

**NOW CONSIDER** THE FEMININE AND MASCULINE ENERGIES inside yourself and how the energies of nurturing and survival were role modeled in your formative years. As we work to identify how the shadow can keep us in limiting belief systems and patterns, going back to the source of the imprinting sheds light on aspects of yourself that are incongruent with your current self. To be clear, this line of inquiry is **NOT** about gender or gender stereotypes. It is about how the natural energies and qualities of the feminine and masculine that lives in each of us.

**Ponder these qualities** below, and think of your primary caregiver's modeling of them. Were these qualities given, encouraged, withheld, or distorted? Was there cooperation? Was there resentment? Plug in this idea to the family members you connected to on the previous page. What tale do the masculine and feminine energies tell there?

**CREATIVITY**



**SELF RELIANCE**

**SURVIVAL**

**EMPOWERMENT**

**REST +  
REJUVENATION**

**SECURITY**

**RECEIVING**

**STRUCTURE**

**SPIRITUAL  
INSIGHT**

**NURTURING**

**INNER AUTHORITY**

**CARE  
FOR THE  
COLLECTIVE**

