

Restoring the Balance

The Sacred Union of Our Divine Feminine and Masculine Energies

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Abstract

This is a deeply personal journey into restoring the balance of my own masculine and feminine energies in one body. It is written from my experiences and the lessons held therein. As a personal narrative it is only my truth, not necessarily “the” truth, it is told in my way and shared from my heart as an offering to our collective wisdom. The terms Divine Feminine and Masculine energies are used to refer to eternal, archetypal energies that run through our bodies and are present in all things, including humans, both men and women. While writing and living this chapter I realized that it is in the place where both energies meet that we can access the most energy and find the sacred balance.

Keywords

divine feminine energies – divine masculine energies – tantra – sacred union – balance – self-contained – Kemet

1 Introduction (*Written in July 2020*)

To help the reader to understand this chapter, I would like to explain a few things first: I wrote this over the course of one year as unknowingly, I had to actually step into living the chapter first before I could give birth to it (full explanation is included). This has meant that it turned out to be a deeply personal journey into restoring the balance of my own masculine and feminine energies. It is written from my experiences and the lessons held therein. As a personal narrative it is only my truth, not necessarily “the” truth. It is told in my way and shared from my heart as an offering to our collective wisdom. I pray it is received as such.

Please understand that when I use the terms the Divine Feminine (DF) and the Divine Masculine (DM), or Feminine and Masculine energy, I am referring

to energies that run through our bodies. They are eternal, archetypal energies that are present in all things. Most famously referred to as the “Anima” and “Animus” (*L.*), by Carl Jung (Jung, 1917). Regardless whether we are in a male or female body, we still have the presence of both masculine and feminine energies. Often people run more of one energy and less of another, and the percentage ratio needs to find the balance differs from person to person. It is important to note that just because we may be in a female body it doesn’t mean we only run female energy. Many women are very much daughters of their Father and run mostly male energy, and many men can very strongly run feminine energy. It is widely held that the quality of Feminine energy is magnetic, lunar and flows inward while the Masculine is electric, solar, and flows outwards. The Masculine energy usually manifests as stillness, focus, discipline, logic, clarity and will. Whereas the Feminine manifests as flow, intuition, surrender, receptiveness, creativity and flexibility.

When we run these energies through our being, we can notice that as we step into our DM, into our heads, we use our rational self, our logical self, the “I Am” (how we describe ourselves, the “I am ... this” and “I am ... that”), the mental self, the conscious spiritual part of ourselves. When we step into our DF, into our bodies, we use our creative self, our emotional self, our nurturing self, our communicative self, into the intuitive rooted part of ourselves.

2 Finding Balance Within (*Written in August 2020*)

My interest in restoring the balance between the DF and the DM in one body, deepened as my Tantric calling intensified. I realized in many tantric traditions, women are encouraged to be ultra-feminine and men are encouraged to be ultra-masculine, so that together in relationships they can find the sacred union and balance. This combination of ultra-men and ultra-women, ultra-masculine and ultra-feminine, creates a polarity and a battery effect, so that when they come together in unity and in relationship, they generate the maximum amount of energy, and can use that generated energy for creation and manifestation. However, I still find myself outside this definition, and then my interest heightens after my initiation into the traditions of the Ancient Afrikan teachings of Kemet (Imani, 2008). Following these teachings, I realized that there is masculine and feminine in all things, including within one body. This notion resonates deeply with me, as I am neither an ultra-woman nor an ultra-man. I actually dwell within a beautiful and tiny woman’s body, but traditionally I run mostly strong, powerful masculine energy. This means that I was unwilling to deny either of these energies that are so much an integral

part of me. Also, as a fully celibate being, I am most interested in finding the balance of the feminine and masculine energies within myself, rather than in relationship with another (The Three Initiates, 1908).

2.1 *The Laws of Tehuti*

The eternal African Avatar Tehuti (*md.*) (Thoth/Hermes Trismegistus (*g.*)) gave us the Laws of Tehuti better known as The Seven Hermetic Principles. To further understand the significance of these ancient teachings, it is important to note that according to Gill (2011), the esteemed fathers of learning, such as Herodotus 484–425 B.C.E. (Father of History), Strabo 63 B.C.E.–ca. 24 (Father of Geography), Hippocrates 460–377 B.C.E. (Father of Medicine), Plato 428–347 B.C.E. (Father of Philosophy) and Pythagoras 580–500 B.C.E. (Father of Mathematics), all talked in their writings of Hermes Trismegistus, who is described as coming to Ancient Egypt from the stars some 27,000 years B.C.E., bringing the wisdom and knowledge of all the ages and holding in his hand the Caduceus, a symbol of medicine, and of a whole healthy being (Gill, 2011). Although all seven are vital truths that provide us with keys for understanding our universe, for the purpose of this chapter, I focus on two laws in particular:

- Principle of Gender: Gender is in everything, everything has its masculine and feminine principals, gender manifests on all planes, and,
- Principle of Polarity: Everything is dual, everything has its pairs of opposites; like and unlike are the same in essence, opposites are identical in nature, but different in degree; extremes meet; all truths are but half-truths. All paradoxes may be reconciled.

3 *The Longing for Balance and Life in the DM (Written in October 2019)*

The state of Ma'at (*md.*), or Balance, is the key for me as a Gemini; these twins inside me each seem to have an equal voice, and can both put up a convincing argument for their often-opposite views. Generally causing lengthy internal debates and self-reasoning about some projected important future event, which can then lead to the onset of a depressing and crushing paralysis, especially when I have to decide on what is “best” or “right” thing to do.

Although with my children, keeping the balance usually means a balance of time for schoolwork/play, movement/quiet time, reading/playing on screens, self-care/hanging with friends, healthy food/deserts, inside/outside, etc. I slowly realized that this is really about balancing their physical and mental states, and although I have always tried to encourage this in my family, I still could not find the solution or key to balance my own two very different sides.

In my 20s, through becoming a Rastafarian and also an Ethiopian Orthodox Christian and submitting myself to Father God (or the DM), I found that keeping strict spiritual disciplines and ascetic laws was an effective way to keep the internal discussions down to a minimum. I used a strict code of right and wrong, good and evil, Father God and Satan the Enemy of Life, the spirit and flesh, etc. to overcome my bodily desires with fasting, prayer, prostrating, abstaining, ritual and repetition, lengthy work in humble service and deep spiritual contemplation. With relief, I realized that these practices keep the inner debates to a minimum, the paralysis at bay, and my body moving forward by providing me with direction. I eagerly learned how to subdue my body and soar to high spiritual heights. Willingly, I hid my light in the cupboard, to be able to receive the greatest spiritual rewards from my Father, God. Through the deepest trials of endurance, I found inner strength as an obedient daughter, sitting at the feet of my Eternal Father, a humble servant of the Most High God. I reveled in my DM energy, finding relief in the simplicity of hard work, focus, discipline and will-power. Yet the more I strive for the spiritual heights and fight the constant spiritual battle on the side of light, the less my life works out and the harder and harder I have to fight ...

And then the Divine Mother calls for me, and I realize there is so much more. I sense that my body holds a truth that longs to be heard and the balance of her voice is deeply needed.

4 **Stepping into the Quest for Restoration of Balance** (*Written in December 2019*)

I have to explain that I started composing this chapter when a good brother of mine in September 2019, asked me to write for his book on wellness and well-being. I thought “Oh, yes! I can easily and quickly write on Balance (on Ma’at within), on perfectly balancing the Masculine and Feminine energies within one body!” I haughtily thought to myself that I have the balance down now that I have reached 50 years of age, and that I have finally managed to balance both energies well and can quite evenly express both sides of myself. Outwardly, I supposedly managed to keep a relatively seamless balance, by learning to totally accept that I can often feel opposing ways about the same thing, but that I don’t actually have to choose which one is right. So, in Oct. 2019, believing that it would be quick and easy to write just one chapter. I quickly scribbled the first piece on the Tube, while traveling in London, strangely running out of time as I reached my stop, as soon as I finished the DM part! ... And then the Universe laughed out loud and said “Oh yeah, so you think you know it

all? How balanced are you really?" And then turned things upside down on me. Plunging me into my own shadow world of questioning my very essence. I quickly realized that I was being catapulted directly into the chapter, and thereby unfolding a year of actually living inside this quest for Balance.

5 **Awakening the DF** (*Written in December 2019*)

Through the world of Tantric yoga, five years ago, I seemed to find my opposite calling in the Divine Feminine, becoming an accomplished celibate tantric teacher I ostentatiously learned to listen to my body and her infinite wisdom, and devotedly I taught the same. However, through living this chapter, I now have to ask myself do I really listen to my body? Or do I just treat her as a vehicle, like my beloved car? Caring a lot about her inside engine workings and her smooth running, so that she can keep me safe and do what I want her to do. So, I fast and eat good healthy food, I don't drink or do drugs, I religiously exercise her and wash her when she's dirty. I regularly service her, but care less about how good she looks, and never do I treat her gently, or tenderly. I often push her to her limits and even take her for granted that she is always going to do what I want her to do. I get amazed when she breaks down, gets weak or sick and no longer obeys my will. And I am totally shocked at how quickly and how deeply low I plunge into the shadow world ...

6 **Mothering and Menopause** (*Written in November 2019*)

I felt blindsided when the rupture came through my beloved son. Mothering is the main archetype of the DF that I have worked with, having been a mother to many over the past 26 years, I really thought I had it down. Yet, to help me learn, questions arose about my powers of Motherhood, in relation to my closest child, who is now a man. Quickly, my strong healthy body fell into sickness and pain as I agonized over how best to repair the rupture with my son. Due to this added stress, the ME-NO-PAUSE hormone fluctuation suddenly kicked in, with an abundance of fire-energy shooting up my body from the Earth in hot flushes both day and night, making my favorite time of rest and contact with my real home (the dream world) fraught and disturbed. I decided to try to totally embrace my DF side, by surrendering, slowing down and turning inwards. I made a concerted effort to stay at home and reduce all outside interaction as much as possible. Spending my time with my younger children and working with the Earth, planting seeds, tending my trees, baking sourdough

bread, making artistic projects, sorting out my home, resting more if I want to, eating good foods, and indulging in extra pleasurable treats etc. I wanted to try to fully experience and embody my DF side. However, it seemed the more I dropped into that receptive, open vulnerable space, the more I got lower and lower in energy and confidence and the more I got sick (again) and wanted to do less and less, stopping all my Yogic practices, running, journaling and even interacting much at all. I found myself less and less interested in this earthly realm and more and more longing to go home to the life between lives. As I tried to use self-pleasure and self-generation of my sexual energy to build my general energy level, the less interested or responsive I was, the shallower and hollower my practice became. Through the act of letting go and surrendering, the more I was drawn into focusing on my eternal side and the less interested I became in my bodily vehicle. I felt deeply the longings of my spirit/soul to transcend the body and it was only the grounding love of my children that held me in place. As I delved deeper into my shadow world, I searched myself to see what I was trying to avoid or run away from in the body? I quickly saw the negative self-talk around not doing and being able to tick off as being done! I felt the crushing weight of the ever-growing lists of tasks that needed to be done to keep the vast raft of responsibilities that fall on my shoulders as Queen of a large Queendom. It felt harder and harder to be inspired by the incredible creative downloads that I regularly receive, of amazing works that the Holy Spirit/Cosmic Consciousness/Universe asks me to do. The self-debate would start over whether these incredible works were really mine to do, or whether these downloads are just habitual impulses from a system that has learned to derive self-worth from “doing” rather than from “being”! So, I kept trying to be true to the promise I had made to myself to sit still in my DF and receive, rather than abiding in my DM and going and doing these huge new exciting works. Over time I realized that as much as I love to stay at home, rest, relax, vibe with the youths, the animals, the earth and plants, and receive these DF creative downloads, there are major benefits in going out and following these DF signs. I felt the spark of energy flowing through me again and used my DM energy of focus, discipline and will. Slowly I realized that I felt more energized in those few days than I had for all the past few months!

But then the debate began again ... I ask myself; Is this because I am feeding my addiction to doing? Is it because my Ego needs to feel important and do something? Is it because I fear going deeper into the nothingness and darkness of receptivity of the DF? Or is it because the fertile, receptive, magnetic and creative ground of a body/soul/spirit at rest in the dark shadow side of the DF, actually needs the activity, discipline, focus and electric impulse of the DM? Deep down I knew that both are necessary to generate the friction and energy

that is created when these two seemingly opposing forces meet together, which in turn manifests the electro-magnetic impulse to create, attract and manifest, which then restores the balance of our own Feminine and Masculine energies. Once again we can see that the very same act can be seen through so many different lenses, and that the curse/blessing of a Gemini, of seeing the same thing in several different ways at the same time has once again paralyzed me, so I decided to go back into the DF mode of sitting and waiting, in the knowledge that I will receive all that is truly mine and that all the rest is just a distraction ...

7 Plandemic¹ (*Written in April 2020*)

Over half my life spent running on DM Energy being strong, being disciplined, being focused, providing safe protected spaces for my children as a single mother, and for many, many other people. I realize I have lived my life being serious, analyzing, prioritizing, critically thinking, being celibate, ascetic, spiritual and supporting and helping in my closet while hiding my light under a bushel, constantly serving as an obedient daughter of The Most High Father. Then this crazy COVID-19 world pandemic put me (and most of the world), even deeper into our DF. This is a time, like none I have ever experienced before, where total surrender is required, we have to stop doing, start being, stop planning, start accepting, stop preparing, start flowing, stop thinking, start feeling, stop working, start pleasuring, and stop taking, start receiving. We got told to sit down and surrender, to be quiet and receive and go within to find the strength and the love to overcome the fear.

8 Reveling in the DF (*Written in August 2020*)

Through diving deeper into my feminine side, and working with the Mama Gena School of Womanly Arts (Thomashauer, 2016), I further learned and experienced that we must embrace our dark side as much as our light. This enables us to be able to hold space for all our emotions, no matter how uncomfortable we feel, thereby learning to love ourselves in the shadows as much as in the light. So when, once again through the vehicle of motherhood, rupture between mother and (the same) son found me, and yet again I went deep into the underworld, and was tested severely physically, emotionally and spiritually. This time, I managed to delve deep down under the apparent sadness and found the fear that lurked therein. Instead of using the spiritual practices of

detachment and prayer, that I had learned through all those years of serving the DM, to come out of this deep dark place, I used my new-found skills of serving the DF, of actually sitting still in the midst of the fire. Allowing myself to feel, allowing myself to crumble and fold, to cry and rant, to tremble and then cry some more, allowing myself to break open and finally surrender and then still cry even more. All the while adding in the turn on and trying to keep my focus on pleasure (DF) through the pain.

It was through my bi-monthly discipline (DM) of holding international focused intentions for the new and full moon (DF), that I was again reconnected with life. While connecting my heart (DF) to all the heartbeats of the planet in the focused intention, on the August new moon, I realized in that heartbeat, that all I needed to do is kneel down and pray using my (DM) spiritual discipline, and to hold on to life with my rock-solid faith. That no matter how the future looks in this crazy pandemic, I know through experience that my Divine Father and Mother have me and my loved ones, and all of life in their hands. Knowing that They have always held me and will always do so, empowered me in that instant to get up and live life fully again in this body with all of the shadow and light. I reminded myself that my soul has actually chosen to manifest on Earth at this time. Through this experience I learned to trust my body as the DF and her emotions, that she knows how far, how deep and for how long she needs to fall, and that she has the innate wisdom to heal herself, when she is ready, by calling in the DM and restoring the balance. I once again realized that it was actually through the interplay of the disciplines of the DM and the opening of the DF, that my balance was restored and I was able to rejoin life on Earth.

9 The Differences between the Divine Feminine and Masculine

9.1 *The Divine Masculine (Written in May 2020)*

As my journey unfolds and I am focusing more and more on discerning the subtleties of both energies, it seems to me that often they speak different languages ... I realize that my experience of the DM internally is in the energy of the eternal "I AM," manifesting in the archetype of Heru (*md.*) (Horus (*g.*)), the boy/hero – king – sacrifice model. He helps me to manifest the state of pure consciousness, of stillness, of clarity, of will and discipline, logic, rationality, and thinking. As the Hawk I fly high in the sky, seeing things from an eternal perspective, keeping my focus outwards, scanning the horizons for possible dangers, putting up protections and preparations, making sure that my domain and all who dwell therein are secure and well-protected. As I soar overhead, I search the future

for all possible outcomes, wisely studying each option and then often deciding on the outcome that is best for all concerned. The hero can see things with perspective and detachment and always strives to do the right “thing” from a soul or eternal life perspective. Endeavoring to decide on what would be the “right thing” for all involved and for the long term, not just for the moment.

It is important to recognize that it is our DM that has kept us alive. He has protected us and he has given us the strength and courage to protect our families, encouraging us to use the gift of clarity through detachment, to enable us to see and hear things clearly, through accessing his power of will we acquire the ability to get up and do things, and through his power of discipline we are able to work (even when we might not want to) and to move forward in our lives. Through his outward focus he gives us the gift of giving. Through his gift of persistence, he gives us faith, and through his gift of focus we experience true presence. His power lies in his ability to think, to see all angles, to use clarity and logic, intellect and reasoning, to detach to be able to objectively make decisions, to study and understand the past to plan and protect the future. This power is seated in his brain. Although he himself is stillness, we can access him through movement, regular exercise, walking, running, solitary sports, reasoning with like-minded people, reading high vibrational books, listening to motivational music and words, intellectual works, fasting and praying, high level yogic practices and breath work, mantras, etc. We can also access him through pursuing any spiritual pathway that teaches detachment and discipline.

9.2 *The Divine Feminine (Written in June 2020)*

We can hear the whisperings of the DF within our bodies, which are made of the same elements as the Earth. When we listen carefully, we realize that within our physical shell, we can have many different voices, including those of the heart, the gut, the yoni(s.), the womb, the breasts (reproductive organs) and then of course, we have all of our six senses. Reflecting this myriad of potentially different feelings, my experience of the DF is multi-faceted, like a cut diamond whose sparkle is created by the reflections of her facets. In turn this is reflected in the myriad names and faces of the goddess throughout the world. All these manifestations of the DF can be experienced through the archetype of the Kemetic Goddess Auset (*md.*) (Isis (*g.*), Pattini (*s.*)). The voices of our body can tell us differing stories, but they are all unanimously concerned with the here and now, and many seem only interested in personal desires and needs. Through her inward focus she gives us the gift of receiving. It is the DF who has encouraged us to be receptive to her bubbling fountain of creation, grounding us to find our way home, opening us up to be able to feel the depths and the

heights of life on Earth, connecting us to our hearts and all the emotions held therein so that we can learn to love more fully and deeply, encouraging us to submit to the circular nature of the giving and receiving of nurturing, enabling us to be vulnerable enough to receive the gifts of life, keeping us flexible to be able to bend with the storms of life and fluid enough to flow gracefully with the changes of life. Empowering us to surrender and let go, freeing us to be able to flow in all directions without limitations. Her power lies in subjectively feeling things, and we can experience her wisdom through actually feeling them, through sensing them, through tasting them, through smelling them, through seeing them, through hearing them, and through intuiting them. She wants us only to experience them in the present moment. Although she herself is creativity and movement, we access her through quietness, stillness, meditation, dreaming, gardening, reconnecting with the soil, singing, rest, journaling, yoga, nurturing, playfulness, joy, beauty, sewing, bathing, stargazing, etc. We also access her through pleasure, and through learning to please our senses. Her obvious power lies in the emotions, seated directly in the heart.

10 Father Earth and Mother Sky (*Written in June 2020*)

Through learning inner wisdom from the ancient Afrikan teachings of Kemet (Egypt/Nile Valley), we observe that the goddess Nut (*md.*) is Mother Sky and that the god Geb (*md.*), is Father Earth! This would appear to be opposite of the usual acceptance of Mother Earth (Shakti (*s.*)) and Father Sky (Shiva (*s.*)), until we remember the Hermetic Law of Polarity, where all opposites reconcile and the Law of Gender where we see the two genders or energies present in both the Ether and the Earth.

When we explore this concept more deeply, and try to search out what is feminine within the stillness of the Ether, we see that she can be found in the lightness, airiness and playfulness of the feminine spirit. Like the element of the Air (Interestingly “Ruach” meaning “breath” or “wind” in Hebrew is always referred to in the feminine, and can often be used to refer to the Holy Spirit!) she is ever moving, always creating, destroying and recreating life in a never-ending cycle. And what of the masculine held within the Earth? Where is his spirit to be found? In the stillness of the deepest caves, in the heights and majestic power of the mountains, in the hardness of rocks and the solidity of the mineral world and even sometimes in strength and endurance of the most ancient of trees. Like the element of the Earth, he remains solid and stable, a strong foundation on which to build safe protected spaces.

10.1 *The Interaction and Play between the Two Energies (Written in July 2020)*

After all these months of delving deeply into the experiences of stepping into the DF and the DM energies separately, I realized how important it might be to study the interplay between the two, as it is the friction between the two polarities that causes the creative life force. What happens when the DF energy of fertile intuition meets the DM energy of focus and direction? How does the interaction between stillness and movement feel? Where do the mind and body directives meet? How about the balance of logic and emotions? How do we look both outward and inward? When does the future interact with the present moment? Where is the edge between detachment and fully feeling? The place where the Path of Will meets the Path of Surrender?

After so long of being in my DM, and especially now, with all the online work I have been doing with the Mama Gena's School of Womanly Arts, combined with this very feminine experience of the COVID-19 shut-down, I finally feel rooted enough in my DF, to be able to fully explore the interplay between the two and somehow instinctively I know that it is here I will find the key to balancing them within one being.

11 *Yin/Yang (Written in July 2020)*

When I meditate on the Yin and Yang once again I am reminded of the Hermetic Laws of Gender and Polarity. The workings of these laws can be seen not only in the fact that in the Chinese teachings the feminine Yin is considered to be stillness, and the masculine Yang to be action, showing us that all paradoxes can be reconciled, but also in the fact that when we look at the Yin and the Yang and we see that although in shape and form they are equal and that they fit perfectly into each other in balance of the black and white, yet there is a point of light held within the dark and a point of dark held within the light. I finally understand that this symbol demonstrates that although the DM and the DF are somehow separate and equally balanced, they also simultaneously each hold a seed of the other within themselves. Inside the masculine is the feminine and inside the feminine is the masculine, again showing us that all things contain both.

As I meditated further, I realized that one of the key archetypes of the DF, and a vital part of being feminine is working with the Sekhmet(*md.*) energy, the Kali (*s.*) energy, the Warriorress energy, that lioness protector energy that enables us as mothers to be fierce protectors of our young, we as nurturers and defenders of the weak to stand up and protect those in our care, and again

we, as warrioresses, are able to stand against injustices with all of our power. It seemed to me that this must be the part of the Masculine held within the Feminine, the light held within the darkness, the Yang within the Yin.

I also observed that when I am deep in my DM, looking at life from Heru the hawk's perspective, seeing things from that eternal angle and trying to decide what is the "right" thing to do, I realize that I am usually making decisions based on what is right for all concerned, what would bring about the greatest good for all involved, rather than from what might be the expected DM influence of wanting to protect only what is mine. So again, here we see that deep within the Masculine sphere of providing safe protected spaces, there is a deep need to nurture and care for the all, rather than just the narrow perspective of me and mine. There is also the giving, caring part of the DM that only really wants to make the DF happy. Here again, it seems to me, that this is the part of the Feminine held within the Masculine, the darkness held within the light, the Yin within the Yang.

This phenomenon is also reflected in the realization that it is through the energy of its opposite, that we can actually access its counterpart. It is through stillness that we can access the DF, even though she herself is movement, and it is through movement that we can most easily access the DM, even though he himself is stillness. All these are examples of the seeds of the masculine within the feminine and the feminine within the masculine.

12 Healing through the Balance of Sacred Union (*Written in July 2020*)

12.1 *The Caduceus*

Remembering the studies I had done 2 years ago, in preparation for teaching Ta-Nut-Ra, an Afrikan Tantric pathway, I realized that the Caduceus or the Staff of Hermes/Tehuti/Thoth itself is a perfect symbol of the healing that takes place when we fully restore the balance between our Feminine and Masculine energies. Thereby, becoming a clear vessel for the ascension of Kundalini (*s.*)/Umbilini (*xh.*)/Sekhem (*md.*) creative life-force energy, which in turn gives us access to cosmic consciousness and divine bliss.

This potent healing symbol consists of a central golden rod called the Djed(*md.*) Pillar or Sushumna(*s.*). It is associated with the element of Earth and represents the spinal column. The black entwining serpent on the left ascending counter clockwise is called the Lunar Snake/Ida (*s.*), is associated with the element of Water and represents female energy. The gold entwining serpent on the right descending clockwise is called the Solar Snake/Pingala (*s.*), is associated with Fire and represents male energy. Each of the serpents encircles

the Sushumna three and a half times which adds up to seven, the number of energy centers/chakras (s.)/arushat (*md.*) in our human bodies. (Please note the caduceus is three dimensional not two, as it is usually seen drawn on a paper or carved on a flat surface!) These snakes are the conduits that carry the energies of the earth up through the body so that they can unite with the etheric energies brought down from above, bringing the physical and spiritual realms together, and allowing access to cosmic consciousness. The wings of the caduceus are associated with the element of the Air and represent that unification with the entire cosmos and give us the freedom to explore it. The round ball at the top of the staff symbolizes both the prima material (*g.*), (the first matter), the pure diamond body and the pineal gland, associated with the 3rd Eye and is considered to be our metaphysical connection between the spiritual and physical worlds. Together these symbols that create the Caduceus, express the importance of the restoration of balance of the masculine and feminine energies, to enable the opening of a clear connection to higher cosmic intelligence, and show us how to use that energy as a personal power and healing source, enabling us to achieve our full potential.

13 The Play of E-Motion (*Written in July 2020*)

We can also see the eternal interplay of these two fundamental energies, in the realm of our emotions, which although they are the domain of the DF, they are often a product of our thoughts, which of course is the domain of our DM. It is usually the stories of our “I Am” that cause the depth of our feelings. The thought is the electrical activation force, which sparks emotional, magnetic, creative force. To fully process these e-motions, (as the English word implies), we must use motion, which helps us to access these powerful energies. It is only through acting out our emotions safely, that we can allow them to pass through us, and not lock them deeper into our being. So, the DF needs the DM to provide the safe held space and presence, for her to use her movement to unleash the creative force of her emotions for the health, growth and wellbeing of the entire body, mind, spirit and soul.

14 Surfing the Waves (*Written in June and July 2020*)

I finally understood that somehow the restoration of balance, involved reaching a point of balance – which is not actually a point, nor is it a circle, nor is it even a line, it's actually a wave – a wave of balance between the two energies.

It undulates and moves like a wave, it is never static always shifting and changing, and moving back in on itself in curves like waves of the ocean. It is by surfing that wave between the two energies we can build the maximum amount of energy and life force, which can then be absorbed into our being. This is similar to the practice of Yoga Nidra, when we surf the Theta brain wave state (the state between waking and sleeping), to download cosmic consciousness, enter deep meditation, receive creative impulses, heal ourselves and others and manifest desires. It's in that same way that the more we surf the wave between the Feminine and Masculine energies or consciously go to that place between them, the more generation of electro-magnetic energy there is to be used for healing and manifestation.

The Chinese Taoist teachings also seem to corroborate this understanding of the wave energy being created by the interplay of pulses of feminine (rising/expanding) and masculine (falling/contracting) energy. In his book, *The Secret Teachings of Chinese Energetic Medicine*, Jerry Johnson (2014) explains that:

When describing sound energy resonances, the pulse is described as the generating aspect of sound, arising from the energetic force of expansion and contraction. Energetically, the pulse is the fundamental field which simultaneously creates wave and form patterns. And a sound wave is represented in the rising (expanding) and falling (contracting) rhythm of an energetic pulse. The original pulse is always contained within the wave. (p. 195)

Bodi Avinasha (2016) in her book *The Ipsalu Formula: A Method for Tantra Bliss*, echoes the existence of a wave created by the interplay of the DF and the DM when she shows us that “All of creation consists of vibrations based on a sine wave, a simple oscillation between pressure and relaxation, between movement (Shakti) and stillness (Shiva), occurring in a vast spectrum of frequencies” (p. 88). It is further interesting to note that the lower ranges of these frequencies are signature vibrations for each emotion and for the human body. Whereas, the highest ranges of frequencies reach up to various dimensions of subtle energy and finally to pure consciousness. Thereby, reinforcing the theme that the DF is the body and the DM is the etheric consciousness, and somewhere in the interplay between them we will find the perfect balance.

15 Cosmic Cobra Breath (*Written in July 2020*)

I also realized that even in my daily Ipsalu Tantra Kriya Yoga Cosmic Cobra Breath practice, I use a balance of the Masculine and the Feminine to generate

sexual earth energy, to be used through the breath, for spiritual transformation. This energy is generated in my own body by a series of contraction and relaxing exercises, and is created by the interplay between the opening and the closing, the movement and the stillness. Then with my breath I bring that creative earth energy up and bring her into my heavens and then from there, I bring down the heavenly stillness and clarity. Again with contraction and relaxation and breath, I bring him back down and use that interaction of the Feminine and Masculine energies as a personal, renewable, energy source, to facilitate creative projects, healing, expansion and rejuvenation. This ability to use the interplay of the DF and DM to generate an infinite power source, is also recognized by Christine Page (2008) in her book *2012 and the Galactic Center*, when she states that “When two opposite poles of existence, such as our own Masculine and Feminine natures, work together in perfect synergy and harmony, the result is a self-perpetuating flow of energy that has no end” (2008, p. 45).

16 *The River (I Have Written about This Theme Many Times over This Past Year)*

The final analogy I want to use to more fully convey what I have learned through stepping into this chapter, is one of a river. A river, which is often seen as reflecting the nature of the DF, is made up of the coming together of many tiny drops, all the time growing and gathering power as she joins with other droplets. As small streams begin to cut their path, joining up with others as their combined power grows, their pathway gets cut even deeper. Now joining the river, in coming together, the more the water amplifies, the deeper and stronger the banks of the river grow. When we study the river, we realize that she is actually using those banks to push up against, which creates an opposite reaction and as the wave is reflected back in towards the center, the river absorbs the power back into herself and flows forward more freely. As a creative volcano, the DF needs those banks to keep her moving forward towards her goal, as otherwise, she tends to stagnate when there are too many different ways she can go.

These banks are the DM, they are the self-discipline, the ability to look forward, the ability to stick to goals and plans, the ability to say no, the ability to delay gratification, even though we really want something now. They are the ability to stop and think, even though your body yearns for something. They are the ability to look at what is the highest good for all concerned in that situation. Those banks, with their focus, willpower and discipline allow the water to flow efficiently, quickly, powerfully and unstoppably. It's the banks themselves

and the absorption of the energy generated in the push and pull of the waves that are created by the interaction of the two “opposing” forces, that allow her to gather momentum and achieve what she wants to achieve – which is always to go back to the Sea. Here it is important to remember the Yin and Yang and the wisdom of Kemet, where we see that although the water appears to be feminine, it can also be masculine, and as easily as the banks appear to be masculine they can also be feminine.

Somehow in that interplay of the feminine – let’s say water – pushing up against the masculine banks – the earth, the reverse action happens of the water coming back unto herself and increasing her own power. I see that after downloading our creative impulses, and using the momentum and movement of our DF, it is then important to push up against our DM, and use the pressure of the discipline and the focus, to gather force back into ourselves to be able to go forward. Then in reverse, as a balance; when we are too much in our DM, relentlessly pushing forward and being too focused on future goals, we need the DF, to help us slow down, drop into our bodies and feel into the present moment, listen to our feelings and intuition, plugging into our joy and playfulness, which then creates a fertile ground for creating and manifesting. That is the time when we reach the delta state, where we don’t need the banks anymore. It is the quiet times, the times for settling down, spreading outwards, meandering, contemplating, meditating, praying, being still, and just being present. The delta times are when there is not necessarily anywhere to go nor any particular direction, when the banks have long been broken down and eaten away and there is no need for discipline. It is those times where the river and the earth, through their eternal interplay become fertile together, where the river becomes fat and lazy, dissipating her energy into the earth to become fertile and creative, giving rise to the abundance of the delta!

Note

- 1 Planned Pandemic: plan (noun) – A detailed proposal for doing or achieving something; demic (adj) – Characteristic of or pertaining to a people or population.

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Appendix: Teachers (in Chronological Order)

- K’edamawie Haile Selassie and Itegue Menen Asfaw (Whole Life Teachings)
- Nayano Burdine (Ipsalu Tantra Kriya Yoga)
- Yirser Ra Hotep (Kemetic Yoga Yogaskills Method)
- Jabari Ozaze (African Genesis Institute Historian)
- Pablo Imani (Pablo Imani Method Afrikan Yoga)
- Regena Thomashauer (Mama Gena’s School of Womanly Arts)