

# Aspects of the Masculine and Feminine Energies

## Feminine (YIN)

All about relationship, connecting with love, support and nurturance, sensitive to the needs and feelings of others

Creative  
Intuitive  
Feeling  
Visionary  
Empathy

Looking inward, being introspective

Receptive  
Inward  
Contractive  
Enthusiasm, zest for life  
Emotional  
Persistence, perseverance  
Love  
Kindness, compassion

Honors the value of the lives of others

Allowing others to command their lives

Energy for doing what is good

Wise quitting

## Masculine (YANG)

Using one's power and abilities, getting the job done in a way that is reliable, trustworthy, protective

Direct  
Practical, rational  
Assertive  
Reason  
Thinking

Looking outward, coping with the demands of the outside world

Projective  
Outward  
Expansive  
Self-confidence  
Intellectual  
Inner strength, dignity  
Power  
Decisiveness

Honors the value of own life

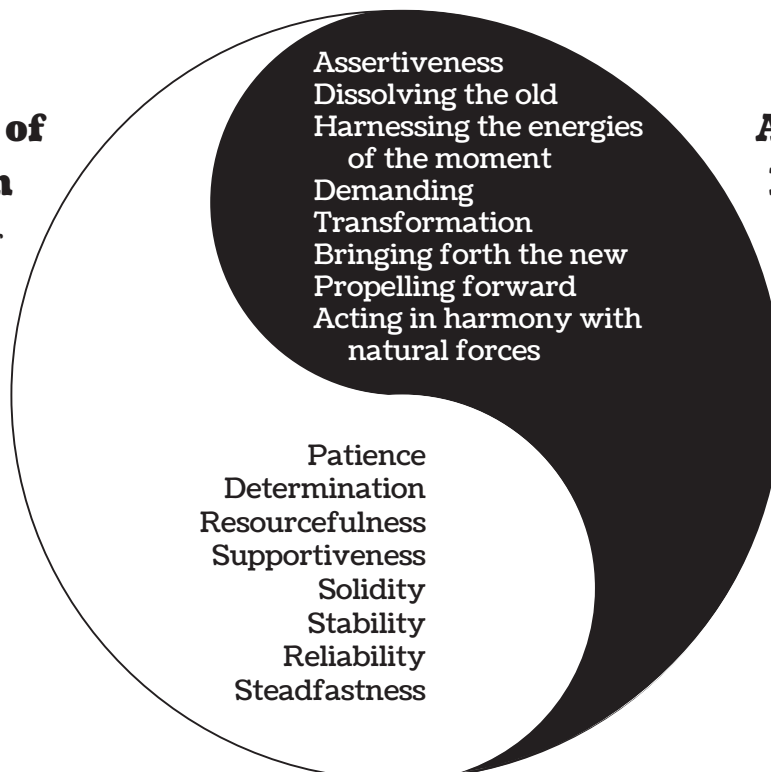
Ability to take command of own life

Energy for accomplishing

Wise risk-taking

## Aspects of Masculine Yin

(area of greatest power when harnessed)



## Aspects of Feminine Yang

(area of greatest power when harnessed)

Patience  
Determination  
Resourcefulness  
Supportiveness  
Solidity  
Stability  
Reliability  
Steadfastness