

The Masculine and Feminine in the Body

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My goal was to teach methods of working with the masculine and feminine principles through the body. The methods I used included a brief lecture, demonstrations, dyadic work, Q&A periods, and time for the participants to share. We all possess inner masculine and feminine qualities and energies. When these energies are clear our creations are positive. When distorted or imbalanced, our creations can be thwarted, distorted or negative. A direct and practical place to work with the masculine and feminine principles is in the body. The masculine and feminine principles show up in a therapeutically meaningful way in the right and left sides of the body. Sometimes the signs are quite subtle to the eye. But not infrequently there are telling indications as to the attitude and quality of an individual's masculine or feminine. One person may exhibit aggressive hostility on one side of the body, and on the other side display collapse and hopelessness (both manifestations being distortions). While there may be some tendency for the masculine to be manifest on the right side, the feminine on the left, I see enough exceptions to prefer to keep this an open question.

The techniques I have developed and used for working with the right and left sides of the body I roughly divide into energy approaches and consciousness approaches. Simply asking a client about his masculine or feminine qualities warms up the consciousness. Directing their awareness to first one side of the body, then the other furthers the process of gaining consciousness. (I usually have the client focus on the torso.) Letting the attitudes and feelings of one side of the body move into energetic expression is a general direction of the work.

For many of us, one side of the body grounds better than the other. There is often a profound reason why one side resists grounding. To address this by focusing on grounding through this blocked side is dynamic and deep work. This can be accomplished by employing the bent-over grounding position, with more body weight placed on the less grounded leg. The therapist then directs the client to stay in this position while processing the experience it evokes. This may take anywhere from

five to twenty minutes. Work that focuses on a specific area of blockage is often necessary. In the example of a blocked ankle, strong grounding work can flush out schizoid or early abuse issues. A less effective but still good technique is using the bow, again putting more of the weight and stress on the less grounded side. Generally speaking, what can emerge are deep fears of allowing one polarity of the masculine or feminine to fully manifest.

This work intends to support the intrinsic masculine and feminine to emerge clearly, for love, healing, and creation.

