



Inner Circle Wisdom Class

With Kelly Schwegel

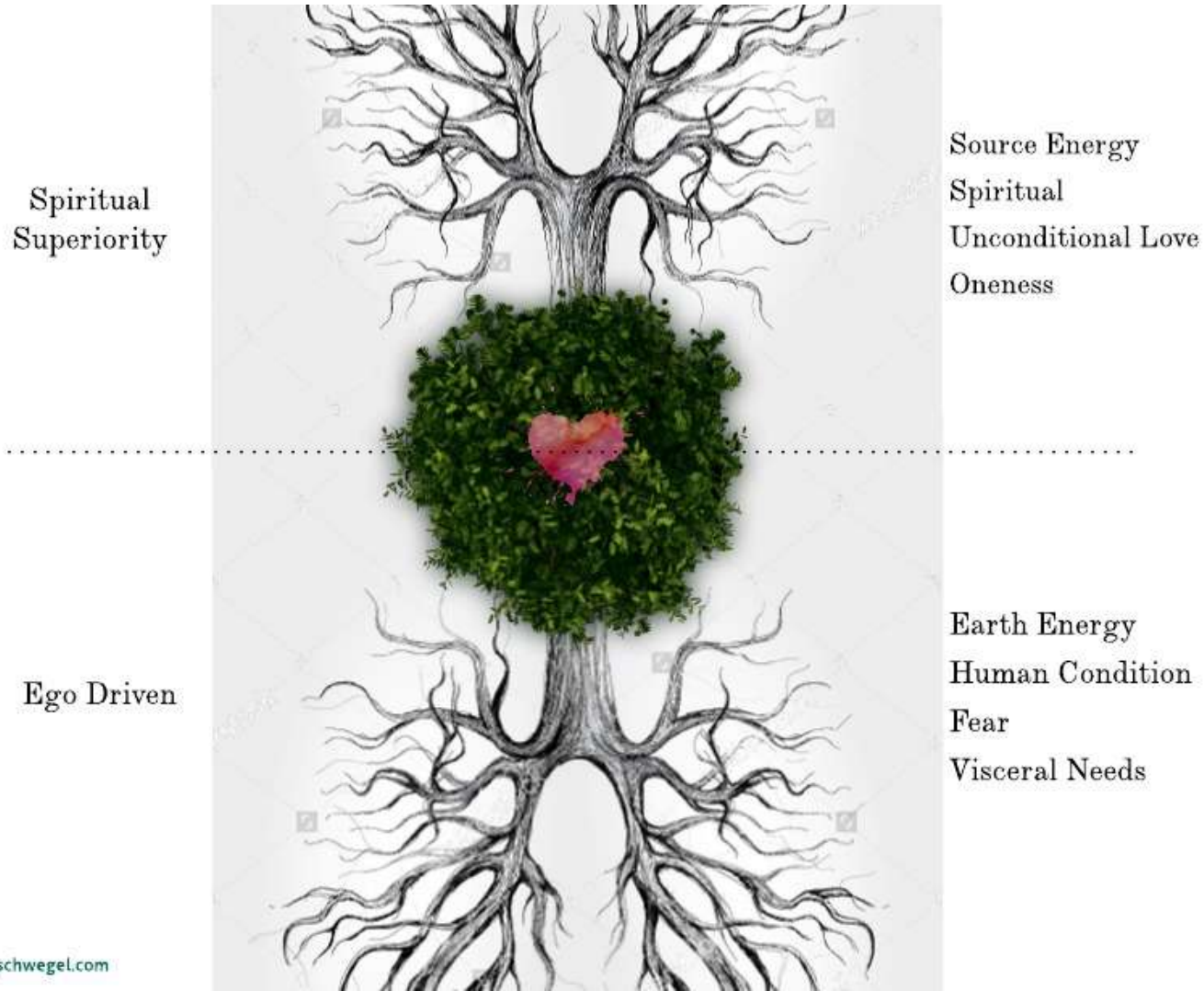
Wisdom Class #78

“Flowchy Revisited”

The balance between masculine and
feminine energies

Wisdom Wednesday #1

The Tree of Balance



Masculine and feminine

Masculine

- Blades
- Shields
- Swords
- Spades
- Giver
- Right body
- Left Brain
- Gives the seed



Feminine

- Chalice
- Cups
- Hearts
- Receiver
- Left body
- Right brain
- Receives the seed





Wisdom Wednesday #5

Flowchy

Crunchy Energy

- Male Energy
- Left Brain
- Pituitary Gland
- Brain Chatter
- Crunchy thought
- Force
- Solar Plexus Center
- Ego-centered
- Serious

Flowy Energy

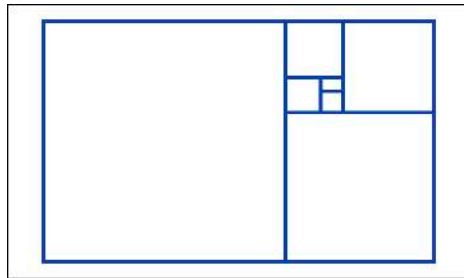
- Female Energy
- Right Brain
- Pineal Gland
- Wisdom
- Flowy thought
- Internal Power
- Heart Center
- Love-centered
- Playful



Flowy vs. Crunchy

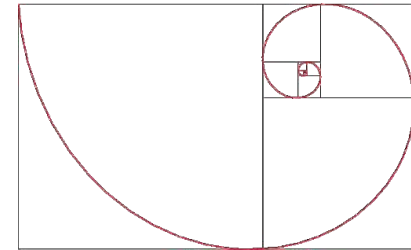
Male = Crunchy

- Focused
- Directed
- Closed-minded
- Linear
- Analytical
- Practical
- Organizational
- Logical
- Black & white
- Compartmentalized
- No-nonsense

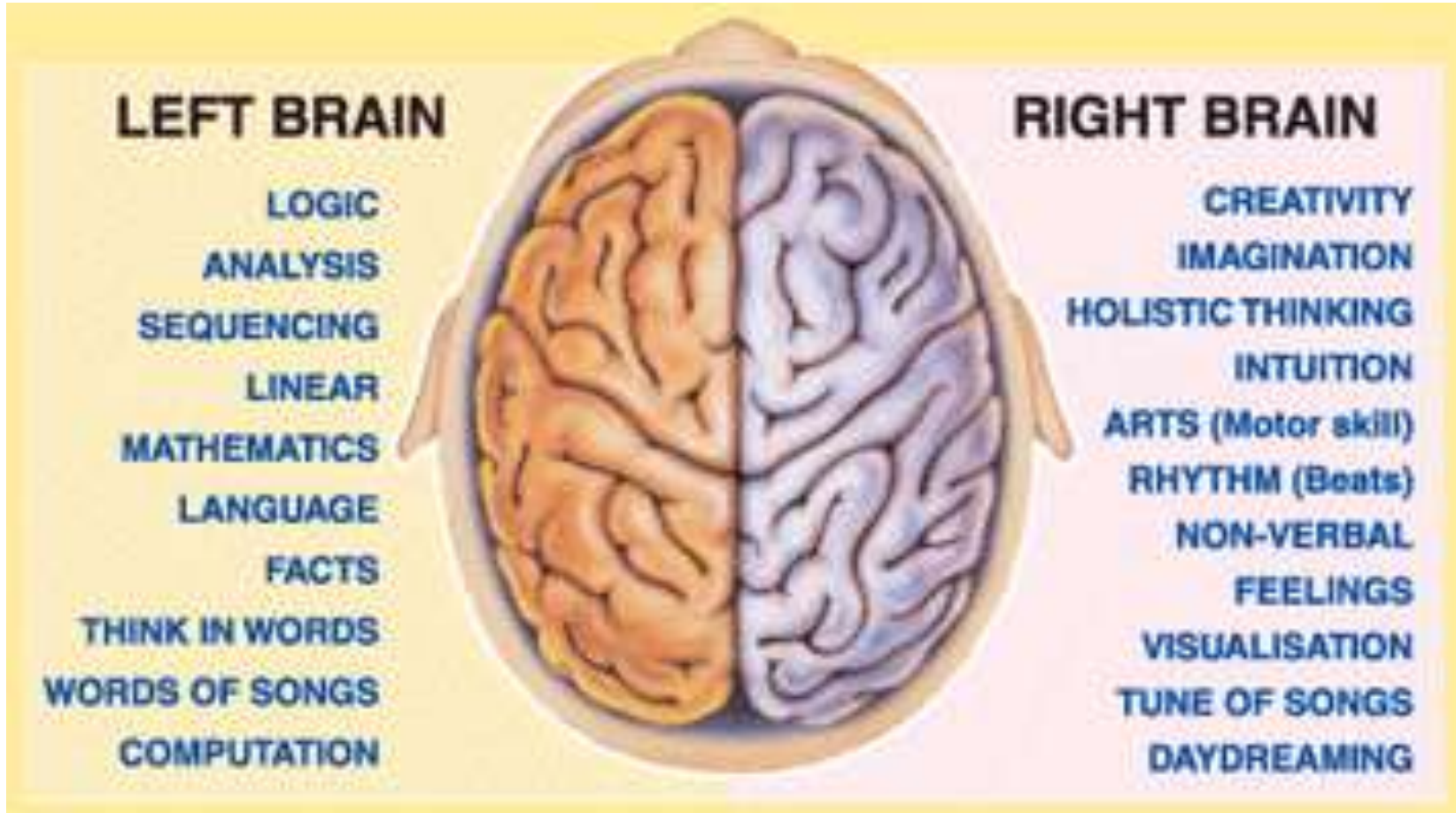


Female = Flowy

- Creative
- Random
- Open-minded
- Expressive
- Emotional
- Passion
- Limitless
- Holistic
- Free spirit
- Movement
- Art



Left vs. Right Brain



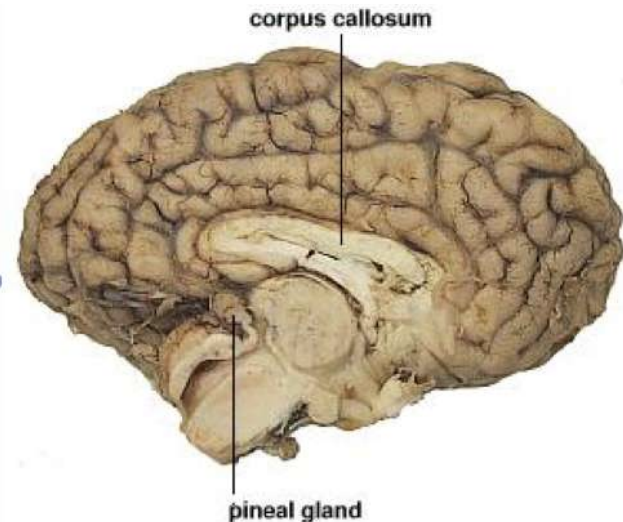
Pineal vs. Pituitary Gland

Pituitary

- Growth hormone
- Thyroid stimulation hormone
- Oxytocin (labor contractions and milk production)
- Anti-diuretic (water, blood pressure)
- Adrenaline (fear hormone)
- Cortisol (stress hormone)

Pineal

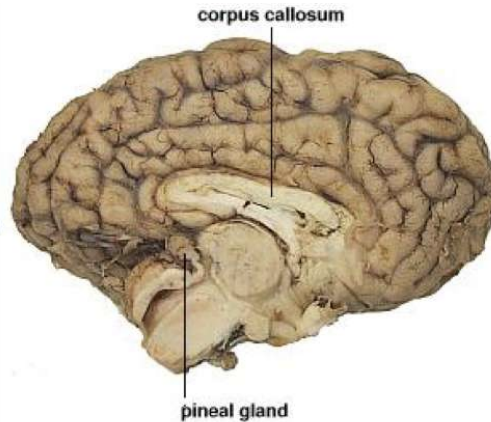
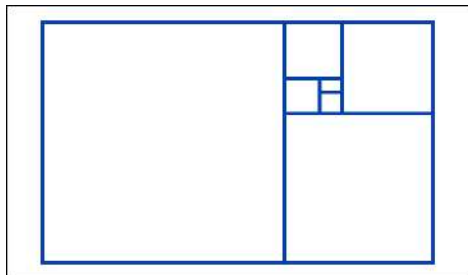
- Melatonin (sleep)
- Metatonin (get peaceful, meditate, calm)
- Serotonin (mood elevator)
- Dimethyltryptamine (DMT)



Pineal Gland vs. Pituitary Thinking

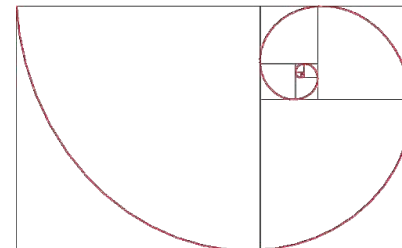
Pituitary Thinking

- Mind chatter
- Worry
- Fear
- Ego-driven
- Linear
- Closed-minded
- Crunchy thought



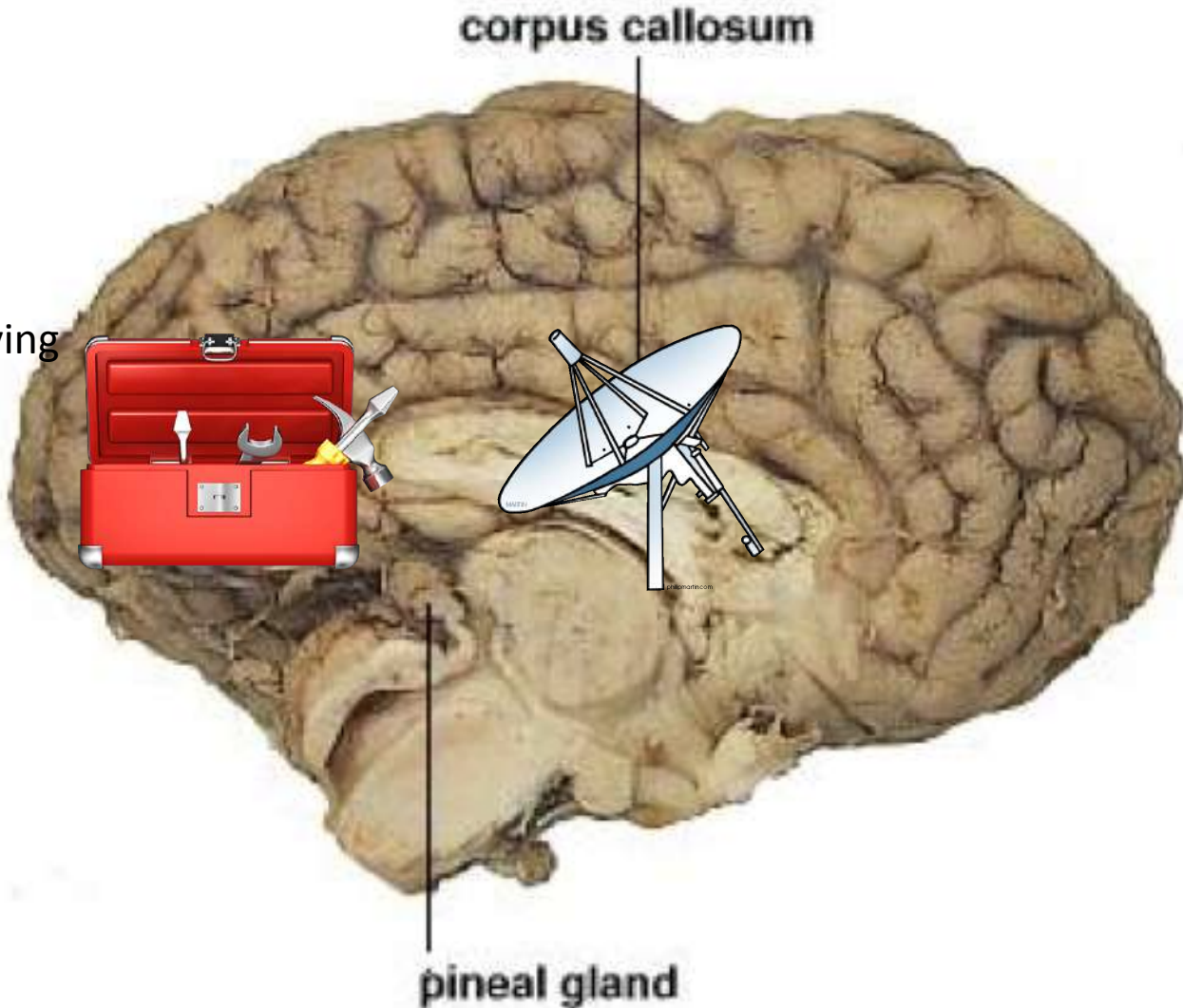
Pineal Thinking

- Wisdom
- Intuition
- Higher self
- Unfolding
- Allowing
- Open-minded
- Flowy Thought



Balancing the Brain

Logic
Math
Reason
Problem solving
Organization
Language
Writing



Intuition
Creativity
Allowing
Manifesting
Wisdom
Art

Sending and
Receiving
Messages

Internal Power vs. External Force

External Force

- Making it happen
- Control
- Power
- Removing all barriers
- Ego



Internal Power

- Allowing
- Manifesting
- Internal knowing
- Acting when presented with opportunity
- Trust



Masculine and the Ego

- Ego identification
 - Self identity
 - Needing others to know who you are and about you
- Power
- Control
- Manipulation
- Respect
- Functioning here on earth



Feminine and the tamed ego

- Knowing your ego exists but it doesn't control you
- Lack of personal identity needs
- Feeling as opposed to emoting
- Valuing the journey—yours and others



*When internal balance is achieved,
The androgynous youth will emerge
Playful and strong
In the lightness of pure innocence*





Achieving Flowchy

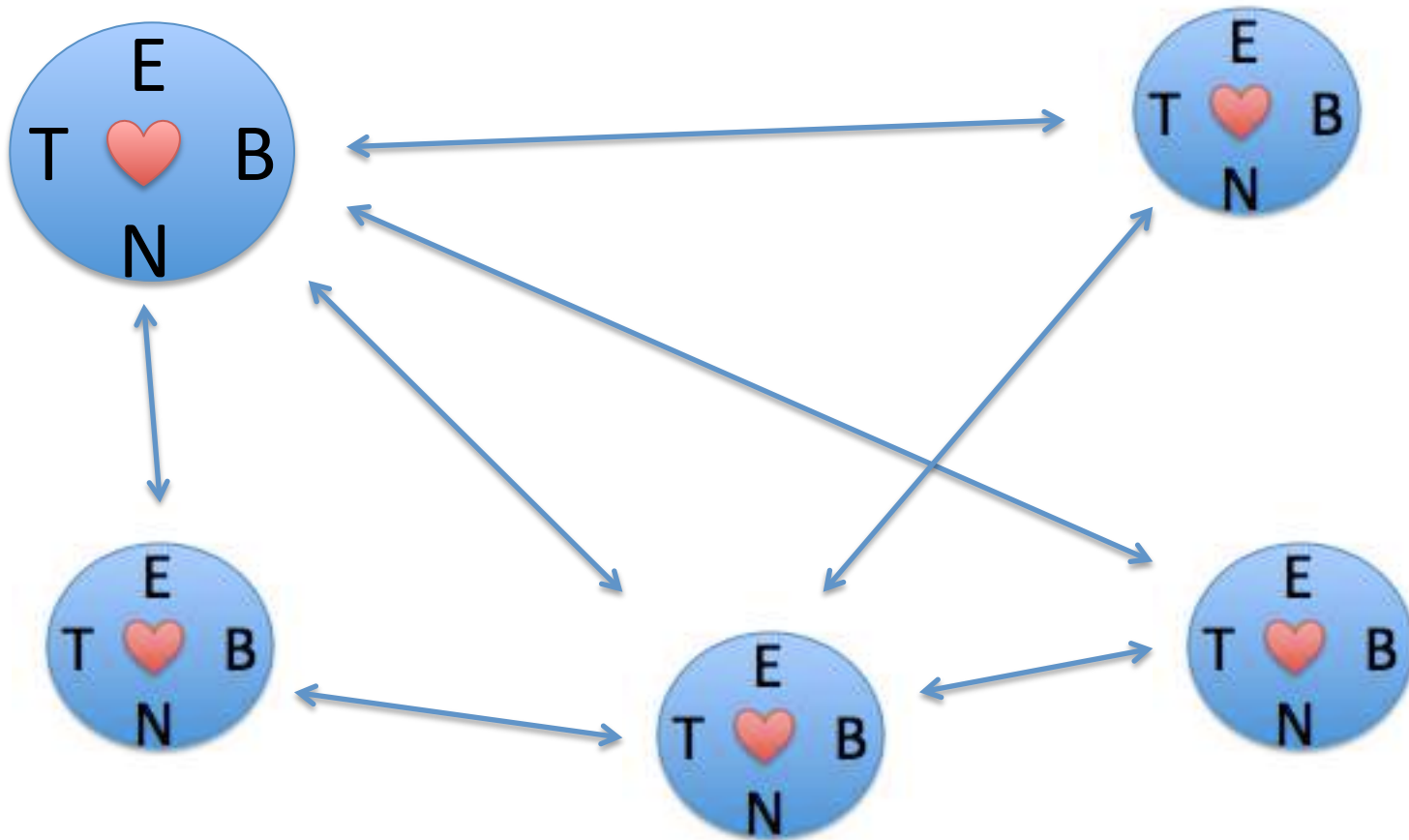
- Reside in Pineal (wisdom) and access frontal lobe when needed (analytical thinking)
- Act with internal power that is love-centered vs. forcing externally, which is ego-centered
- Allow the universe to co-create with you and act when prompted by an action showing up
Just be...let life unfold, don't force, expect, lament or over plan

Observe your needs and behaviors

- Masculine will keep you projecting outside of yourself
- Feminine will keep you focused internally



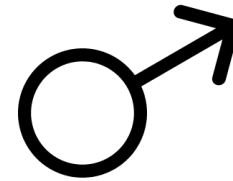
The Necessary Narcissists



You have a choice. Will you be:



Externally focused



Internally focused



How do you get internally focused?

Balance your masculine with your feminine

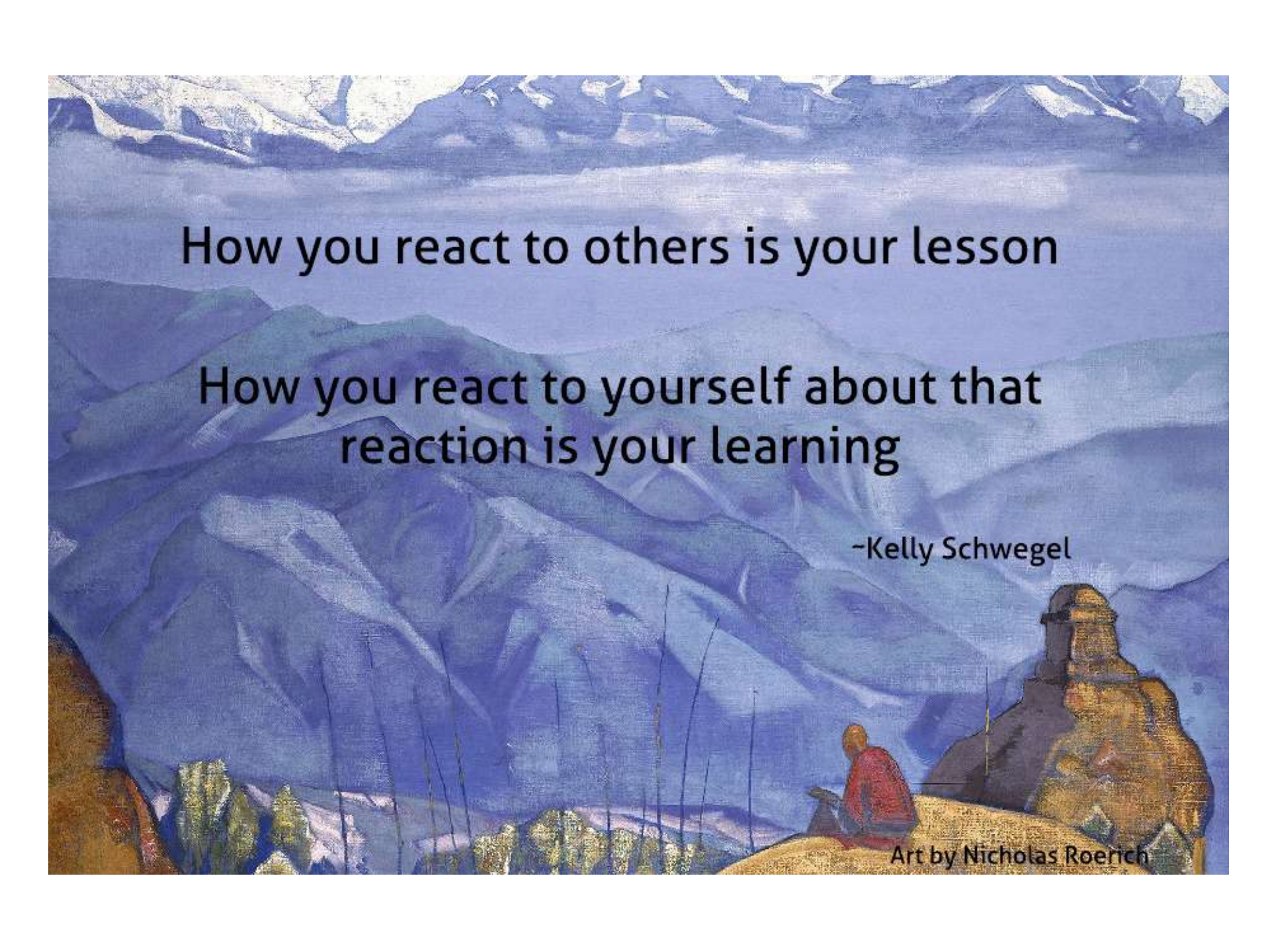


Be the Necessary Narcissist!

(in a good way)

- Do not engage
- Do not project
- Do not be the victim
- Do not take their projection or judgment personally
- Value their journey and yours





How you react to others is your lesson

How you react to yourself about that
reaction is your learning

-Kelly Schwegel

Art by Nicholas Roerich

Case Study: Gabriella



- Her boss is trying to run her out of her job because she doesn't like her and wants someone else for the position
- She is planting seeds in people around Gabriella that she is not doing her job well
- Gabriella's boss demoted her by eliminating her position in a surprise meeting
- Her boss gave the same responsibilities she once had to the person she wanted in the position

Gabriella's Choices

Masculine

- Get angry and shout how this is unjust and she'll be calling her union
- Go over her head to her boss's boss and share the unjustness of it all
- Create a big story about how she is the victim of her boss and tell everyone about it
- Judge her boss for being a crappy person
- Become reactionary
- Lash out
- Place blame
- Seek retaliation
- Feel slighted
- Judge
- Be externally forceful
- Stand your ground with emotion
- Use a lot of "she" or "you" words

Gabriella's Choices

Feminine

- Feel upset, but ask for time to process and have a follow up meeting
- Look inside and ask, why is this situation in my field of experience?
- Seek to understand her boss and find compassion
- Communicate soul to soul
- Stand your ground (no being a push over) with internal strength coupled with compassion
- Seek to understand
- Consider each individual's journey
- Look within
- Don't take personal
- Be the necessary narcissist
- Be internally strong
- Stand your ground with facts
- Use a lot of "I" words

Case Study: Ron and Regina

- Ron had an affair three years ago
- After a brief break up and many hurtful words they decided to give it another try with a promise from Ron never to do it again
- Regina is still hurt and angry and doesn't trust him
- They never speak of it
- Regina drinks too much and Ron immerses himself in outside activities to avoid her



Ron & Regina's Choices

Masculine

- Place blame on self (beat self up)
- Blame each other
- Judge
- Feel disrespected
- Stay external (force)
- Shut down inside (black and white thinking)
- Come from the stance that it is wrong (it is expected that we will be faithful)
- Look at each other, not the self

Feminine

- Understand that each of them brought this in to their experience
- Look internally at why he did it and why she hurts
- Share the vulnerable parts of yourself with each other with a desire to see both grow
- Have no expectations
- Do not tell each other how the other person feels
- Seek to understand and grow

Case Study: Alana

- Needs to find a job
- Money in her savings is getting tight
- She has two children and is a single mother



Alana's Choices

Masculine

- Get in her head and worry
- Jump into the fear pool of the future and consider all that can go wrong
- Blast 20 applications out feeling internally desperate
- Project frantic energy into the big world computer
- Believe this will be hard
- Keep applying everywhere, calling potential employers and inundating them with information

Feminine

- Seek inside for what you desire
- Listen in the pineal for confirmation all will be ok
- Know that the perfect job is out there for her
- Indicate to the universe what she desires
- Create heart-felt cover letters and resumes that have energy of compassionate confidence
- Work smarter, not harder
- Co-create

Stay grounded!

You are an electric being, and just as a light bulb needs a grounding wire to work, so do you to stabilize your energy

