



CAPTURING YOUR SOULMATE'S HEART



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TAPPING INTO THEIR FEMININE AND MASCULINE CORE – AND HOW POLARITY LEADS TO SEDUCTION

This guide shows you how to keep your soulmate for the rest of your life so that the moment of love at first sight, will naturally grow and manifest into a long-lasting, loving relationship. In order to make this happen and keep your relationship as thrilling as it was when you first met, you need to understand the nature of sexual desire and psychological openness.

Sexual attraction is founded on sexual polarity, which is the energy of desire that flows between the masculine and feminine energy poles. All natural forces flow between these two poles. The Earth's North and South Poles produce a magnetic force. An electrical flow is created by the positive and negative poles of your outlet or automobile battery. Similarly, the masculine and feminine poles between people produce the flow of sexual energy. This is called sexual polarity.

The dynamism that sometimes vanishes in modern relationships is the energy of attraction that flows between the two different poles of masculine and feminine. If you want true passion, you need the masculine and feminine energy to come together. Each man and woman has both inner masculine and inner feminine energy, and at any given time, both men and women may activate either male or feminine energy. (However, there is a strong need to pick one over the other, as we will see in a moment.)

Sexual attraction fades when men and women stick to the same energy at the same time in intimate times. I don't just mean the desire for sex, but the entire relationship's attraction will begin to dry up. The love and friendship may remain strong, but the sexual

polarity disappears unless one spouse is willing to play the masculine pole and the other partner is prepared to play the feminine pole during intimate times.

If you want to enjoy the sphere of sexual passion, you must energize the masculine and feminine differences. It makes no difference whether you switch who plays the masculine and feminine poles every day. An energy polarity, an appealing distinction between masculine and feminine, is required for sexual polarity. This distinction is not required for love, but it is required for continuous passion in a relationship.

THE DIFFERENT BEHAVIORS OF EACH MASCULINE AND FEMININE CORE

The masculine core prioritizes the "quest" or the hunt for independence, whereas the feminine core prioritizes the search for love. Your sexual core is your sexual energy. If you have more masculine sexual energy, you might love being at home and playing with the kids, but deep down, you are motivated by a desire for a mission. You may not be certain of what your mission is, but unless you uncover it and live it fully, your life will seem void at its core, even if your intimate relationships and family life are filled with love.

If you have a more feminine sexual essence, your career life may be quite successful, but your core will not be fulfilled unless love flows freely into your family or love life. This is why people with masculine energies would prefer to watch a football game or a fistfight on TV than a love romance comedy. Sports are all about obtaining freedom, such as breaking away from an opponent's tackle or a torrent of punches and completing your goals, such as carrying the ball into the end zone or remaining standing after ten

rounds. For the masculine, mission, rivalry, and putting everything on the line (indeed, risking death) are all types of pleasure.

The search for love, on the other hand, strikes at the core of feminine energy. The yearning for love is what shows in feminine sorts of entertainment, whether on sitcoms, in melodramas, or while chatting about relationships with friends. If the happiness of true love is not flowing, chocolate and ice cream—or a fantastic romance drama—will suffice. The masculine energy craves the pleasure of a life lived on the edge, and if he lacks the courage to do it himself, he will watch it on TV, in athletic events, and in cop programs.

INITIATING YOUR CORE ENERGY.

If you want to experience deep spiritual and sexual joy, regardless of gender or sexual orientation, you must understand and live according to your inherent sexual energy—masculine, feminine, or balanced. You can't reject your actual sexual nature for years by covering it with layers of fake energy and then expect to discover your authentic purpose and be free in the flow of love. If sexuality is to flow in these divided intimacies, masculine and feminine core energies differences should be amplified, not decreased, in intimate times.

Focusing your masculine or feminine essence into a falsely balanced façade has an impact on almost every aspect of your being. Many persons with real feminine energies have a variety of troubling physiological symptoms when their feminine energy "dries up" as a result of pushing excess masculine energy through their bodies year after year in order to fit into the masculine way of work. And, in order to fit in with the feminine style of collaboration and energy flow, many people with male energies detach from their

sense of life purpose and repress their underlying truth, fearful of the repercussions of being honest to their own masculine core.

BEING READY TO RECEIVE AND TO NURTURE – AND TO FLOW.

A person who rejects their own energy and conceals their actual wants is fragmented and unable to fully relax into love. Their soul constricts and tangles. They are afraid and terrified because they are unable to sense the natural ease and unrestrained strength of their own core. Fear is the texture of their unwillingness to totally open up in love. Even if they have a secure relationship and a great profession, such a person is spiritually handicapped and has a constricted heart.

As a result, while we have made progress in terms of personal liberation, gender equity, and social rights, we have remained spiritually constrained and fearful. We have begun, foolishly, to reject, level out, and minimize our masculine and feminine differences in the name of individual freedom and societal justice, with only good intentions. People frequently wind up ignoring their most basic impulses, which are founded in their true sexual energy, as a result of doing so. Many individuals nowadays believe they have balanced sexual energy, yet in most cases, they are suppressing natural impulses that arise from their true masculine or feminine core.

If you want to live your life, you must first accept what is true. It is also time to move past the notion of the delicate and compassionate wimp, all heart and no spine. Heart and spine must be linked in a single man before going beyond the complete manifestation of love and consciousness conceivable, which

necessitates a profound flow into the boundless openness of this present instant. And this requires a new level of bravery and flow.

Make your life a constant practice of being who you are at your deepest, most relaxed levels. Tap into your source, which never changes and is always present. Use tools to help you relax into and create from this source. Read novels that will help you remember who you are. Spend time with individuals who inspire you and reflect back to you the source. Meditate, contemplate and make sure you flow.

LEARNING THE DANCE OF RELATIONSHIPS

Now that we've looked at the traits of the inner masculine and true feminine core let's look at how they interplay within you. Making friends with both sides of yourself stimulates your creativity, gives balance to your life, and prepares you for relationship success. Even when you accept both parts of yourself, it might be difficult to know... When should you activate your masculinity, and when should you not? What if you are in your masculinity at the "wrong" time? How do you negotiate the numerous roles you play in your life? There is a yin and a yang in everything. Understanding the underlying impulses of both the masculine and feminine will disclose the secret key to achieving equilibrium on either side. Let us analyze.

THE INTERPLAY BETWEEN MASCULINE AND FEMININE ENERGY

The masculine energy in each of us yearns for emptiness, while the feminine yearns for fullness. And it is well accepted that every vacant area will be filled. This is why women want to keep themselves occupied with conversations, eating, shopping, and other activities. It's why men seek out fishing expeditions, meditation couches, and golf courses. Most males require frequent

solitude to disconnect from the outside world. If he were just like us, continuously chatting, multitasking, and producing, we might feel secure and "at home" with him, as if we were with a girlfriend.

Hearing about his lone camping expedition to the woods on a motorcycle, on the other hand, turns us on. In a primordial manner, we are pulled to his edge, presence, and daring. This vitality in him guards us. His wildness ignites our untamedness. And nothing else touches our hearts like his consciousness. Women require nothingness as well. Not in the same manner as men do; however, a little "me-time" may be quite beneficial. Women primarily require a consistent means of moving their emotions and releasing all of the energy they naturally absorb. When they don't do this, they tend to gain weight, become unhappy, and lose their creative spark.

A man is drawn to a woman's fullness in the same way that women are pulled to a man's emptiness. He is enthralled by her sensual expressions of pleasure, the creative spark, and the tenderness throbbing open like a flower. Each of us possesses both masculine and feminine characteristics. The feminine side of a man may be more emotional, whereas the masculine side of a woman may be more driven. In an ideal world, each of us would accept ALL aspects of ourselves and then pick whatever attributes to display at any given time. In general, a woman requires her masculine energy at work, just as a father requires his feminine to care for his children.

The thrill begins when you feel complete and balanced on the inside since only then can you sacrifice some aspects of yourself and allow your partner to embody them. If they are doing the same, your energies will dance perfectly together. You both feel

empowered and elevated, and you're so excited to explore together.

LEARNING TO GROW TOGETHER IN YOUR RELATIONSHIP.

You and I have behaviors that keep us apart from our partners, especially when things get heated. When we are angry with each other, we might become stiff and inflexible. We appear to get carried away in the flow of our emotions at times, and we no longer feel the heart of love. You already know they love you, and you love them too. But, every now and again, we become buried inside our own shells of closure and refuse to allow our hearts to connect in love. We must learn to be profoundly linked to them in love even when our fearful shells would otherwise keep us away.

You should make a commitment to practicing love with your heart open, embracing your shells, feelings, and whatever energy goes through you and your partner, no matter how horrible you feel. You are alive as love when you can open in trust, even when love flows as the energy of wrath, grief, or fear. You may randomly do some activities daily, especially in emotionally difficult times, to help you and your partner to evolve into deeper love and trust.

In the practice of openness in love, all justifications for remaining closed fade away over time. Then, without your shells—or his—holding you back, you may fully extend your heart's desire beyond self-love through the two-bodied form of devotional openness to all creatures. You begin to learn how to sense the deepest heart of all creatures by loving your shells and your partner's and then loving through your shells to connect totally with your partner's innermost heart.

