



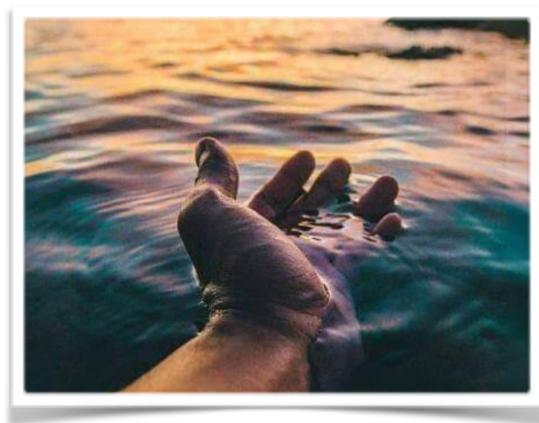
Sotoda *Saifi*
Self Love School

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of *God*, the Most *Gracious*, the Most
Merciful

What is *Feminine Energy* and

Why you need to embrace it!



Feminine energy is all about being in the present moment and having emotional strength, whereas the masculine is about doing and logical strength. The masculine is more structured, decisive and has a clear purpose.

Feminine energy is about connecting with the flow of love and the energy of the universe, she's expressive, intuitive, compassionate & radiant.

When the feminine sees a problem, they are drawn to sharing and connecting to resolve it.

The feminine energy is nurturing, understanding, intuitive and feeling, with a strong desire to feel wanted, pursued, cherished, honoured and protected.

The feminine energy needs to be seen, heard and understood – where they feel their partner has empathy for what they are going through.

The feminine also needs to feel safe and protected – which allows them to be vulnerable and receive.

When under stress, women can take on a masculine mask – particularly when they feel unsafe, not desired or not understood. This can cause them to complain and take control – which repels the attraction of a masculine man.

If a woman's masculine partner is not clear, unable to make decisions, lead, guide, protect, then she will naturally animate her own masculine energy, which will cause a loss of sexual attraction or depolarisation between both people.

If you are a woman carrying Feminine energy you are more likely to attract a masculine energy man. If you are carrying masculine energy, you are likely to attract a feminine man.

It's important to first understand that we all have both masculine and feminine energy. It is not gender bound.

In order for there to be sexual attraction between two people, there will need to be an arch of attraction between the masculine and feminine energy.

It's what creates the electricity feeling between two people. We live in a polarity universe. The yin and yang.

Understanding polarity between masculine feminine energies is a game changer for relationships and overall life experience.

Example 1: If a woman is always in her masculine energy, she will repel masculine partners and attract to her feminine partners. If she has a masculine partner there will be very little sexual attraction.

Example 2: If a man is always in his feminine energy, he will repel feminine partners and attract to him masculine partners. If he has a feminine partner, there will be very little sexual attraction. We energetically attract our opposite sexual energy and sexually repel similar energy.

If you want to dive deeper into this, I have a podcast that talks more about the feminine energy which you can listen to **here**.

Feminine energy is mainly about *creativity* and *sensuality*. A woman is powerful, she can create life inside her *womb*, but she can also create many other things such as financial abundance, success in business and social status for herself or the person who she gives her energy to (by **thinking** about them or having sexual contact with them). That is ok if there is a mutual *commitment*, *understanding* and *intimacy*.

But when a woman allows a man to use her for casual sex, it is coming from a wound of low self worth. She may think that all she has to offer is her body, **but** it's so important to understand that women bond through sex. When she orgasms she releases *Oxytocin*, which creates a chemical bond with that person and both people download each other's energies. So if they carry a lot of Fear, Shame, Guilt and Anger, that energy is now with the other person.

There is a difference between casual sex and conscious sex. One is purely to meet your physical needs and the other is beautiful with a healthy heart connection. So it's important to build and emotional and spiritual connection before you jump into bed with someone. With intention and awareness, you won't let Lust cloud your vision of how you really feel about them.

Repressed feminine energy will block love, financial abundance and life force energy. The physical body may also start experiencing pain and illness because of this. This happens when a feminine is in her masculine energy a lot and in her mind all the time.

How would you know if you have wounded feminine energy? Here are some questions you can ask yourself:

1. Do You feel unworthy?
2. You feel anxious, unsafe and worried a lot?
3. Do you have Feelings of shame and guilt?
4. Are you Codependent? In other words, does your 'happiness' depend on someone else's behaviour?
5. Do you Lack boundaries? You can't say 'NO'?
6. Do you Always apologise or over explain yourself?
7. Do you feel confident?
8. Do you speak your truth?
9. Do you Allows men to use you?
10. Do you Compare yourself to other women?
11. Are you Disconnected from her heart and body?
12. Do you feel deserving of receiving love, gifts or compliments?
13. Are you guarded and keep people at a distance to 'protect' yourself.
14. Do you tend to not trust others, especially men?

Answering these questions will give you a clear guidance to the possibility that your feminine energy is wounded.

Some ways you can heal your Feminine are:

1. Speak your authentic truth
2. Connect with your heart
3. Honour your feelings
4. Release the tension in your body
5. Stop feeling guilty
6. Stop people pleasing
7. Forgive your mother if she hurt you
8. Forgive your father if he hurt you
9. Learn to forgive, forget and let go
10. Believe that you are deserving of Love
11. Allow yourself to receive
12. Recognise when you're in your masculine energy and learn to quickly drop back into your feminine energy.

If you would like to explore feminine energies deeper, join Sotoda Saifi for an Online **6 Day series for women in Central London**, in July. There is only limited space available, click the **link** below to secure your seat today.

Register

July 'Self Love and your well-being '

July 'Love & Relationship'

July 'Purpose and Drive'

At the event we will also explore The 4 Feminine Archetypes by Carl Jung

1. The Lover
2. The Girl
3. The Queen
4. The Home maker

Archetypes are **inherited potentials** which are actualised when they enter consciousness as images or manifest in behaviour on interaction with the outside world. They are autonomous and hidden forms which are transformed once they enter consciousness and are given particular expression by individuals and their cultures. - *Carl Jung*



Sotoda Saiji
Self Love School
www.SotodaSaiji.com