

LOOKING WITHIN

Inner Balance

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Inner Balance: Whether we understand that we are both male and female energies that is being activated at this time in human history, does not make it less truthful.

Sometimes it is better for us not to intellectualize it in order for it to take place within and avoid resistance.

A coin has two sides: head and tail (male and female). The two sides do not make the coin separate. It is whole in itself.

Our *Inner Balance* can be visualized as a coin being tossed in the air, and landing on its side in perfect balance; both sides in harmony and in power by their mutual agreement to be as one.

We cannot ignore our female side by beating it to submission, or allowing our male side to go into a conqueror's rampage.

The only victim here is ourselves.

Outside influences will never nurture who we truly are. We need to do it ourselves. We must do it ourselves by turning within with courage and love and become aware of our beauty and uniqueness.

It is, perhaps, a lonely path. But when we meet with ourselves again, loneliness as we imagine it will dissolve like the fog on a sunny sky.

Our *Inner Balance* is a gift from the sacred union of our male and female energies. The wedding that we all have so deeply desired.

So, gently, let's give it a try.

Remember, be gentle with yourselves and let peace be with you.