

**Excerpt from Tape #132 - January 23, 1993 - Sedona, Arizona
Germane through Lyssa Royal**



Germane: All right, greetings to all of you. This is Germane. Pleasure to be with you today. The subject for tonight is balancing the male and female energies. We're going to give you a little analogy to start off with. Imagine the batteries you have that run your tape recorders.

One end is negative; one end is positive. Now, it doesn't mean that the negative end is bad or the positive end is good, but that they are opposite charges. Both charges are necessary to run the tape recorder. This reality you live in is a polarized reality. It has charges just like that battery.

There are many different ways to categorize those two charges, like yin and yang, but tonight we're going to talk about the masculine/feminine as the battery that fuels your universe.

Each of you, then, has masculine and feminine energy within you. Together those energies act like a battery. They are the fuel that allows you to be who you are in this dimension. We want to get you really familiar with these two charges and allow you to develop an intimate relationship with them.

As you develop an intimate relationship with the masculine and the feminine within yourself, this allows for the ultimate balance, the ultimate integration of your energies in this dimensional reality.

So, even though it's uncharacteristic for us, we're going to begin with a meditation. The reason for this is that some of the things you discover in this meditation you might want to refer to during the session. So get yourselves comfortable.

Close your eyes and take three deep breaths. Place the beautiful golden white Light around your body. Feel yourself relax into that Light. We're going to do a brief chakra exercise.

Meditation

Place your attention at the base of your spine. Place there a beautiful ball of red energy. Allow that ball of red energy to begin spinning slowly.

Then, place your attention about three inches below your navel. Place there a beautiful ball of orange energy. Allow that ball of energy to spin slowly.

Then, place your attention at your solar plexus. Place there a beautiful ball of yellow energy. Allow that ball of energy to begin spinning slowly.

Then, place your attention at your heart. Place there a beautiful ball of green energy. Allow that ball of energy to begin spinning slowly.

Then, place your attention at your throat. Place there a beautiful ball of blue energy. Allow that ball of energy to begin spinning slowly.

Then, place your attention at your third eye between your brows. Place there a beautiful ball of indigo energy. Allow that ball of energy to begin spinning slowly.

Then, place your attention at the top of your head. Place there a beautiful ball of violet energy. Allow that ball of energy to begin spinning slowly.

Imagine that you are walking down a long hallway. At the end of the hallway is a closed door. Allow yourself to put your hand on the doorhandle. Open the door and walk inside. You are now in a large room. In the center of the room is a beautiful, large, ornate mirror. Allow yourself to walk and stand in front of the mirror. The reflection looking back at you is the one you see every day. But now we're going to ask you to do an exercise with us.

Consciously change the reflection in the mirror to one of masculine energy. This means if you are female, see yourself as male. If you are male, see yourself as even more masculine than you feel you are in your daily life. Change this image into an image of masculinity down to the most minute detail possible.

All the while remember, this is you-this is your masculine self. We will give you a moment to look at this image of yourself and begin to feel comfortable with it.

Now reach your hand into the mirror and take the hand of the masculine image in yours. Pull this masculine self out of the mirror so that he stands in front of you. Imagine that a beam of green energy connects your heart with his heart.

Then take him into an embrace. As you embrace, feel that the boundaries between you are lessening. Feel the blending of your energies together. You blend so much that finally you stand simply embracing yourself.

Now turn and walk out of the room the way you came, back into the hallway and close the door.

Next to that door is another door. Allow yourself to put your hand on the handle. Open that door and walk inside. In that room also stands a large, ornate mirror. Walk up to the mirror and stand looking at your usual reflection.

Now, consciously begin to change that reflection into one of feminine energy. If you are female, make the reflection even more feminine. If you are male, make the reflection your female counterpart. Change the reflection to the smallest detail possible. We will give you a moment to become familiar with this feminine self.

Now, reach your hand into the mirror and take the hand of the feminine image. Pull the feminine image out from the mirror so that she stands in front of you. Imagine that there's a beam of green energy connecting both of you at the heart. Then take this feminine image into an embrace. As you embrace, feel that the boundaries between you are lessened. Finally there are no boundaries. You have become one, and you stand embracing yourself.

Allow yourself to walk out of the room the way you came. Close the door behind you. Feel your consciousness begin to come back to the room here. Feel your body here in the physical universe. When you feel ready, you may open your eyes.

These Archetypes Are Our Friends

You've just been introduced to two friends who live within you. No matter what you do in your life, these friends will always be there. We can call these the male and female archetypes. In your own time, in your own contemplation, think about how easy it was to visualize the male or the female. Were there problems with either of them? Was one easier than the other? If you had one that was more difficult to visualize, perhaps that's one that you may want to work on at some point.

These male and female archetypes are like the battery that runs your tape recorder. They live within you. Now this doesn't mean that you're going to stay polarized within these archetypes forever. No. But when you truly befriend each archetype, casting light onto them so there are no shadows, it is then that integration can truly occur.

In our perception, this is one of the most important things in terms of growth, that all of you can be working on right now. Notice we said one of the most important things; because the male female balance is also reflected in your planet.

As you know, your planet has been polarized more toward the masculine for quite some time. Now, in this time, the feminine energy is rising within all of you but the planet does not know, from it's masculine point of view, how to integrate that feminine energy. So that's why you're seeing a lot of different struggles in the family system in cultures all over your planet that are trying to break out of their old societal patterns.

Heal the Self First

We've said so many times that when you want to heal the planet, the first thing to do is to begin healing the self. So if you want to balance the energy on the planet, balance your energy within. We have all sorts of exercises that can help you with this. Some of them are rather fun, but they require you to be a little playful and a little bit courageous. So, assuming that all of you want to be playful and all of you want to be courageous...do you? [Yes.] All right. We're going to give you one to help you get in touch with the masculine/feminine within you in the physical universe, now that we've allowed you to touch them in the archetypal universe.

Play Act the Opposite Polarity

If you are a female, one day when you have some errands to run, allow yourself to dress in the most masculine style possible. When you're walking down the street, pretend you're a man. Consider what a man would feel going to get a newspaper. What would a man feel going into a restaurant for lunch? Play act and become a man; you can have a lot of fun with this. A very feminine woman who did the exercise said she felt powerful. After that she had, in her estimation, no problem in expressing her masculine side.

If you are a man, we're not going to tell you to wear a dress, so don't worry.

If you're a man and you're going out to do some errands, dress in the most androgynous way possible so that you feel neither male nor female. When you're walking down the street, imagine that you are a woman. What would it feel like to be a woman getting the newspaper?

What would it feel like to be a woman going into a restaurant? Again, this will require you to play act, pretend. It's important that you allow yourself to have fun when you're doing this, because if you take it too seriously, you don't feel the energy as much.

Now, we're going to reverse it. If you are female, and you're going out to run some errands, dress yourself in the most feminine way possible, more so than you usually do. Accentuate your feminine energy. When you're doing your errands, feel that light, feminine energy more than you usually do.

If you're male, dress yourself in the most masculine way possible-cowboy boots maybe, hats...you'd have to answer that question. When you walk down the street, feel really butch, really masculine. See what that brings up in you.

As you do these exercises, pay attention to what you have trouble with, what was easy for you. You may even want to keep a journal in order to document them. Just do it. Doing these exercises is like sticking your finger into an electric socket. We guarantee you that if you do them seriously and playfully, you're going to feel energetic changes. You're going to learn an awful lot about yourself. Does everyone understand the exercise? [Yes.]

Develop a Relationship

One of the reasons we introduced you to your internal male and female archetypes is that we'd like you to develop an ongoing relationship with them. You know, children have imaginary friends; there's no reason why adults can't have them too, although they're not really imaginary. So, pretend that this male you saw in the mirror and this female you saw in the mirror are real people who live inside of you.

The first thing we're going to ask you to do is to give them names. You can choose the name. It really doesn't matter, but make sure it is something you're comfortable with because you're going to want to refer to these people many times in the future, for they are real people inside of you.

Now, we're also going to ask you, if you want to do this, to begin carrying on imaginary dialogue with them. When you're standing and doing the dishes, think of Mary, your inner female and talk to her. Maybe you feel you're having trouble with your feminine energy, so ask Mary for advice. Ask Mary what she would do in a certain situation. Imagine her response.

Do the same thing with your inner male. We'll call him Joe. When you haven't been assertive enough, ask Joe how to be assertive. Ask him for advice. If you develop really strong relationships with these inner archetypes, we absolutely guarantee you that you're going to begin to transform.

The people who have worked with these exercises have had dramatic changes in the areas of their lives where they felt they were weak. So if you really want to accelerate your growth, try it out and see what happens.

The Time is Now

In a sense, there's no more time for fooling around. Many of you who have been involved in the New Age movement for quite some time have been getting yourselves ready for the time when it was really going to count-when it was really going to matter. All through the 80's and even the early 90's, you've been getting ready.

The time you've been getting ready for is now. When you actively take part in your growth, when you're ready to look at everything, including the shadows, you're going to accelerate very fast, and you're going to become the person you've always hoped you would become. The time is now. All of you who are alive now chose your incarnations so that you would be here now. This is because now is the time of transformation. Beginning in 1993, everything you do and say is going to count more than it ever has before. Now we don't want to sound so serious. Have some fun with it too.

You Are Filled with the Energies of Transformation

When we look at your energy fields, we see butterflies just ready to come out of the cocoon. We sense a tremendous amount of energy locked within each of you; not that you're blocking it, but that tremendous energy inside is the energy of transformation. You may not notice in your daily life that you're transforming, and you may not believe us when we tell you that you are, but you are. Transformation is a relative thing. Often you cannot see where you've been and where you're going. But in this room, there's much energy for transformation. All of you are at a turning point. This is the point of power. Use it wisely. Use it joyfully. Even if you are afraid of your transformations, do not allow your fear to keep you immobile, for the most important thing you can do is act, rather than staying still.

*Excerpted from Tape #132 called **The Ultimate Balance**. For information on audio tapes, [click here](#). We have audio tapes available from 1989 through present day. Some are also available in CD format. www.lyssaroyal.com*