



## Details of the Feminine and Masculine Attributes

### Feminine Attributes

#### Music; Art

Listen/play music; take an art class; integrate more color and sound into your life, learn to play an instrument, visiting museum, monuments, opera, concerts

#### Creativity

Making something with your hands such as a sculpture, food, art, music or growing plants, coming up with creative ideas, innovative new ideas for solutions to problems, ideas for inventions.

#### Playfulness

Actions that create states of being that are done with the pure outcome of joy and fun, no agenda whatsoever.

# The Ascension Teachings



## Non-Linear thinking

Accessing information and solutions through direct knowingness, knowledge through direct knowing - no mental thinking. How? Ask your Source teams to communicate with you through more direct knowing

## Accepting chaos

Being ok when it looks like everything is falling apart. Understanding that change involves natural periods of breakdown and chaos in order to reorganize at a new level of order

## Accepting

Accepting what is happening now, not resisting, hating or being resentful of the reality as it is now, as it relates to health, finances, relationships, career, psychic ability, ascension - release of psycho-emotional resistance and rejection, surrendering

## Allowing

Allowing a process of unfoldment, example, allowing the manifestation of an intention without action or efforting

## Empathy

The ability to know, feel and experience what someone else is experiencing and feeling

## Compassion

Empathy with total acceptance, love and understanding, without the need to change or rescue the other person

## Self-Nurturing

Body self care - having hair done, keeping clothes up to date, eating healthily, hydration, health checks, dentist appointments

# The Ascension Teachings



## Receiving

This is specifically allowing others to give to you whether physical gifts, affection and touch, quality time, acts of service and psycho-emotional support.

## Giving

Practice random acts of kindness and give to others unconditionally; volunteer in your community (e.g., homeless shelter); write a letter to a distant loved one, help a friend, tithe your income to a cause you support

## Sensuality

Enjoying more physical touch, full body massage, sex, foot massages, all hands-on body work, self touch (e.g moisturizing)

## Intuition; psychic abilities

Meditate; learn pendulum testing, be open and willing; use oracle cards;

## Synchronicities

Notice events occurring in your life that fulfill your intentions magically or without effort, also noticing signs like 11.11

## Relaxation

Go to the waterside; read a fiction book; take a nap; watch an enjoyable movie, get a massage, relaxing sauna, steam, jacuzzi, bubble bath; take one day off for relaxation

## Friendship

Spend more time making new friends or building deeper friendships through sharing, and time in joint experiences

# The Ascension Teachings



## Community

Create community, lead a class, or start a “tribe” to bring a group together for a common purpose or interest such as a hiking group, playing cards, cooking, having a regular social event

## Connection

Spend time feeling your feelings, connected to yourself. Emotional vipassana meditation

## Romantic relationship

Spend time contemplating what you would like in a romantic partner, set an intention to meet someone, explore resistance to finding a partner, start dating, have joyful non-attached optimism

## Flow

Go with the flow, practice; acceptance; release resistance to change; take a breathwork or yoga class, flow with your emotions, don't resist them

## Masculine Attributes

## Strength

Psycho-emotional strength. Being determined, having emotional endurance. Ability to continue to take one step at a time over a longer period of time.

# The Ascension Teachings



## Balance

Balance your heart with your head. Learning to be less temperamental, less histrionics and hysteria.

## Certainty

Moving forward with trust and unquestioning faith that your intentions will manifest.

## Stability

Emotional steadiness. Less triggered, stoicism and equanimity. Avoiding falling into overwhelm, helplessness, fear, doubt, anger.

## Confidence

Self assured, trust in one's own abilities and qualities.

## Decision Making

Ability to decide and assess what practical action to take, not caught up in endless ideas, thinking or theory. Requires certainty, confidence and balance

## Problem Solving

Ability to focus on solutions (being resourceful) rather than being bogged down by problems, learned helplessness, complaining/being negative and beliefs you are incapable.

## Managing

Delegating tasks or outcomes to other people, knowing difference between task management and people management, how to effectively manage (avoiding management by abdication or micromanaging).

## Ambition

Strong passion to achieve something. How? Focus/spending time exploring desires and outcomes and their consequences, goal setting exercises



# The Ascension Teachings



## Drive

Ability to focus on one thing or outcome. Requires stability and awareness.

## Structure

Something which requires making yourself responsible and accountable for completing actions on a daily basis. Use a time management planner/scheduler, getting a personal trainer, an accountability coach, do a goal setting exercise and break down what you need to do to achieve the goal

## Organization

Declutter your important spaces (desk, bedroom, kitchen, car, garage, house). Managing finances, children, tasks. Organize your time and priorities using structure and decision making.

## Single Minded

Prioritizing the achievement of a particular outcome releasing noise and distractions. Requires ambition and structure

## Logic/mental analysis

Rational decision making. Requires stability and balance

## Focus

Ability to focus on individual tasks. How? Requires stability, experience and practice. May require structure.

## Building Things

Build models, architecture, engineering, construction, actions that result in solutions in physicality.

## Linear Thinking

Consider causes and what consequences they result in. Practice following directions, step by step on some activity.

# The Ascension Teachings



## Efficiency

Doing a job or task well, without wasting time, energy, efforts or money.

## Grounded

Being spiritually grounded, our soul is connected to us and the Earth. How? To ground do exercise, walking in nature, using your physical body in any activity such as cooking, yoga or cleaning

## Power

Accepting and trusting your ability and capacity to safely influence other people, without harming them. How? Become aware that you are safe to be powerful

## Leadership

Accepting responsibility for directing and inspiring others towards a common goal.

## Discipline

Train yourself to do something in a controlled and habitual way. How? May need structure

## Purpose/

Get clarity about your purpose or direction, or refine it even more.

## Direction

## Excellence

Striving for excellence in everything you do not only for yourself but for others. How? If you do something, do it well. Strive to excel.

## Autonomy/

## independence

This is about becoming a Sovereign Being, releasing codependency, “neediness” and realizing we do not need to be dependent on others. It can mean finding your own voice of

# The Ascension Teachings



authority, strength, inner direction and resourcefulness to manage our own lives and affairs.

**Competitiveness** Cultivate the desire and commitment to be better than YOU were before rather than comparing yourself to others. Improve or master an area, become more excellent, productive or efficient.

**Commitment** The state or quality of being dedicated to a cause, or an activity for the duration of time needed to reach a desired outcome

**Assertiveness** Confidently stating what you want, need and standing up for yourself. Knowing that sometimes it is ok or even essential to be disagreeable. Let go of being a people pleaser or always trying to keep the peace or avoid conflict