

Inner Masculine (Left Brain)

The Inner Masculine is the part of the healthy psyche that represents surrender to the soul's clamoring potential; the willingness to take charge of life without guilt. Inner Masculine also supports safety and accountability by providing structure, encouraging learning and identifying next steps.

Questions Inner Masculine asks:

- What is my intention in this situation?
- What has happened to me?
- Is there something I can do to further my learning and growth here?
- What would it take for me to be willing to take charge of my life without guilt or shame?
- In what ways has this (automatic response) actually served me?
- How can the energy of this emotion be discharged safely?
- What need does this emotion/ attitude/ belief fulfill?
- In what ways does it need to be honored?
- What is it telling me?
- How can I use it for good?

Inner Feminine (Right Brain)

The Inner Feminine is the part of the healthy psyche that reconnects an individual with his or her fullest potential.

Inner Feminine is characterized by her compassion, comforting and nurturing. She provides attunement, encouragement and support. She helps an individual recognize where he or she has inadvertently given their power away, and helps them set that right. With personal power reestablished, she encourages true independence and healthy interdependence and with the help of Inner Masculine clears away resistance to receiving what delights her.

If we listen, she says to us, "I see this is difficult for you. Let me hold you until you feel better." She might ask us:

- What is crying out for attention here?
- What needs to be met with compassion and care?
- Are you frustrated?
- Are you lonely? How lonely?
- Are you scared? How scared?
- Are you overwhelmed?
- Are you tired?
- Are you discouraged?
- What would it take to move in the direction of relief?

"I'm right here with you," she is likely to tell us. "Take your time. It's safe to feel and notice the nuance of these feelings. You have the support you need. Don't avoid or try to control your feelings. Surrender to them so that they can flow through you and resolve, leaving you changed and free."

Use the following to mourn a choice you made in the past that you now regret.

- Observation:** what I said or did in the past that I now regret
- Self-judgments:** what I think of myself for having done or said that
- Current feelings and needs:** translate self-judgments into feelings and needs
- Empathy for myself:** determine what need I was trying to fulfill when I chose to take the action or say the words I now regret