energy I feel strong, powerful, and driven. My masculine energy made me enjoy wonderful times with my father. We would spend hours and days under the hood of a car, or fixing any equipment, or building something in the house.

My dad was my hero, so having my hero teach me, guide me, be with me was priceless. As for my mother she was also very much in her masculine energy most of the time. She was an activist and a true representative of the 1960's second-wave feminism. She was an economist who graduated in one of the most reputable universities in the country, in a time when mostly men were the ones who went to college. She worked in high government positions, as well as in private corporations. She was the feminist movement personified. She also felt she did not need a man and though I never heard her say it, her actions spoke volumes. So, as you may be able to figure out by now, I had no real feminine energy role model.

My acting, the characters I have played, the therapy I have done over the years, the coaching, the learnings, have guided me back to ME, the whole me. It was scary to surrender and allow my feminine to come to life but the rewards have been enormous for me and those around me. I have never been more fulfilled than when I am able to perform this beautiful dance between my masculine and my feminine energy. I feel empowered and joyful when I am able to use the appropriate energy in the appropriate moment.

I am still work in progress. Understanding when to lead and when to follow, or when to give and *especially* when to *receive* have been some of the hardest challenges on this journey. I became aware that in following or receiving I had to surrender completely to the experience and allow myself to go wherever the journey would take me. Both experiences are a gift of love and life from the universe.

My feminine energy has become my super power because it has made me complete. I am not limping through life anymore walking on one foot. I got back both my extremities to use and walk this beautiful path called life on this planet. I hope you do too. Continue to read on. Maybe one phrase or one word can help you and make this time with me worth your while.

**My vision is to:**

***Create a movement  
where men and women  
collaborate, cooperate,  
and co-create,  
their shared preferred world.***

This is the beginning of that journey for me. This is my gift to you in the hopes that you can share my vision and help me change the planet, *one feminine step at a time.*

### 3. WHAT IS FEMININE ENERGY?

To begin, I will present the definition of the word *feminine* as found in the dictionaries, because there is no definition for term *feminine energy*.

Is it possible that we still do not fully understand the importance of these two forces, the feminine and masculine energy, in our lives and in the universe, hence no definition for them in dictionaries? Maybe this is something to think about and hopefully this booklet will help us move in that direction.



Photo credit: Rosalía Bronstein

#### A. DICTIONARIES.

Here are the definitions I found in online dictionaries for the word *feminine*.

The Merriam-Webster Dictionary:

*As an adjective:* female sense, characteristic of or appropriate or unique to women, - *feminine* beauty, *feminine* perspective -, of, relating to, or constituting the gender that ordinarily includes most words or grammatical forms referring to females - a *feminine* noun -, being an unstressed and usually additional final syllable after the final complete foot in a line of verse - a *feminine* ending -, having an unstressed final syllable, having the final chord occurring on a weak *beat music - in feminine cadences*.

*As noun:* a *noun, pronoun, adjective, or inflectional form or class of the feminine gender, the feminine gender, the embodiment or conception of a timeless or idealized feminine nature*.

The Oxford Living Dictionaries:

*As an adjective:* Having qualities or an appearance traditionally associated with women, especially delicacy and prettiness, relating to women; female, of or denoting a gender of nouns and adjectives, conventionally regarded as female.

*As noun:* The female sex or gender, a feminine word or form.

The Dictionary.com:

*As an adjective:* pertaining to a woman or girl, having qualities traditionally ascribed to women, as sensitivity or gentleness, effeminate; womanish, belonging to the female sex; female.

*As noun:* the feminine gender, a noun or other element in or marking that gender.

The Cambridge Dictionary:

*As an adjective:* having qualities traditionally considered to be suitable for a woman, being a noun or pronoun of a type that refers to females, or in some other languages, being a noun of a type that refers to things considered as female.

*As noun:* femininity.

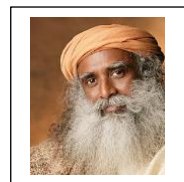
As we can see the word feminine is completely linked to women. The Merriam-Webster Dictionary goes as far as to say “characteristic of or appropriate or **unique** to women”. The Oxford Living Dictionary says “having qualities or an appearance **traditionally** associated with women”. The Dictionary.com and the Cambridge Dictionary also use the word *traditionally*, opening up the possibility that the feminine can be present also in the male gender. We know without a shadow of a doubt that feminine and masculine energy are not gender specific. They are present in both genders. It is actually important that they are present in equal proportions in every human being in order to attain balance.

Before we dive into our mentors and their definitions of the feminine energy, I would like to give you my definition of what feminine energy is “not”. It is not about how you look, nor it is about what you wear. It has nothing to do with fashion, nails, make-up, long hair, low cleavage, tight dresses, or heels. It doesn’t even have to do with the fact that you are a woman, though I do talk mostly to women when dealing with this subject for the sake of simplicity. In summary, it has nothing to do with the image of *the Barbie Doll* that fashion magazines and commercials have bombarded us with for more than a century.

As I always say, femininity is not something that you wear, it is something that you *feel*. If you need to look in the mirror to know if you are in your feminine energy, you are definitely not in it. Feeling great about how you look is important only if it enhances what is shining from within. There is a reason it is called feminine *energy* and not feminine look.

Here is what some people who are dedicated to studying the human spirit, emotions, and the mind have to say about feminine energy.

## B. SADHGURU.



Sadhguru is a realized yogi, mystic and visionary who has dedicated himself to the elevation of the physical, mental, and spiritual wellbeing of all people. He is an author and opinion maker who is regularly invited to speak at leading international forums. He has spoken at many prestigious global conferences such as World Peace Summit at the United Nations and the World Economic Forum.

Sadhguru is often described as a contemporary guru, since he belongs to no particular tradition and incorporates aspects of yogic sciences that are most relevant for modern-day life into his teachings and practices. His scientific methods for self-transformation have universal appeal.

Here is what Sadhguru has to say about the feminine:

1. The nature of the feminine is all encompassing.
2. The feminine is all embracing, not about conquest like the masculine. The feminine is about flowering, relaxing, and living, not about getting.
3. Being in the earth is very important to the feminine.
4. The feminine is a very fiery form of energy.
5. Love, arts, and aesthetics are part of the feminine energy.
6. The feminine thinks in terms of what's beautiful and what's not beautiful versus masculine energy that thinks in terms of what's useful and what's not useful.
7. What we call as feminine is a more fragile expression of who we are, but without it *we would be nothing*.

Sadhguru makes it very clear as can be read above that the feminine is delicate and fragile, however, by no means weak, as we as a society have come to believe. He says "It is only in a certain situation of relaxation that the feminine can flower. And if feminine does not flower, *you will have everything in your life and you will have nothing in your life.*"

### C. JOHN GRAY.



John Gray is a bestseller author of over 20 books. He wrote *Men are from Mars, Women are from Venus* which has become one of the top 10 most influential books of the last 25 years. His most recent book *Beyond Mars and Venus* can dramatically impact the way you look at relationships.

Gray made a list of 12 women's tendencies, which are not necessarily tied only to women. As he mentioned in his book, many people today are operating on their opposite role based on gender. Therefore, this list may be more accurate, as a list of feminine energy tendencies.

This is a summary of the twelve tendencies:

1. They value sharing, nurturing, and interdependence in relationships. Giving and receiving love is a high priority.
2. They handle stress by discussing their problems with people close to them, seeking empathy and support.

3. They give as much as they can, but often give more than they get and as a result feel overwhelmed and ultimately resentful.
4. They feel ongoing feelings of closeness, attachment and intimacy.
5. For them little expressions of love are just as important as big expressions.
6. Their moods rise and fall like waves. They have a greater need for reassurance that they are loved. With understanding and acceptance, negative feelings and insecurities automatically shift into positive feelings.
7. They talk to solve problems but also to feel connection and empathy.
8. They follow the golden rule and give to others what they want to receive; they expect their needs will be met without having to ask.
9. Loving gestures outside the bedroom are as important as what happens inside the bedroom. Love helps them to feel their desire for sex.
10. They talk about the problem to attract support to face the challenge together.
11. When mistakes are made they feel a greater sense of empathy and regret, then they reflect on how they can give more to make up for their mistake or make the current situation better.
12. They are happiest when their personal needs for love are fulfilled. They can then freely enjoy giving their love and support, trusting they will receive what they need in return.

Gray also has a list of these twelve aspects for the Martians or men. You can read much more about this in his book *Beyond Mars and Venus*.

#### D. RACHAEL JANE GROOVER.



Rachael Jayne Groover is the founder of the Yin project, inspirational speaker, facilitator in women's spiritual development and writer of *Powerful and Feminine*. She goes on to say a feminine essence woman is:

1. Attuned to her intuition and internal guidance.
2. Comfortable in the flow of life and moving slower than the fast pace round her.
3. Expressive of her feelings and heart's desires.
4. Aware of who she is when she walks into a room.
5. Receptive and attractive.
6. Connected to her longing for relationships.
7. Not afraid of her dark side (her shadow)
8. Mysterious.
9. In touch with the earth and her impact on the natural environment.



Rachael believes “a woman with a feminine essence needs to be seen for her radiance, her inner beauty, and her grace if she is to bloom into a beautiful flower.” She also says that “it doesn’t take much to notice that women’s hearts are collectively aching – aching for love, for attention, for appreciation, for physical touch, and for a safe place to rest and let go.” “One of the biggest life lessons for a powerful and feminine woman is trust – trust in herself, trust in a partner, trust in life.”

#### E. MICHELLE MILLER.



Michelle Miller is a writer and producer of books, television, apps and experiments in digital art. She is also a Ted Talk speaker and her novel *The Underwriting*, a satirical corporate thriller about Wall Street, Silicon Valley and online dating first appeared as a self-produced transmedia serial, and she is now writing the television adaptation with Endemol and Fox. In a past life, Michelle worked in finance and as a consultant in New York and across Europe.

For Michelle femininity is programmed for the EXPERIENCE and masculinity is programmed for RESULT. For her femininity values that which enhances experience like sensitivity and curiosity.

#### F. ALISON ARMSSTRONG.



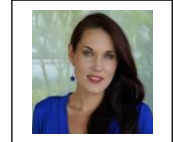
Alison Armstrong has been designing and leading transformational programs for adults for over 20 years. In 1995, after four years of studying men for her personal benefit, she created the Celebrating Men, Satisfying Women workshop to share her extraordinary findings with women across the nation. With her friend Joan McClain, a banking executive, she founded PAX Programs Incorporated with the mission of “altering society’s culture by transforming the way women relate to men.” She is the writer of the best seller book “*The Queens Code*.”

Alison says:

1. The feminine is driven to enhance the quality of our experience of life.
2. The feminine is the gatherer.
3. The feminine experiences safety and security when she feels connected, when she is getting the attention and the interest she needs from the people around.
4. The feminine makes the woman be scrupulously accurate in giving details.
5. It's concerned about flavor and beauty.

6. It creates experiences of love and partnership, joy and play.
7. It pays attention to people feeling good about themselves and about life. The feminine hates for people to feel bad.
8. The feminine is not trying to go anywhere; the feminine is happy where it is.
9. The feminine enjoys being touched.

G. TEAL SWAN.



Teal Swan is a revolutionary for personal transformation. As a renowned author, speaker and social media star, she travels the world teaching self-development and teaching people how to transform their emotional, mental, physical and spiritual pain.

Teal says femininity is :

- |                     |                   |                 |
|---------------------|-------------------|-----------------|
| 1. It's the Goddess | 8. Receptivity    | 15. Intuition   |
| 2. Restoration      | 9. Openness       | 16. Wisdom      |
| 3. Life             | 10. Nurturing     | 17. Forgiveness |
| 4. Renewal          | 11. Love          | 18. The Moon    |
| 5. Creation         | 12. Understanding | 19. Connection  |
| 6. Birth            | 13. Compassion    | 20. Harmony     |
| 7. Healing          | 14. Insight       | 21. Sensuality  |



## ACTivity – WHAT IS FEMININE ENERGY?

The *feminine* has to do with *beauty, delicacy and prettiness, sensitivity or gentleness*.

Based on this definition:



How beautiful, delicate, pretty, sensitive and gentle are you to *yourself* and others?



How different would your life be if you were more beautiful, delicate, pretty, sensitive and gentle to *yourself* and others?

Please take a moment to reflect on this. Imagine a more *beautiful, delicate, pretty, sensitive and gentler you*, gentler to *yourself* and others. Once you can see her, now it is important that you *FEEL* her. In order for dreams and visions to come to life for you, you must feel them in our body. Mental exercises, positive affirmations do not transform you unless you engage fully in the experience. Repetition – saying, - what you want without engaging your body in the process will not cause a long-lasting transformation.

Is there a positive affirmation you say to yourself regularly, without feeling it in your body, which has not manifested for you yet no matter how many days, months or years you have repeated it? If so, begin saying your affirmation while you *feel* as if it has already happened. Every day give thanks for getting it and feel in your body the joy of having it. No transformation can happen without discipline and persistence.

Now take the time to *be and feel* more beautiful, delicate, pretty, sensitive and gentler towards *yourself* and others.



How do you walk being that woman?



How do you breathe?



How do you stand or sit?



How do you touch yourself and others?



How do you do everything in your life as this gentle person?

***Do not continue to read*** until you take a moment to do this. It may make you nervous and uncomfortable to do this ACTivity. If so, it is because *you need to do it*. Give yourself this gift of life right now.

CLOSE YOUR EYES take three (3) deep breaths low into your belly and *BE* her.

*Remember this should not be a mental exercise but an experiential exercise. If you do not feel it in your body it will not work.*

I hope you gave yourself the opportunity of becoming a gentler, more delicate, and more sensitive woman. You are that woman, even if you are not experiencing her in your everyday life at the

moment. Continue to do this exercise every day and you will begin to feel important changes in your life.

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#### 4. FEMININE AND MASCULINE ENERGY - IS IT REALLY RELEVANT?



Photo credit: Rosalía Bronstein

John Gray says that today there are a growing number of men and women who show or operate in their opposite gender tendency. He goes on to say that it can be good, because it allows us to be who we truly are regardless of social bias or expectations. However, he also says many women have moved too far into the masculine side and then complain about being *too stressed, exhausted, and depressed*. They also complain they simply *can't relax to enjoy their lives*. We will talk about the consequences of this later on. So, we can

conclude based on what John Gray says, that *it is* relevant to the man and the woman whether they operate primarily on their female versus masculine energy or vice versa; and it will have an impact on the quality of their lives.

Furthermore, when I heard Sadhguru say "Taking people like that, into excessively masculine or excessively feminine nature could be useful to do certain type of work, but not useful *to live, not useful to live a balanced life*." He goes on to say that the feminine and the masculine energy should exist in every human being in *equal* proportions. When I heard this, I said to myself "Yes, of course it should." But the truth is I really didn't get it at the beginning. I didn't really understand that we needed them both in *equal* proportions.

He says "technology has created a physical place where men and women can participate in equal measure in many ways everywhere in the world." "It is very important that the women in the world participate in this process to create a *gentler* economy, an economy which is *not brutal*. It is very important in business leadership in the boardrooms of this nation and in the world, there should be women who are feminine. Not women who are trying to act more masculine than men. Women who genuinely have something feminine alive in them."

Let us talk masculine energy for a moment. The masculine is about conquering, hunting, results, and goals to achieve. For centuries men used and lived almost always in their masculine energy. So, guess what happened? They conquered, hunted, got S\*%+T done, and achieved at incredible levels. And those conquests and hunts included women. Yes, they oppressed us after having to protect us. They hid us in caves, holes, and basements so other conquerors wouldn't find us and hurt us. They were protecting their women. But then, they were unable to get us out of the cave. What was once a protective measure, became the norm, the way to live. The masculine energy ruled.

Then women began to understand they did not have to live in a cave anymore. The threat wasn't necessarily outside now, many times it came from inside. And slowly but surely women began to awaken and fight for their rights. I will be echo of a very controversial statement by Sadhguru,

which I rebelled to it initially. I understand it now and agree. The female revolution was only possible not because of women's willingness, but because technology allowed the change to happen. Take a deep breath please before you stop reading. *Breath is everything in moments of stress or anxiety!*

Let us think for a moment. Why didn't the revolution happen before? Women had been oppressed for centuries. Women were intellectually capable of thinking about equality all along. They were aware it was not right. They knew they were being enslaved and, in many cases, abused unjustly by men. However, they were so smart that they knew they could not survive without their men. And I mean literal survival; eating, having shelter, being safe from nature, animals and other humans who wanted to conquer them. The technology available at the time did not make it possible for women to survive without the men. They were not strong enough. Muscle was the power behind survival. Women's muscles, contrary to men's, are not made to do heavy lifting work.

But then came the industrial revolution. Machines began to substitute muscle. Knowing how to do something became more important than human strength. Technology made it easier and possible for women to contribute beyond their homes. They were now in a much better position to be a part of the economic system. Women now could come out of their hiding places. The conquerors were not waiting outside to burn the village and take the women as trophies for themselves.

The industrial revolution allowed women to contribute in bringing money into the household. In many cases, it became a necessity, as men went off to war sometimes never to come back. Maybe if people would have still lived in tribes, like in the old days, this would have not been so critical. The tribe would have taken care of those children and wives who had lost their provider. In the tribe they all took care of each other. The tribe was the family.

However, life evolved and people became more independent. The family became in many cases the husband, the wife and the children. Wars separated families by taking the father away. Then the woman had to step up and become the provider. So now technology and circumstance collide to create the perfect environment for women to begin to stand up for their rights. Not only women were ready but the planet was ready. Maybe men were not but that is the subject of another book.



Photo credit: Rosalia Bronstein

So, as women begin to move towards their masculine which was suppressed for centuries, men were also pushed towards a transformation. We wanted them to be more sensible, more compassionate, more understanding, among many other things. And many of them have done that. Many men became more sensible, nurturing, communicative, and loving. In order to do this, they had to go to their feminine side. Those qualities we were asking them to have, come from the feminine energy. Nor women or men realized the consequences of a swinging too far to the opposite side of your nature.

Today, many men have gone too far to their feminine side, as a consequence of trying to make their women happy and avoid conflict. Of course, most men and women forget that being more sensible, nurturing, communicative, and loving is part of the feminine and if men stay there too

much, it will create stress for men and harm the relationship making your partner less attractive. As we can see the feminine and the masculine energy are very relevant and important in our lives.

Sadhguru also said “Today, there is a danger that the female is giving up the feminine because survival has once again become a very dominant factor, and survival has been pushed up to a very demanding scale like never before. Earlier, survival meant just gathering the day’s food. Today, survival means a Mercedes or a BMW; that is very challenging. If this continues, there will be no room for the feminine in society. It is very essential that we celebrate the feminine. This is not about woman, *this is about the feminine...* If this does not happen, there is no room for the feminine in the world. ***Female you may be, but masculine you will become.*** “The masculine and feminine are in absolute collaboration in life and in energy. It is only in human mind they are in conflict because the mind divides.” ***To bring the balance between masculine and feminine is the true empowerment of humanity.***”

Being too much in the feminine or too much in the masculine in today’s world will only create *more disruption*. Having both energies within us in equal proportions and learning when to lean on one more than the other, can be a life changing experience. *It is in this balance that relationships and life on this planet will be able to survive.*



## ACTivity - FEMININE AND MASCULINE ENERGY - IS IT REALLY RELEVANT?

*Take a deep breath* again filling up the bottom of your lungs. Breath into your belly.

If you have read this far, I trust you are really interested in the subject and you would like to know your truth. In order to transform, you must become *aware* of what you do, instead of living life unconsciously.

After you read the instructions close your eyes and see yourself in your everyday life, performing your daily activities. See your interactions with people at work, with your friends, with your partner, with your family, when you are alone or with strangers on the street.



What percentage of the time are you operating in your feminine, meaning you are *immersed in the experience of what you are doing*, not thinking of a task or a goal you have to accomplish? Be completely honest with yourself, no one is listening but you.



Do you experience your feminine energy 100%, 50%, 15%, or 5% of your day? For now, just become aware and give it a percentage.



Are you completely comfortable in your feminine energy whenever you access it? Or Does it scare you? Do you judge it in any way?

For now, just become aware of these things. Bring them to your consciousness. You cannot transform anything within you until you become conscious about it, until you see the situation as it is. Not better or worse than it is, just as it IS. You can decide not to change or do anything about it. That is perfectly fine if you do so, totally conscious of your decision.

So, for now just become AWARE. I will share later seven ideas you can use to tap into your feminine side or enhance it, if you are already connected to it but would like to use more of it.

## 5. WHAT IS THE COST OF SUPRESSING YOUR FEMININE ENERGY?

I would like to take a moment to talk about women's rights. It is absolutely unquestionable that women must have equal rights and opportunities. We should have the right to be free in every country on the planet. We also have the right to be protected and be safe from any kind of violence. These rights apply not only to women but also to every human being on the planet. I also want to acknowledge the fact that women were abused and oppressed for centuries in the past and still are today, in some countries more than in others. Therefore, this continues to be a challenging situation for many women. And as with every discrimination or act of violence on the planet, we must continue to work on eradicating such abuses in order for everyone to have a better life.

This booklet will not discuss nor try to solve those issues. This booklet and my workshops are for men and women who, although they may be in conflict, are not in situations that would require legal intervention due to a criminal act. Those cases must be dealt in a totally different manner, outside the scope of this book.

However, for those women that are living in their masculine energy and suppressing their feminine side, *because* they have been victims of such crimes; to those survivors I say there is hope and this booklet could contribute in the healing process. However, it is very important that you seek help and support from a professional, if you haven't done so already, in order to overcome such trauma. By suppressing your feminine side, you are only hurting and punishing yourself even further, instead of the aggressor as you will learn later. To all of you, wonderful women, I say again:

***Please Forgive me.***

***I am sorry.***

***Thank You!***

***I LOVE YOU***

No matter what the reasons are for you to suppress your feminine energy, you are probably feeling the consequences of such blockage, even if you are not aware of it. All experts agree that we should live a life that uses **both** the *masculine* and the *feminine* in equal proportions in order to be fulfilled. Leaning too much on either one of them, will create difficulties in your life.

Sadhguru says "If the feminine does not become alive in you, whether you are a man or a woman, ***the finer things in life will never happen to you.*** All your life, *you will only think survival – endlessly survival. You will only make survival increasingly difficult.*"

And this is exactly what I did most of my life. I made my survival increasingly difficult. Ever since I was very young I lived mostly in my masculine energy. I used to be closed and I had a hard time sharing my feelings, mostly the important ones. Being open, soft and vulnerable was not my thing. I would be constantly solving problems and being a provider in which ever capacity I could. I was very good at hunting, not so great at gathering. This is not to say, I never enjoy a beautiful sunset



or laid on the grass looking at the sky with total and complete aw. Yes, I could do that sometimes too.



As a child, my father was my idol and my hero. He was not open to sharing my girly experiences, however, he was very open to share his masculine activities with me. And that is exactly what we did. At age four I was in the garage fixing the car with my dad. Even if there was nothing wrong with the car, he would open the hood and begin playing around with the motor. He would change something, clean something, fine tuning something, and I would be there asking questions and handing him the tools.

At age 17 he got me my first car. I was the only girl in my neighborhood who could fix her car. And I had to do it several times by the way, because he got me a 1959 convertible Mercedes. I loved that car. It was in magnificent condition and it had a sound system which woke up the whole neighborhood every time I drove by. That is something I also got from him. We both loved to blast music.

So, I never played much with dolls or make up as a child, but I would play cops and robbers with the kids in the block all the time. My mother was not a doll and make up kind of lady either. She was completely aligned with the feminist movement. She actually was a revolutionary woman. She grew up in a time when women from her very small town, didn't go to college. She had to move from her town to the capital of the state, to go to *high school*. Then she had to move again to the capital of the country, Caracas, to go to college. Yes, she was a full-fledged feminist. She has always been very elegant and well-dressed, however not very flowy, carefree or very feminine. She did not show her emotions much, but she certainly knew how to be the boss and control things; though she will tell you today, she really controlled nothing, but that's a different story. Anyhow, her feelings, softness, and the possibility of experiencing life versus solving life, didn't seem to be among her priorities or considerations.

So, as you can see I had no role model to show me what the feminine energy looked like or felt like. I had no real understanding of what it meant to be in your feminine, other than wear nail polish and lipstick as commercials programmed us to believe.

I became totally comfortable in my masculine energy. It actually made me feel very powerful and it still does. My boy-friends felt totally comfortable with me. I could do testosterone boosting activities very easily, like race on the highways of the city, fix and talk about cars, enjoy a day at the shooting range, do sports like weightlifting and kickboxing, and so on. I could even talk to my boy-friends about their girlfriends, wives, and everything in between without judging or shaming them. In many occasions, I helped them get out of the difficult situations they got into with the ladies or mentor them to solve some of their relationship problems. I was one of the boys, as they used to call me and I loved it. I have been able to make the best out of my masculine energy, in some areas of my life.

However, the negative cost has also been tremendously high. I wasn't able to fully and deeply get involved in a relationship without creating some level of chaos. It was very hard for me to let go and surrender to the moment, a person, or a situation without having the need to control, judge and criticize. I wasn't open to receiving. I felt I could do everything on my own and didn't need anyone. Ironically my mother would say to me all the time, "Let people help you." I never allowed

my husband to be the man for me, that he wanted to be. He would do anything to try to please me, yet I was rarely satisfied. I didn't appreciate him enough for his caring and his support. Suppressing my feminine side in my marriage and in my home, cost me my 25-year marriage.

If your partner thinks he makes no difference in your life, you make him feel you don't need him, the result can be catastrophic. The masculine energy is primarily about providing and protecting those they love and care for. It is about solving problems and accomplishing goals. So, if they *know* ahead of time they will lose, they will eventually stop trying to provide, protect, conquer and possibly even loving you. Because, *what would be the point of him doing it, if you **don't need it**. What would be the point of him giving you, providing for you, wanting to please you, if you **won't be happy***. Nothing makes a man feel more like a failure, than not being able to make his woman happy. And that is exactly what happened to my ex-husband. No fault of his.

Another huge problem for me, probably derived somewhat from what I described above, was that I had very high levels of stress. I was a master at blocking my feelings all my life. However, whenever I couldn't totally forget about my problems, my stress would be of the charts. By the way this is a masculine trait... *To forget about your problems, at least for a while until you solve them.*

I had permanent tension in the muscles of my neck, back and shoulders. I got herniated disks in the cervical and lumbar part of my spine. And as I mentioned before, my migraines escalated to unbelievably dangerous levels. Though it can be simplistic to attribute all these issues to the suppression of the feminine in me; I know without a shadow of a doubt, that embracing my feminine would have helped me lower my stress levels tenfold. Keep reading and you learn how and why.

We talk about men and women being equal in our everyday conversations, probably confusing or not realizing the difference between having *equal rights* and *being equal* in every aspect of life. Whether we want to accept it or not, there are important differences between men and women that go far beyond the genitalia.

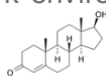
Dr. Paula Johnson a cardiologist, president of Wellesley College, also was executive director of the Connors Center for Women's Health and Gender Biology, and chief of the Division of Women's Health at Brigham and Women's Hospital; was one of the first in her field to call attention to sex differences in medical treatment. She says that today we *know* that *every cell has a sex*. This term was coined initially by the Institute of Medicine.

She says it has been proven that men and women *are different down to the cell and molecular levels*. We know now that it is radically different the way in which women and men experience disease. Heart disease is the number one killer of women in the US *today*. Women who have never smoked are 3 times more likely to be diagnosed with lung cancer than men, but they have better survival chances than men when diagnosed early. *Depression is the #1 cause of disability in women in the world today*. She says, we know 70% of women today are more likely to experience depression over their lifetimes. They are also *more likely than men* to experience fatigue, sleep disturbance, pain and anxiety. More than two thirds of Americans with Alzheimer's disease today are women.

*There are proven differences in the brains of women and men in the areas that are related to mood. We can see it clearly in a scanner when they are put under stress.*

There was an article published in 2007 by major medical publications like the US National Library of Medicine National Institutes of Health, Cambridge University Press - Psychological Medicine, among many others, called *Work stress precipitates depression and anxiety in young, working women and men*. The study done by Melchior, Caspi A, Milne BJ, Danese A, Poulton R, and Moffitt states as the background of the study, that the rates of depression had been rising, as were the rates of work stress. They tested the influence of work stress on young working adults diagnosed with depression and anxiety. Participants exposed to high psychological job demands (excessive workload, extreme time pressures) had a twofold risk of major depression or generalized anxiety disorder, compared to those with low job demands. In the fully-adjusted model (Model 5), *women reporting high psychological job demands were 75% more likely to suffer from Major Depressive Disorder (MDD) and Generalized Anxiety Disorder (GAD) than those who reported the lowest level of job demands*. Their conclusion was that work stress appears to precipitate diagnosable depression and anxiety in previously healthy young workers. Helping workers cope with work stress or reducing work stress levels, could prevent the occurrence of clinically significant depression and anxiety.

This study was done 12 years ago. Many studies today confirm that this situation has only gotten worse as time has passed. The work environment, in general, generates in most everyone a hormone called testosterone (the masculine hormone) and cortisol (the stress hormone).

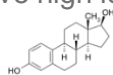


The exemption to this rule could be, if a person works in something they love to do and uses mostly the creative and emotional side of the brain. Then they will probably generate more dopamine, oxytocin and estrogen than testosterone and cortisol. However, the moment this work requires objective planning, thinking, follow up, and revisions of goals, you are

back in the testosterone generating world. I will talk more about this below.

Both women and men generate these hormones called testosterone and estrogen. However, about 90% of women should have low levels of testosterone and high estrogen. For men it should be the exact opposite. This is so, in order to be more in harmony with each one's nature. However, sometimes women have high levels of testosterone and men have high levels of estrogen.

This change in the balance of the hormones, generates a different emotional reaction for men and women in their lives. The increase in testosterone in women is not necessarily a problem, *unless this becomes a permanent or very frequent state of being*.

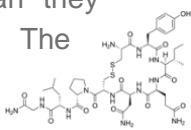


The workplace is a big generator of testosterone for both men and women as we have mentioned. *High levels of testosterone lower stress in men*. However, *it does not do the same for women*, on the contrary, *it increases their levels of stress*. *The combination of oxytocin and estrogen is what lowers cortisol levels (the stress hormone) for women*. Therefore, in order to lower your stress levels, you must do activities that generate oxytocin and estrogen in your body. Burring yourself in work or any activity that utilizes masculine energy will increase your testosterone, making the problem worse. *Women with low levels of estrogen have higher risk of suffering from heart disease, diabetes or cancer*.

John Gray, says women today are experiencing *twice (2X) more stress than men in the work place and four times (4X) more stress at home*. He also says, we will begin to see for the first time in history that *women will begin to die earlier than men*. I will say very non-scientifically, that this

is a reality already. I have lost during the past two decades more female friends and family, all of them very young, than male friends.

Mr. Gray goes on to say that one of the reasons women are having four times more stress at home today than they used to in the past, is **because the home is no longer a source of oxytocin.** The home is no longer a place for connection, nurture, compassion, sharing and renewal for women. The activities women are doing at home today are under a deadline or a time constraint. *The home has become just another work place, hence a testosterone generating environment.*



Therefore, more and more women today are living their lives almost entirely under the influence of testosterone and cortisol. The constant exposure to these two hormones for a prolonged period of time, can be a major cause of dis-ease in the body, which can manifest, as I have mentioned already, in a wide variety of ways. It can also literally kill you.

From my own experience, as I shared before, the price can be high as well when it comes to relationships. As I mentioned, I rarely asked for help. I even rejected it most of the time. I always had something to control, change or complain about to my partner. My masculine side was in constant competition with men, which is what men do. *Men compete against each other to conquer.* But I wasn't another man or a buddy to my husband. I was the wife. Whenever he took me to a restaurant for example, I should have just said "Thank you honey. This place is great!" Instead of trying to win by coming up with a better option or simply belittling him by complaining about his choice.

This behavior in my case, started a war with my partner. But it was a subtle war. The kind of war you feel rumbling like a subtle hum in the distance. The huge amount of tension in my body, should have alerted me to the fact that something was very wrong. Actually, it did, but I pointed the finger in the wrong direction. I pointed the finger at him. I will not go into too much detail for the sake of privacy, but I can tell you it was much easier to blame him, than to take a look at what I was doing. Yes, there are always two people *responsible* in a relationship; but ultimately the only thing I can control and transform is **me**. As Sadhguru so brilliant says: *responsibility is limitless. Action is limited.*

I found out first-hand what I knew in theory. If a woman cannot live in her feminine, she will jeopardize keeping the attraction and compatibility with her partner. When a woman is in her masculine, she will push her partner to go to his feminine. Most of the times, he will do it in order to *avoid conflict and look for connection*. All waves of the feminist movement have requested men to share their feelings, be more sensible, please us and understand us as a girlfriend would. However, when they do, we lose interest in them. The *attraction, respect and admiration* towards our men slowly fades away.

As probably you all have heard, opposites attract. That is true for all forces in the universe. As Tony Robbins says *we stay together in the long run because of the things we have in common and we feel passion because of our differences*. Life is about polarity. Everything about our existence on this planet is possible because of polarity, from the atom all the way to the cosmos. Polarity is what keeps nature in balance. The attraction of the opposites is what keeps life from vanishing. Whenever there is an in-balance in the universe chaos happens.

Similarly, if a woman is living mostly in her masculine, she will be in constant collision with her partner. This is becoming increasingly the norm in many relationships today. This reversal of roles can be deadly for a relationship. The woman will have increasing levels of testosterone and the man high levels of estrogen; therefore, both will be *very stressed and will lose interest in each other*. I will not go into men and masculinity, since this booklet is dedicated to femininity. However, if you are interested on improving your relationship, I would advise you to learn about this subject as well. I want to make a disclaimer about men's responsibility on this issue. I am by no means suggesting women are the only ones responsible for the success or failure of the relationship. Relationships are a dance between two people. However, as you probably have heard or even experienced, the change by one of the parties involved, will inevitably generate a change in the relationship. Therefore, I will focus on the woman's responsibility, my responsibility.

Last but certainly not least, I will talk about an issue related to everything mentioned above. It may even be a consequence of it all. Women usually do not like to hear or talk about it. You might even check out or stop reading. My suggestion to you is to power through it and finish reading. Also, be open to receive, which *does not mean* you have to agree. You will not learn, grow, or transform unless you give yourself the chance to listen with all your senses and allow yourself to look inward with honesty.

Enough chit chats. ☺ Let me get straight to the point. I am going to talk about *women emasculating men*. Many of the things I have mentioned before, have been forms of emasculation. In order for all of us to be on the same page, I will resort again to the dictionary. This way we can agree at least on the *definition* of the word.

The Merriam-Webster dictionary says emasculation is:



To deprive of strength, vigor, or spirit - WEAKEN.



To deprive of virility or procreative power – CASTRATE.



To remove the androecium of (a flower) in the process of artificial cross-pollination.



Some synonyms and alternative definitions are:



EMASCULATE: to deprive of strength or vigor and the capacity for effective action. Stresses a depriving of characteristic force by removing something essential.



ENNERVE: implies marked often temporary loss of courage, self-control, or power to act.



ENERVATE: suggests a gradual physical or moral weakening (as through luxury or indolence) until one is too feeble to make an effort.



UNMAN: implies a loss of manly vigor, fortitude, or spirit. i.e.: soldier unmanned by the terrors of battle.

The more I investigate into the definition of words, the more I love it as a tool for understanding life, not just words. As I will discuss in a little more detail later, the feminist movements helped us gain many of our birth rights that for centuries were owed to us. We have definitely moved forward in the last 100 years and we definitely still have more spaces to conquer. But as I have mentioned before, I believe we also lost something important. We lost our essence, our tender, nurturing and caring nature. We became more resentful, closed, unforgiving and disconnected from others and our sensuality. We have become apprehensive and guarded against most men with or without evidence that they may be a threat. *In the XXI century the great big war, is the war between the sexes.* This is our World War III.

As in every conflict there are always two parties involved at least. I will, as I have already mentioned in multiple occasions, deal with women's responsibilities, *my* responsibility in the conflict. It will be men's responsibility to work on their side of the issue.

Back to the word emasculate. There is a clear pattern in all the definitions and synonyms of emasculation. It is about taking power away and weakening. And this is what I used to do to my partner. This is what many women, of many different cultures are doing as well. Alison Armstrong is a person who has researched this issue in great detail for many decades. She was also a woman who constantly emasculated the men around her, at home, work, friends, etc. Her fictional book *The Queens Code*, is a master piece that takes you on the personal journey of three women. They show you through their personal experience, the damaging consequences of emasculation and also how to stop it. Alison is a huge advocate of stopping this war between the sexes.

Alison says in her article *Ending the War Between the Sexes, Personally*. "Who would need to keep other people weak – someone powerful? No! *My compulsion to keep men weak came from my own sense of weakness.* I couldn't stand them having power, because I was sure that I had none. Every time I emasculated a man, my behavior was a knee-jerk reaction prompted by my fears and reinforced by my feelings of weakness. As this overpowering realization struck home, I knew that ***I would never experience my power as a woman, until I allowed men to have their power too.*** The choice was either to be weak together or to be powerful together. *I chose being powerful.*"

One of the problems with emasculation is that it's not a selective process. Usually if you emasculate your partner, you will also do it to your friends, your co-workers, your brothers, cousins and even your male children. I believe many children today are powerless, because they have been raised by a mother who either emasculated them directly or they witnessed the emasculation of the father and then... well, we all know how children learn mostly. Don't we? **ACTions** speak louder than words.

Emasculation is a form of violence and don't let anyone tell you otherwise. It is a subtle, smooth kind of abuse which is very sneaky. So sneaky it allowed me to lie to myself. I was able to justify my behavior by telling myself, I was exercising my rights. I never humiliated him in public nor was I straight out abusive, because it is not in my nature and for sure, he wouldn't have allowed it either. But I certainly did it, in many other subtle ways.

When you act like you are your partner's mother or you boss-him around, telling him what to do as if he has no clue, you are emasculating him. When your man says something to you in a social gathering or in private and you roll your eyes, as if he is dumb or has no clue, you are emasculating him. When he does something nice for you and instead of appreciating it and saying "thank you"

you focus on anything that is wrong, can be improved or you criticize or complain, you are emasculating your man. When you question his every move no matter what he does, that is emasculation. When you tell him to take you somewhere to eat, dance or have fun and then you find one and a million reason to complain about anything, instead of saying *thank you and making the best of it*, you are emasculating him. When you are always on attack mode, whether he has done anything or not, you are emasculating him. In summary, every time you make him feel small and insignificant, whether it is done consciously or unconsciously, you are emasculating your men. Remember this can happen with other men not necessarily your partner. *If you are in your feminine, the chances of you emasculating any men in your life will be reduced dramatically.*

A huge cost of not living in the feminine is that life becomes about *conquering and hunting* – as Alison Armstrong says – and less about **experiencing**, *admiring the beauty in life, nurturing and connecting*. I will repeat what Sadhguru said: “It is only in a *certain situation of relaxation* that the feminine can flower. And if feminine does not flower, *you will have everything in your life and you will have nothing in your life.*”



## ACTivity - WHAT IS THE COST OF SUPRESSING YOUR FEMININE ENERGY?

*Take three deep breaths again, filling up the bottom of your lungs. Breath deep into your belly. As you can see I am a big believer in breathing.*

*Did you know breath has been directly co-related to life span? Dogs breath an average of 24 breaths per minute while in rest. Their life span is 10 – 13 years. Horses breath an average of 12 breaths per minute. Their lifespan is 25 – 30 yrs. Elephants breath 4 to 6 times per minute or 10 – 12 when in captivity. Elephants lifespan varies by region, but in general it can be anywhere between 48 to 70 yrs. Giant turtles can take 1 - 4 breath per minute. Some giant turtles have been recorded to live 300 years, though there is a possibility that some have lived close 500 years. For humans the average breaths per minute while in rest is between 12 to 18 breaths per minute. Average lifespan for humans today has gone up to 79 to 100 years. Imagine what could happen if you lower your breaths to 1 – 4 breaths per minute on a regular basis. Would you want to be here for 300 years? I guess the answer to that question will be directly dependent on the quality of life that you have.*

As you can see you may be able to live more and live better if you breath better. So, I invite you again to take 3 deep breaths into your lower belly.

Focus on any part of your body where you may have tension. Breath into that area and as you exhale feel the tension release. Try taking the inhalations and exhalations with your mouth closed. Make them a raspy breath which caresses the back of your throat. You should feel the air as it passes through your nostrils. While taking the last breath, be aware of your body in its entirety. Feel your skin, your extremities, your blood rushing through your veins and arteries. Feel the beat of your heart.

Once you feel relaxed and connected to your body, become aware of the energy that you are. Become aware of that force which you cannot see and sometimes you can't even describe, but which *is you*. That force, that energy which is your essence.

Now take a moment to reflect on your relationships, your life style, and your health.



Do you have any health issues at the moment? What are they?



How high are your levels of stress? On a scale from 0 to 10, where 10 is the highest, how do you rate yourself?



What percentage of the time do you live in your masculine energy at home and work? (0% to 100% of the day)? You can separate the assessment in case it is different at work than at home. For example: I spend 90% of the time in my masculine energy at work and



40% at home. Or work is 75% and home 80%. Be very *aware and honest*. No sense in lying to yourself. Growth only comes from consciousness.



Could there be a correlation between your levels of stress and your diseases?



Could there be any correlation between your levels of stress, your diseases and how much time you spend in your masculine energy?

For now, only assess the situation. Be aware. Be conscious. Be responsible. (Being responsible is having the ability to respond. You do not have necessarily to act on it.)

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## 6. FROM THE FEMALE REVOLUTION TO THE FEMALE EVOLUTION.

The topic of female influence, oppression, liberation and evolution goes as far as the existence of life on this planet. I will spare you that huge story in this booklet. If you want to know more about our history with regards to men and women on this planet, I recommend you read *The Chalice and The Blade* by Riane Eisler. There are many mysteries and new truths uncovered in this book with regards to women, their power or lack thereof, and their influence on this planet's evolution, wars and peace period.

Even though I will think it is worth information from governing systems from what we are something to keep records have been from a male-ignoring the feminine force in many conclusions



women's influences, have been made based on partial research and hypotheses.

G. Rattray Taylor in *Sex in History* noted there had been periods when women and the feminine values were given a higher status. He calls these periods “matrist periods”. Taylor’s term matristm (mother-identification) is equivalent to the term gylany coined by Riane Eisler in her book *The Chalice and The Blade*.

Matrism *must not* be confused with matriarchal. Matrism is based on attitudes and matriarchal is based more on institutions. Matriarchal is a social system in which females (most notably in mammals) hold the primary power positions in roles of political leadership, moral authority, social privilege and control of property, at the specific *exclusion* of males — at least to a large degree. However, there is a lot of controversy in terms of whether matriarchal periods are really periods where men are excluded. *Heide Göttner-Abendroth*, a German feminist advocating Matriarchy Studies, believed that matriarchies are egalitarian.

Taylor says that the twelfth-century in the times of Eleanor of Aquitaine and her daughters Marie and Alix, were times when courtly love and reverence for women emerged as central themes in poetry and in life. Riane Eisler also says about this period, that “The troubadour’s view of women as powerful and honored rather than dominated and despised, and of a man as honorable and gentle rather than dominating and brutal was not new.” She says that same dynamic was present in the ages of Crete and the Neolithic. Also, in the Elizabethan age, when Queen Elizabeth I sat on the throne, feminine and mother-identified values were on the raise. It seems from studying the evidence that all “These periods are characteristically intervals of greater creativity, less social and sexual repression, more individualism, and social reform,” whereas during periods of “masculine-stereotype” there is a regressive shift of values and a shift from peace to war.

focus on recent periods, I looking into some ancient history, when the and values were different used to today. Also, in mind is that most history made almost completely centered perspective; influence of women and the our worlds’ history. Hence, about female periods and

Charles Fourier, a philosopher and French socialist, said over a century ago that *the degree of women's emancipation, is an index of the degree of the emancipation of a society*. The question I pose is, are we today at the point of such emancipation? Can we really be moving from an androcracy (patrism) to a gynarchy period (matrism)? How have the different waves of feminism helped?

Feminism, the female revolution, as we know it today can be traced back to the nineteenth century. Years like 1837, when Charles Fourier used the word 'feminisme' to describe women's liberation in a *utopian* future and 1848, when Americans Elizabeth Cady Stanton and Lucretia Mott gathered a few hundred people at their nation's first women's rights convention in New York, are the most significant years in terms of the beginnings of feminism.

Though history was full of tremendous abuses and excesses towards women before this period, the right to vote became the greatest milestone of this period. New Zealand was the first self-governing nation to allow women to vote in 1873. It is totally reasonable that voting became the main focus during this time. There is very little anyone can do to influence a major change in society, if they cannot vote. For women voting became crucial if they wanted to impact the legislative process of their nations. This era is what we call today the *first-wave feminism*.

The *second-wave feminism* began in the early 1960s. Something not widely known is that on November 25<sup>th</sup>, 1960, the Mirabal sisters, Minerva, María Teresa, and Patria – also known as Las Mariposas, The Butterflies, - from Dominican Republic, were assassinated. They had formed an opposition movement to openly protest the dictatorship of Rafael Trujillo in the Dominican Republic. The day of their brutal murders has since been marked as a date to raise awareness on ending violence against women. Later in 1963 Betty Friedan's book *The Feminine Mystique* was published. This publication has been accredited with the beginning of the second-wave feminism in the United States.

During this second-wave of feminism, the following movements were born, among others: radical feminism, black feminism, Chicana feminism (intersection of Mexican-American women), the radical lesbian movement, difference and equity feminism.

The main issues during this period were sexuality, family, the workplace, reproductive rights, de facto inequalities, and official legal inequalities. This second-wave also drew attention to the issues of *domestic violence and marital rape*, engendered rape-crisis centers and women's shelters. It also brought about changes in custody and divorce laws.

The *third-wave feminism* was born in the mid-1990s. This wave was led by the so-called Generation X born in the 60s to 70s. Although they benefitted significantly from the legal rights and protections that had been obtained by the first and second-wave feminists; they critiqued the positions they had and what they felt was unfinished work by the second-wave feminism. This third-wave focused on abolishing gender-role stereotypes and expanding feminism to include women of all races, classes and cultures in society.

Last but not least, there is a very recent new wave called the *fourth-wave feminism*. Beginning around 2012 it has been characterized by a focus on the empowerment of women and the use of internet tools. Fourth-wave feminists advocate for greater representation in politics and business, and argue that society would be more equitable if policies and practices incorporated

the perspectives of all people. They further the requests of the previous waves by demanding more justice against assault and harassment, equal pay for equal work, and for bodily autonomy.



Social media is at the center of the empowerment of this last wave. The use of Internet and all the platforms developed in the last decade, have been instrumental in the expansion of this fourth-wave feminism. It's impact and timespan are yet to be determined. But I do know this will be a time to remember for centuries to come.

As I have mentioned before women have come a long way in terms of being able to participate in society, politics and the economy like never before. Technology has been instrumental in facilitating this process. Of course, there is still much work to be done in order to have a completely fair and equitable world, if it can be done at all. But we are certainly in a much better position today than ever before.

The female revolution has given us rights that were long overdue and have begun to bring the world to a more equitable place. It also gave women permission to access their masculine energy, becoming more goal and results oriented. These are qualities necessary to be able to compete in today's workplace.

However, in this process women have become more like men. Women have been trying to be equal to men in *every aspect*, sacrificing their own essence and nature in order to fit into the social, political and economic demands of the modern world. All waves of the feminist movement, chose to double up on the expansion of the masculine energy, while *suppressing* the feminine side. A much better choice, based on what all the experts on this subject say, is to expand and embrace the masculine energy in women, while *maintaining and embracing our feminine energy* which is an essential part of our humanity. However, radical feminism has gone as far as to condemn women who want to embrace their feminine energy in any way.

Another problem is that advertising and marketing have become the main forces that define what femininity looks like or should feel like for a woman. The definition of femininity has become one based on looks and appearances, making it empty and shallow. I have often said that *femininity is not something you wear, it is something you feel*. And it is something you feel, regardless of your color, your shape, your age, your culture, your looks, and your race. Femininity, as any energy, is timeless, shapeless, and limitless. It is a ***state of being***.

Feminine energy is considered by many people today, including women, something negative, which makes women weak and vulnerable. As women have gone more and more towards their masculine energy, they are becoming more and more stressed, and more and more aggressive and detached. In my opinion, this is moving from an epidemic to a pandemic problem in the XXI century.

Many women today are unconsciously emasculating men. They confuse emasculation with a way of defending their rights. Emasculation makes them feel powerful and in control. In many cases, women are getting back at *all* men for what their ancestors did or what some evil men are doing today. Women feel they are being independent because they do not need men and they go to great lengths to make sure men know it.

Today women are constantly on the attack with or without any apparent reason. This is represented very well in Venezuela with a popular saying, “hit first and ask second,” (pega primero y pregunta después) which many women swear by.

But good men are willing and wanting to make their women happy. However, they are very confused. A man no longer knows how to fulfill his woman. Your man does not know how to fulfill *you*. What is even more dramatic, is that many women don't know either. Then, if you do not know what *you* need to be fulfilled, how can anyone else know?

Something is absolutely certain for you, fulfillment will be harder to get, if you continue to look for it using your masculine energy; because you will look for answers in terms of a result, an objective, or a goal to accomplish, instead of an experience you must feel. And as I mentioned before, if you do this, your levels of stress *will increase*.

I will conclude this segment with a very important and possibly controversial proposal for you. This proposal is at the heart of my vision for my ACT FEMININE project. This will probably not be an option for you, if live in your masculine most of the time and you are not willing to open up more to your feminine side. If this is the case for you, that is totally fine too.

My proposal for you is to begin to think of yourself as a *whole* human being. That wholeness comes from embracing your dark and your light energy, your beautiful side and your more challenging one. You are the fabulous human being you are today because of it *all*. Your darkest secrets can be and are without a doubt also your super powers.

As Sadhguru very well says, you will be in serious trouble if you do not live in both your masculine and your feminine energies in equal proportions. If you go too much to either side, there will be serious difficulties in your life without a doubt.

So, my proposal to you today is open up to the possibility of looking at men as your collaborators, companions, and co-creators of a better life, a better world for you and for all. Yes, I am saying stop the WORLD WAR of the sexes. I will repeat it in case you didn't hear it the first time, the greatest war happening on this planet today, is *the war between men and women*.

Therefore, my invitation is to put the sword down and decide today not to emasculate men ever again. I can feel you cringe right now. May be because you are not ready to stop emasculating the men in your life or because you feel you are not doing it. If you are completely sure you never deprive your man of his strength, vigor, or spirit, then you are one of those women who can help others do the same. If not, I invite you to learn more about this. As I mentioned before, Alison Armstrong is possibly the best person I know today that can help you on this subject. Start with The Queens Code and then go where ever your intuition takes you but do something about it.

I know it is very scary to surrender, open up, and be vulnerable. Yes, that is what happens when you stop emasculating men, but trust me it is the most magnificent feeling once you cross the chasm. If you stop emasculating your man, you may be in for a huge surprise. You will see a new man appear right in front of your eyes. And trust me again, it will probably be that ideal person you dreamed of, so many times.

I hope you give opportunity to open possibility that another way, a hope you give chance to discover actually, you just uncover *the real* to uncover the are but got hidden years of training, and family beliefs



yourself the up to the there may be better way. I yourself the a new you; need to *you*. You need person you underneath pain, or social that don't

serve you. Give yourself the opportunity to transform into a more balanced and complete version of you. ***Help me begin the fifth-wave feminism.***

***The movement  
where men and women  
collaborate, cooperate,  
and co-create,  
their shared preferred world.***



## ACTivity - FROM THE FEMALE REVOLUTION TO THE FEMALE EVOLUTION.

Once again you know what to do. Take three deep breaths into your belly. Do them exactly as you have done in the previous exercises.

Now focus specifically on your relationships with men. You should take a look at all the interactions with the men in your life: co-workers, friends, intimate partner, family members – father, brothers, cousins, sons, - strangers on the street, or at social gatherings, etc.



Do you recognize, admire and honor the men in your life?



Do you criticize and control them? Do you mother them at all?



Are you kind to men when you interACT with them?



Do you think men are worthless, useless, no-good?



Do feel you don't need them in your life or that you could be better off without them?



How much do you surrender to the experiences and feelings when you are with your partner?



Are you open to receiving without feeling you owe the person anything?



Are you thankful for what your men give you or do for you, no matter how small? Or do you criticize and judge them constantly?



Are you constantly finding ways to improve your connection with your partner?

Like I have said before, for now just assess your situation. It would be best if you write you answers in your journal. Keeping track of your changes, discoveries, and ACTions can be a great tool to facilitate any transformation process. The idea here is to become aware and conscious about who you are now and how are you ACTing.

Later you will find some additional tools you can use, if you choose to do so. They might not be easy to do but they will be simple. Do not underestimate them due to their simplicity.

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## 7. STEPS TO BEGIN TO ACT FEMININE.

I can't pin point one day when I said "Okay I am going to step into my feminine from now on because..." Nor was there a day which marked the beginning of my tapping into my feminine *power*. Oh! I meant to say feminine *energy*. Well, actually they are one in the same.

This has been a *process* for me. One of discovery, of understanding-me, of feelings and emotions, of awareness and deep consciousness, of courage and surrender. It has been a challenging road as well. I continue to discover new aspects of myself and my relationship with my feminine side. I continue to understand more about my masculine energy as well and how powerful and beneficial it also is in my life.

One of the benefits I have received during this journey, has been learning how to have both energies up and running and knowing how to move from one to the other with ease, depending on what I need in the moment. But the greatest benefit has been to find a *new super power* within me. I am enjoying life in a new and amazing way.

My relations are all improving, even with the ladies in my life. And when it comes to men, it is like night and day. The subtle tension from the power struggle, competition or put down on my part is gone. It only comes back, when I go back to my old ways. Surrendering and allowing myself to receive, has allowed me to feel emotions and sensations I never felt before. The sun seems brighter, the breeze feels softer and it seems simpler, *easier and more blissful to live*.

I will not lie to you and say it is an easy ride, because it is not. It is among the hardest personal challenges I have had in my life. I had to break with many habits, taboos and garbage I came to believe over the years. So, it is not easy but it is *simple*. So simple you can dismiss it, because you feel it will not change anything. But trust me, it will absolutely transform your life.

This has been the most worthwhile journey I have had. I continue to grow and learn every day. I know it will be a lifetime journey for sure, because every time I reach one level, I know I can go higher.

I have made it my mission to share this project, *ACT FEMININE*, with as many women who are willing to open up and try something different to improve their lives. I hope this will help you begin or continue to move forward on your journey towards a more balanced life.

If you are already using both your feminine and your masculine energy in equal proportions, just keep moving forward; there is always another level you can reach. Congratulations on accomplishing what many people only dream about doing.


If you are mostly in your feminine, there is a huge benefit on bringing out the masculine energy in you. You will probably be able to work more effectively. You will also be able to accomplish many goals you may not have been able to reach up to now. It can give you a new sense of security and confidence. If you have procrastinated things that are important to you, you will probably get into ACTion and get them done.

And if you are living mostly in your masculine and wish to transform into a completer and more empowered woman, some of these simple things done on a regular basis, can begin the transformation.

In my workshops I focus mostly on the body, because to me that's where it all starts and ends. The mind in these cases can be a great hinderance. Usually what we *think* is what has gotten us to the place of unbalance. Our body doesn't lie. So, I will help you connect with it. I use acting exercises that I have found extremely useful on this journey.

Many acting techniques are great for living in the moment and focus on the experience and not the result of your ACTions. If an actor is not in the moment, he or she will not be able to deliver a truthful and believable performance. In that sense, ACTing is really not ACTing as people usually think of it...faking it. ACTing is mostly about *being* or the audience will not believe you or *feel* you.

When you see an actor that moves you and touches your heart, that person is ACTing in the true sense of the word ACT. They are *taking action, having a display of affected behavior*. They are in a *state of real existence, rather than possibility*. In my workshops *ACT Feminine* I will help you *so you can BE it, not fake it*.

For now, I will share 7 steps you can take to enhance your feminine energy. I am sure I will not be saying anything you probably haven't heard before. I just hope I can help you incorporate at least one of these in your daily routines. *Do not attempt to do all of them at the same time nor more than three.* Pick the ones that you feel you need the most, or connect to the most. If you are the adventurous and daring type, just close your eyes and point. I am sure which ever one comes up, will be the right one for you. 

Persistence and determination are key to help you generate the transformation you want in your life. Unless you commit to doing the work, *taking action = ACTing*, you will not achieve any transformation in any area of your life. No profound and lasting change can be accomplished in a day or even a week. Stick to the activity for at least 30 days, every day. Only then you can determine if it works for you or not.

As a side note, every time I wrote the words *taking action* in the document (including now!), the auto-correct would highlight *taking action*. When I clicked to see what was the correction, it always indicated to substitute it for the word ACTING. How about that! Don't trust me, try it.

Here is a short summary of what most experts say feminine energy is:

1. All encompassing.
2. Restoration.
3. Life.
4. Renewal.
5. Creation & Birth.
6. Art, beauty and aesthetics.
7. Healing.
8. Receptivity and Openness.
9. Nurturing and Love.
10. Understanding and Compassion.
11. Insight and Intuition.
12. Wisdom.
13. Forgiveness.
14. Connection and *interdependence*.
15. Harmony.
16. Sensuality.
17. Empathy.
18. Sharing and giving.
19. Relaxing.
20. Inclusion.
21. Fiery.

Without my help or anyone else, I am sure you can come up with a list of ACTions you can take by just reading this list. What I mean is, if this is what feminine energy is, then do an awareness exercise and see which of these qualities you are lacking. Then come up with an ACTion plan to



access it. For example, if feminine energy is about “relaxation” the question to ask is, how relaxed am I? And then depending on the answer implement a plan to get there.

What I have done is pick the ones that have impacted me the most. I totally agree with Teal Swan that you only need to clear the path, unclutter the room, lift the veil that is impeding your truth and your essence from coming out and then you will shine. *Everything you need is within you now, because it is who you are.* You might have just forgotten for a little while.



## ACTivity - STEPS TO BEGIN TO ACT FEMININE.

Let's do this!

The reason there are seven tips is because after years of profound thinking and study, I concluded that *I like the number seven (7, VII)*.

I was born on November 7. Numerologist also say the number 7 is the seeker, the thinker, the searcher of Truth. It doesn't take anything at face value. It is always trying to understand the underlying, hidden truths.

It is also associated with:

- Classical planets ("7Luminaries")
- Metals of antiquity
- Heavens
- Days in the week
- Colors in the rainbow
- Seas
- Continents
- Kings of Rome
- Hills of Istanbul
- Hills of Rome
- Liberal Arts
- Sages of Greece
- Sages concept in Ancient India
- Wise Masters, medieval
- God number in ancient Egypt.
- Pure notes in the diatonic scale
- Wonders of the ancient world
- The deadly sins

So, after much reflection I believe it is the reasonable thing to do. To give you *seven* suggestions on how to let your feminine energy shine.



### I - RECEIVE and BE OPEN:

This has been a huge one for me as I have mentioned before. Allowing myself to receive was very hard. Every time someone gave me a compliment, I always responded with a "...but I have not... I do not...this or that... There are better,..." and on and on down the "rejection of a compliment lane" I went. I would say everything *but* "THANK YOU."

Whenever you do not accept a compliment, you are rejecting a gift someone is giving you. You are denying the person the pleasure of giving you the gift and you are denying yourself the joy of receiving the gift, of feeling loved and appreciated. This also applies to material gifts or help with any task or activity you need to do.



The assignment is:



Whenever someone wants to help you, or gives you a compliment or a gift, take a breath, a deep breath, before you respond.



Receive what they are giving you. Acknowledge it. Be grateful for it. Don't judge it, analyze or try to justify it in anyway.



After looking at the person in the eyes, say THANK YOU and smile. You do not need to say anything else.

DO NOT begin to ask yourself WHY? Why is this person saying this? Why me? Do they mean it? Is it true? Why are they giving me this gift? And so on. These are the wrong questions to ask yourself. They are really irrelevant. What matters is that you receive the gift and be grateful for it.

This includes a stranger in a bar, even those nasty men in the street, who are not in their masculine and want to make women uncomfortable. I have found out that turning around and looking those people in the eyes and saying THANK YOU, no matter how daring the compliment was, changes the dynamic between us completely. Most everyone is taken aback and surprised in a positive way. They usually simply smile back, at my honest thank you for the gift of *recognizing my virtues*. Of course, ***by all means use common sense and judgement. Safety is your number one priority*** but paranoia and resentment only separate you from the joy of life.

If this is someone close to you, this is a *must* if you want to connect and have a fulfilling relationship. As I mentioned before this includes material gifts. If you go out on a date, or with a friend, or a co-worker and they want to gift you and pay for dinner allow them to. They deserve the gratitude from you and you deserve to receive the gift from them. Giving and receiving does not imply commitment or debt. If that is the case then it not a gift. It is a transaction.

Learning to RECEIVE can transform your life in more ways than I can explain. Bless yourself and those you love with your gratitude and... RECEIVE.



## II - CONNECTION and INTERDEPENDENCE:

The masculine is about going to the cave, disconnecting and figuring it out on your own. The feminine needs to connect, to share, to vent, and to find the answers by hearing yourself out loud. The feminine is ***inter***dependent, not dependent.

There is a huge difference between dependency and *inter*dependency. To be dependent is to rely on, to be determined or conditioned by another in order to ACT. This is completely opposite to the feminine, because this can disrupt harmony and relaxation. Whenever there is a dependency on something or someone else there is a great level of distress. Dependency is all about *you*. What you need. What you want. Whenever you are dependent on another person, you both will feel the discomfort from the tension and the conflict derived from the unhealthy dynamic.

But the feminine is ***inter***dependent. Inter-dependency is about ***us***. Interdependence is identifying to what extent one partner can affect and/or control the other partner's outcome in a given interaction. In interdependence theory, the focus is on the *interaction*, hence, the relationship between people *is just as important* as the people themselves. As you can see this is not about me and what do I get. This is about, what do ***we*** want? How are we going to get it? What is the cost and benefits for both or all of us? In order to be interdependent, you must connect. Only

through connection will you be able to reach a compromise and a course of action, that leaves everyone involved at ease.



The assignment is:



Make sure you do not go into your cave if you are feeling distressed. Find someone you feel safe with and connect with them. Open up and tell them you just need a shoulder to cry on, an ear to listen, or someone to care for you while you vent.



Ask them to just listen and not give you advise. It is important to state this clearly, lovingly and respectfully. As John Gray says, most of the time you do not need advice because you will find your own answers by stating the problem out loud. Women usually do not want advise, they just want love and support.



However, if you feel they can help you or mentor you, by all means ask for advice. Just be completely aware about what you *need* and *communicate it* clearly.



Be fully aware of your connections. Don't be **un**conscious. Make every connection count. Do not let people or activities drain your energy. All of your connections should leave you better than they found you and you should do the same for them.



Though we all need times of quiet and aloneness to go inward and reconnect with ourselves, if done regularly, it can be counterproductive for the feminine. Therefore, be conscious about your alone time. If you feel you are disconnecting from the people around you, do activities that will make you share and bond again.

Plan a family dinner to hear about their new accomplishments or plans and share yours as well. Call the girls and plan a ladies' night. Invite your partner on a date. Bonding will increase your levels of dopamine, serotonin, estrogen and oxytocin, which will contribute to reduce you stress levels.




III - BE AWARE of your BODY:


Dr. Joe Dispenza says "Thoughts are the language of the brain. Feelings are the language of the body." Hence, it is of great importance to pay close attention to your body. Being aware, connected and in tune with your body is a quality of the feminine, because it is about being in the experience. Finding your sensuality will not happen through your brain or your mind. Sensuality is elating to or consisting in the gratification of the senses. Sensuality then lives in your body.


Being in your body will allow you to find answers very quickly. Your body is the first one to act and react to any situation internal or external in your life. Your body will tell you with extreme accuracy whether there is a problem or conflict that affects you. It will also reveal to you what gives you joy


and pleasure. Your body will know much quicker than your mind, if there is anything you should pay attention to.

 The assignment is:

 Become extremely aware of your body. Be aware of what your body is feeling at all times, whether there is tension, uneasiness, and/or stress. Pay close attention to every sign of unbalance, potential dis-ease, or existing dis-ease, so you can take ACTION.


 If there is a serious condition which requires medical attention, do not procrastinate and seek the attention you need immediately. Avoidance will not make it go away and time is usually important in order to heal better and faster.

 If the dis-ease does not require medical attention *yet*, be aware of its existence and potential cause. Most of the times our ailments and physical problems have an emotional cause and cure. Notice I used the word yet above. *Any ailment or discomfort not handled properly and timely can become chronic and potentially require medical attention.*

 Once you are aware there is a problem, determine what works best for you to help heal it. You may have to try several things before you find what works for you.

Some things that help you heal your body and connect with your sensuality are:


 Yoga.

 *Dance:* Preferably things like tango, salsa, hip hop, freestyle, bachata, belly dancing, pole dancing, even reggaetón – I know, I know but choose the ones that speak to you. It's the rhythm what we are looking for not the lyrics. - Note: This does not include ballet. I know this may cause a commotion, but ballet is not a dance to bring out the feminine in you. Ballet contrary to popular belief is very masculine. It is very linear. It does not have round movements around the hips and waist which are very important to connect with the feminine.

 *Walks in nature, always feeling your surroundings.*

 *Meditation.*

 *Bubble baths, massages, beauty treatments, and/or a day in the spa.*

 *A physical movement acting class:* This is a fantastic way to connect with your body in a new and profound way. Here you will learn how and why everything you do with your body is important. How do you affect others and others affect you, whether they are seeing you or not. You will learn how to communicate clearly with your body.

You can do these activities or anything else you find that will connect you with your body in a positive nurturing way. You can do one of them or all of them. What is important is that you use your body to become aware of your emotions and enhance your connection to your feminine side.

*Note: Some type of exercise, though a great healthy practice, may not help you connect with your feminine. Exercise like weight lifting, kickboxing, karate, cross fit, etc., are activities that increase your testosterone not your oxytocin and estrogen, which are what you need to go to your feminine side and potentially dramatically lower your stress.*



#### IV - NURTURE, LOVE, UNDERSTAND, SHARE, GIVE and BE COMPASSIONATE.

This is a mouth full no doubt. I am going to break it down in pieces. You probably feel these are all about what you can do for others. However, they are also what you can do for yourself every day. Remember it all starts with *YOU*. *You cannot give what you don't have.*

Also, if you don't nurture, love, understand, share, give and are compassionate to others, you will not be able to reach the level of fulfilling connections which are so important for the feminine. These are all encompassing things and should not be considered as separate. When you are compassionate, love, nurture, and understand yourself: then you can give, love, nurture, be compassionate, and share with others. It's a nurturing system.

I know what you are thinking right now. "Are you crazy? Do you want me to go from where I am to ALL of that on a heartbeat? I thought you said it was simple." Remember I said it was simple, however not necessarily easy. For a woman who can easily access her feminine, this is not something so out of reach. The challenge arises when you are mainly in your masculine or have difficulty accessing your feminine.



The assignment is:

There are many ACTions you can take to get closer to a place of love and understanding.

1. The activities mentioned in the previous section which connect you with your body, will also help you with this. Doing any ACTivity which gives you love and nurtures you, will connect you with your feminine side and without a doubt reduce your levels of stress. It can be as simple as gifting yourself with a nice bubble bath or a nice warm long shower. All the way to implementing a healthy food regiment, dance program and emotional re-engineering during the next 6 months to dramatically transform your body and your mind.
2. Doing meditations or visualizations that create the nurturing, loving, and caring person you want to become can help tremendously. The visualizations will only work, if you do them including your body in the exercise. You must feel with every cell of your body, the existence of that person you are creating. Only repeating by rote what you want, without your body will not create the transformation you need.
3. Be aware at all times if you are judging yourself and others or if you are feeling guilty for your actions. Being accountable or responsible for what happens in your life and the life around you, does not mean you have to feel guilty for something not working out well.



Responsibility does not equal guilt. Responsibility is the **ability** to *respond*, take ACTION/**to ACT**. Judging yourself or others does not give you the ability to ACT, usually the opposite happens. You freeze or paralyze due to guilt. Just see things as they are; not bigger or smaller than they are. And take decisive ACTION to get back on course.

Something important with regards to judging and guilt has to do with the emasculation of men. One very important step you can take towards stopping to emasculate the men in your life, is to stop judging and blaming; which usually wants to create guilt. This happens when you don't want to take responsibility for *your* ACTIONS. If your partner does not take the trash out, it may be because he is a lazy potato coach but most surely it is because you have not asked and communicated your need in the appropriate way. If you let a man who is caring and protective know, why it is important for you that he takes out the garbage, he will probably do it and maybe even do it with joy. If you say for example "Honey, if you take the garbage out I will have more time to relax, to be with the children and then *be with you*. I will also feel loved by you because it shows me you care for me." Then you are increasing tenfold the possibility of success with your request. You are giving your man an opportunity to be your hero, the provider of joy for you; instead of shaming, blaming and judging which will only lead to conflict and separation.



#### V – LIFE, RESTORATION and RENEWAL.

Again, this can be simple, however, it may not be easy. This is something I heard from Teal Swan. *Feminine is something that you are*. The feminine energy is in you. You do not have to create it or get it from somewhere else. All you have to do is get out of your own way and it will naturally shine.

If you have resistance and judgements about the feminine aspects of life, you are suppressing the feminine energy in you. If you have resistance or judgement about make-up, sensual dancing, getting pregnant, falling in love, sharing your emotions, a tight dress, a man taking care of you or providing for you in which ever capacity – paying for dinner, giving you a nice gift, opening doors for you, carrying your purse or bags, and even supporting you financially, etc., - you are creating walls around you.

This does not mean you must like these things or have to do them. The main issue is, that it is possible that the things you reject, may be the very things you need or want but don't have the courage do. They may also be mirrors reflecting back at you. They might be showing you something you do not like about yourself. Or they may be showing you the dream, the desire, or the vision you don't know how to get. Therefore, it is easier to reject it, than pursue it.



The assignment is:

1. Pay attention to any beliefs, resistance, and judgements you may have about femininity.
2. Analyze why you have that resistance. Is it something you would like to do but don't have the courage to do it? Is it something about yourself that you judge? Become aware first.

3. If it is something you would like to do, create a plan but begin small. For example, if you would like to wear more make up, you may want to start by putting some light color lipstick and some mascara. Once you feel comfortable with it and you do not judge or criticize yourself, you may begin to incorporate eyeshadow. Then you continue to add-on until you are satisfied or you feel uncomfortable because it is too much. However, you should not resist it or judge it. You should only decide based on what works for you or not.
4. Then allow yourself to restore and renew your beliefs, by allowing the new habit to become the new belief. Then your life will become *YOUR* creation.



## VI - INCLUSION:

Feminine energy is inclusive, it is about *gathering* as Alison Armstrong now likes to describe it. She says the woman is the gatherer, the man is the hunter. I think it is a fabulous metaphor. The feminine wants to embrace, include, and add, never subtract. Mothers are definitely inclusive. They need to include in order to better serve their children.

Women who are living most of the time in their masculine energy, have moved towards exclusion, separation and division. This exclusion is causing tremendous damage to women, because then you feel alone, overwhelmed and unfulfilled. The result of all this again... Lots and lots of stress. If you don't *include* people, feelings, and experiences in your life, you will continue to be overwhelmed.

In my workshop, you practice and develop this attribute through fantastic acting exercises. Improvisation is one of the best ways you can practice *inclusion*. There is a golden rule in improv which is: You can never say NO, no matter what they throw at you. In improv you always have to say yes! You have to accept, to include everything your partner or scene partners are giving you. And as if that wasn't enough, you must build on to top of it, not destroy it.

For example, I will give you a place and you have to decide who you are, who are you with and what are you doing. But you don't say it out loud. Your partner has to do the same. Imagine I tell you, you are in a restaurant. Then you decide you are with your sister. But your partner thinks she is having lunch with her boss. So, the first thing she tells you is "Boss you cannot do that to me. I have worked here for 5 yrs....." Now what? You thought you were with your sister and now she throws this curve ball at you. You *cannot* say "No, I am not your boss...." You MUST SAY YES! You have to drop everything you planned and accept the fact that you are now the boss. And on we go saying *yes and*..

In my workshop you get to experience it not only in the things you say, but also in the things you do. It is amazing to see how people transform when they surrender and say "YES AND..."

So, how does this apply to your feminine energy? Since the feminine is about inclusion, you will practice saying "Yes and..." **instead of** "no, but..." or even "yes, BUT..." Remember every *yes but* that you utter in your life, is a great big NO.



The assignment is:

1. Practice listening. If you are used to answering regularly with the undesirable “Yes, BUT...” Pause for a second and take a deep breath before responding, especially when talking to your partner or close family.
2. Then say something like “Yes it may be better to..., *and*, do you think we can also...” or “Yes *and* how about if we go to the movies after the park...” or “Yes *and* how about if we leave the kids with grandma after dinner and go out for a little while, just you and me...”, and on and on...

You have to say yes, yes, and yes. I know, scary isn't it? Not being able to say *no* can be quite frightening. You are probably thinking, what will I be getting myself into?

The first thing, is that *you will do this with people you feel safe with* and you know they will not harm or abuse you. Saying yes can give you the opportunity to experience many things you never did before. *Inclusion is always more*. More love, more feelings, relationships, communication, sharing, giving, receiving, and living. A blissful life can only come from inclusion and openness, not by separating and excluding.

3. Do this for the next *week*. Journal any change in your relationships. This is a very powerful tool to reduce many conflicts in your life. If you feel it works well for you, you may want to make it a regular practice in your life.



## VII – RELAXING and EXPERIENCE:

As Michelle Miller says the feminine is about the experience of things and the masculine is about the result. All experts will tell you that it is almost impossible to experience anything without relaxation. When you are stressed and disconnected from yourself, it is very hard to be able to have *an experience*. So, this assignment is really simple.



The assignment is:

1. Become aware of your body and your feelings. They are the best thermometer to measure what is going on in your mind. Feelings of uneasiness, anguish, fear, anger, or joy, happiness, determination, and so on, are messages about the experience you are having in the moment. So, step number one is to *become aware* of what's going on.
2. If the feeling is positive, hence your experience is positive, just keep doing what you are doing. Continue to BE IN THE MOMENT.
3. If the feelings are negative and your body feels tense or with discomfort, then:
4. Take a couple of deep breaths first. This is my obsession for fast healing and emergency recovery. Every time you are not feeling good, you are probably not breathing deep either. After taking a few very deep breaths into your belly, if you are in a place where you feel comfortable, add a stretch. Lift both your arms all the way up (sounds like the song “All the way up” Chorus: I'm all the way up... hahaha). With both arms up, lift one higher than the

other as far up as you can, taking deep breaths. Then do the other arm. Repeat a couple of times.

5. Once you are breathing deep, become aware of your body and what you are doing. Then begin experiencing things, not thinking but feeling things. What I mean is, if you are driving somewhere, you have to *stop thinking* about the journey and *begin enjoying the journey*. If you are drinking coffee because you have to stay awake to continue working, stop and begin drinking the coffee because you enjoy the taste, the aroma, and the warmth in your mouth. If you are sitting in a restaurant with your partner because he wanted to go there but you didn't, hence, you may be in a bad mood or complaining inside; then stop and begin to enjoy the food, the drink, the place, the music, the lighting, the company, the dress you are wearing, or anything and everything around you. Basically, begin to *experience* everything, instead of analyze and think of everything.

This step is really simple; however, it may not be easy as I have said many times before. This will require a decision on your part. It will require you to *want* to feel good. You may say, "Of course I do. What is she talking about?" I am talking about snapping out of your routine, your comfort zone – yes even though it may be negative, it can be your comfort zone. – Decide to go from your masculine energy, to your feminine. From thinking to *feeling and experiencing*.

If you are not used to doing this and if you are, as most everyone is, addicted to your emotions; this step will require willingness and determination in order to transform. You must decide you really want to feel better. You must decide you want to connect to your feminine energy because you **MUST** or else \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_. You fill in the blanks.

Think about what will happen if do not feel and experience life? What will happen if you continue to be addicted to these stressing feelings and behaviors? What can happen if you do not stop being in your head all the time, generating testosterone and cortisol in your body? *Who will you lose if you continue to be disconnected from experiencing life?* Maybe your children, because they are tired of a stressed out, angry and sad mom? Maybe your partner, because he/she is tired of being with a stressed out, angry and sad partner?

Trust me I have been here many times in my life. Many times, I have not had a big enough **MUST** to help me transform; to help me push through my addiction to my harmful behaviors, in order to change. If the *must* is not big enough, you will probably not do what *needs to be done* to transform.

Living in the experience of things can be scary for many people, especially for women today. You are being bombarded on a daily basis, about how dangerous the world is for women. You have been programmed to feel that men are the enemy. You have been told for centuries they really do not care for you. You have been told over and over again that they are waiting to take advantage of you and hurt you. And sometimes life shows you they are right; some men do hurt some women. As I said earlier, yes there are criminals out there hurting women very badly, but thank God they are not the majority of men. And yes, we all have to protect ourselves from them. But, if you protect yourself from *all* men, if you attack first just in case they will hurt you; you will never be able to find the one who will take care of you and make you a queen.

Believe me I know for a fact that most good men, those who are not troubled sick human beings, want to make every woman in their lives happy.

Begin to relax and experience life and those around you will experience it with you. Joy is for people, like honey is for bees. They want to go get it and enjoy it. And if you are the source of that joy, you will have many bees coming your way and wanting to stay.

## 8. WHAT NOW?

For me this journey has just began. Every day I *learn* something new. Every day I *experience* something new. *Every day I challenge myself and everyday life challenges me.* But there is no going back. I do not want to go back to the stressed, angry, and unfulfilled woman I was years ago.

My youngest daughter visited me recently and we spend a fantastic time together. Some days after she left, we were talking on the phone about life, challenges and plans. Suddenly she paused and she told me “*Mom, who are you?*” My heart stopped beating and I felt this heat wave run through my body. Could I be interpreting this right? Could she be telling me she doesn’t know me anymore? Could she be saying I have transformed? And could it be in a positive way? So, I took a deep breath, remember it is all about the breath, and I asked her to please explain further, because I wanted to make sure I understood what she meant. And yes, I did understand it correctly. She told me I was a new and better person, a new and better mom. Suddenly everything I had done, all the challenges and the pain to transform became worthwhile. Gratitude and bliss invaded my body. I received a confirmation that I was on the right path.

Having a better relationship with my daughters is a *huge must* for me. It is very important to *show* them, that even though I made mistakes, it is possible to transform and to heal. I am determined to create an amazing relationship with my new partner. Whether it lasts one more day or a life time, I must make it the best experience possible. So far, so good!

I continue to receive confirmations every day, that I must continue to push forward and do this work. I must help other women who may be stressed, overwhelmed and unfulfilled with their lives as I was before. I will continue to offer my workshops for those who want to *experience* the feminine, not just think about it.



Changing how your body feels is instrumental for true, profound and lasting transformation. You must become addicted to the chemicals that come from joy and bliss, instead of those that come from anguish, pain and discomfort. Until that happens life will continue to be a constant struggle and a slow death.

I will continue to grow and learn and I will share those learnings with you. I hope our paths cross beyond the reading of this booklet.

***ACT FEMININE***