



Month 4 Balancing Feminine and Masculine Energies



Book Resources:

- **The Magdalen Manuscript** by Tom Kenyon and Judi Sion
- **The Art of Sexual Ecstasy and the Magic of Sexual Ecstasy** by Margo Anand
- **Tantric Sex for Men - Making Love a Meditation** by Diana Richardson
- **The Expected One, The Book of Love, The Poet Prince Trilogy** by Kathleen McGowan

Alternate Nostril Breathing - Nadi Shodhana



- **Left Nostril : Ida Nadi, Left side of the body, Right Brain dominance, the feminine and creative principle.**

The breath that is drawn in through the left nostril is known as **Ida, the lunar channel**. It runs energetically down the left side of the spinal cord, and impacts the right hemisphere of the brain. It is symbolically represented by the moon, and by the feminine aspect of energy known as **Shakti**. Left nostril dominant breathing activates the **Parasympathetic nervous system**, the state that you enter during any activities where you find yourself in an **effortless state of creative flow**.



- **Right Nostril: Pingala Nadi, Right side of the body, Left Brain dominance, the masculine and analytical principle.**

The right nostril breath is known as **Pingala, and is the solar channel**. Not surprisingly this breath is **heating** in nature, and is associated with masculine energy through the archetype of **Shiva**. When we draw breath in through the right nostril, or more accurately, when the breath is dominant through this channel it activates our left hemisphere of our brain. This is the part of our brain which is associated with our **Sympathetic Nervous System** – that elevated state of stress, or the ‘fight or flight response’ – a throwback from our primitive ancestors as a way of keeping us alive, and out of immediate danger. The left hemisphere of the brain is more analytical in nature.



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Here are the quotes for you to read and digest at your leisure.

Both are from Lorna Bevan, <https://www.hareinthemoonastrology.co.uk>



"When your inner life is in exact harmony with your outer life, the heart of spiritual practice is internal, invisible and unnoticed by everyone else. By evoking the spiritual with a physical ritual, you recognise and make concrete your process that is just as much a part of your reality as the material world:

- Go within and empty out space, composting your old ideas and using the energy they held to make fertile soil for new creativity and vision
- Honour the harvest whether a real harvest of the things planted in your garden or the harvest of efforts and intentions for your life that you set earlier in the year
- Tie up loose ends, complete projects, plant bulbs"



"Too often up to now, we've fallen into the trap of believing that the known world is our source of vitality, of thinking we have to wait for its cues, its permissions, its notifications. We've forgotten to honour, petition and receive from the source within. Unconsciously we're terrified to turn away from the world, because we think we're putting our heads in the sand or that we'll lose everything if we don't keep up the pace.

But the truth is that there is a different rhythm trying to temper you from within. And if you let it, you come to see that it's in service to a steadier, more harmonious way with your own body and our greater earth body.

To tend to the well is to replenish the deep feminine aquifer for which our world is thirsting. When you recognise yourself as a tributary of that greater upwelling, you can allow things to be decided, spoken, and created not by you, but through you. "