



# FINDING BALANCE

## Feminine

Dark/Moon

Night

Passive

Winter

Receptive

Nurturing/Kind/Gentle

Diffuse/Vague/Passive

Intuitive

Right Brain

Abiding Calm/Surrender

Heart/Love/Compassion

Self-Soothing

Wild/Natural

Complex/Multifaceted

Expansive

Sensual

Vulnerable

Expressive

Cooperative/Sharing

Patient/Tolerant

## Masculine

Light/Sun

Day

Active/Doing

Summer

Directed

Hard

Clear Seeing/Stable

Logical

Left Brain

Freedom/Autonomy

Achieving/Productivity

Other-Soothing

Mechanical/Ordered

Competitive

Focused

Penetrating

Aggressive

Insightful

Goal Oriented/Take Charge

Disciplined

