

A blurred background image of a man and a woman sitting in a hammock, suggesting a peaceful, intimate setting. In the foreground, a small, dark brown wooden sculpture of a couple in an embrace sits on a light-colored wooden surface. The overall mood is serene and romantic.

Comprehensive
Comparison of

Masculine and Feminine
Archetypal Qualities

Comparison of Masculine/Feminine & Left/Right Brain Characteristics

The masculine archetypal qualities are associated with the left brain (and the right side of the body) and the feminine archetypal qualities are associated with the right brain (and the left side of the body). An examination of qualities associated with the left and right brain from a neurological perspective brings incredible light to and a deeper understanding of the masculine and feminine qualities and how they show up in your internal and external worlds.

If you had to summarize, you could say that the masculine energy is about “doing” and the feminine energy is about “being.” Or that the masculine energy is “active” and the feminine energy is “passive.” Or the masculine energy is related to the “intellect” or “head” and the feminine energy is related to the “heart.”

As you read through this list, consider which aspects are “driving the bus” during different activities such as work, play, sex, spiritual practice, problem solving, relationships, etc.

Masculine	Feminine
<ul style="list-style-type: none"> • Directness • Practicality • Logic • Taking action • Competition • Results-oriented • Applying physical strength • Details and planning • Assertive • Linear • Focus on structure • Defending (territory, principles or loved ones) • Creating safety • Dealing with the concrete or tangible 	<ul style="list-style-type: none"> • Wisdom • Compassion • Intuition • Creativity • Passiveness • Allowing • Sensitivity • Cooperation • Trust • Being spatial or abstract (in other words non-linear) • Nonjudgment • Relativity (as opposed to the absolute) • Nurturing and caregiving • Receptivity and ability to listen

Left Brain	Right Brain
<ul style="list-style-type: none"> • Ego center • Perceives things as being solid • Helps us identify personal physical boundaries • Head • Think • Mind consciousness • Ego mind • Small “self” • Work mind • Researcher mind • Yang consciousness • Sensing mind • The more “serious” side • Rigid thinking patterns that are analytically critical (extreme left brain) • Concrete enough to stay a path • Preoccupied with details • Judges everything as good/bad or right/wrong • Defines boundaries • Makes decisions about what it learned based in the past 	<ul style="list-style-type: none"> • How things relate to one another • Perceives things as being fluid; right brain consciousness in the absence of left brain does not have the ability to distinguish itself as a separate entity • Heart • Feel • Body’s instinctive consciousness • Capital ego mind • Inner or authentic self • Vacation mind • Diplomatic mind • Yin consciousness • Intuitive mind • Able to access deep inner peace & compassion • Seldom connect to a common reality or spend most of our time with our “head in the clouds” (extreme right brain) • Flexibility to welcome change • All about right here, right now • No judgment of good/bad, right/wrong • Everything exists on a continuum of relativity • Takes things as they are and acknowledges what is in the present

<ul style="list-style-type: none"> • Responsible for taking all the energy, all of the information about the present moment and all of the magnificent possibilities perceived by the right mind and shaping them into something manageable • The tool used to communicate with the external world • Language centers • Focus on differences and distinguishing characteristics • Categorize, describe, judge and critically analyze everything • Everything has a place and everything belongs in its place • Orientation centers • Because of left brain's language center's ability to say "I am," you become an independent entity separate from the eternal flow • Thinks in language and speaks constantly (inner dialog) • Measures value (in part) by how many tasks it accomplishes (crosses of list) • Through the use of brain chatter, it keeps you abreast of your life and manifests your identity • Theorizing, rationalizing, memorizing • Great at mechanical manipulation • Identifying patterns • Thinks sequentially • Good at manufacturing alternative scenarios, "what if's" 	<ul style="list-style-type: none"> • Open to eternal flow whereby I exist at one with the universe • Sensitive to nonverbal communication • Does not perceive or give heed to territories or artificial boundaries like race or religion • See unity among all living entities • Not limited by rules and regulations • Highly creative • Loves the ability of the body to move fluidly into the world • Understands we are all connected to one another in an intricate fabric of the cosmos • Decodes emotions • Enthusiastically marches to the beat of its own drum • The seat of the divine mind, wise woman (man), and the observer • Learns through touch and experience • Brings new insight into the moment • Abstract • Open minded • Open to new possibilities
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- Weaves stories – this part of the language center is designed to make sense of the world outside of use, based upon minimal amounts of information. Brilliant in making stuff up to fill in blanks when there are gaps in factual data.
- Can be redundant, manifesting loops of thought patterns
- Processes information very fast
- Multitasking
- L brain perceives shorter wavelengths of light, increasing its ability to clearly delineate sharp boundaries. As a result, our L mind is biologically adept at identifying separation lines between adjacent entities. At the same time our L hemisphere language centers tune into the higher frequencies of sound, which help them detect, discriminate and interpret tones commonly associated with verbal language.

- Ever present and gets lost in time
- R brain perceives longer wavelengths of light. As a result, visual perception of our right mind is somewhat blended or softened. This lack of edge perception enables it to focus on the bigger picture of how things relate to one another. Our right minds tune into the lower frequencies of sound that are readily generated by our body gurgles and other natural tones. R mind is biologically designed to readily tune into our physiology.
- Tuned into subtle messages from cells communicated via gut feelings
- Honors life and health of your cells
- Cares about fitness of the body, mental health as a society and our relationship to Mother Earth
- Understands that you are the life force power of the 50 trillion molecular geniuses crafting your form