



**THE 3 MOST
DANGEROUS
SITUATIONS
FOR FEMININE
ENERGY AND
HOW TO
HANDLE THEM**

#1 CRISIS MODE

When a woman has been in her masculine for any extended period of time, change can be really hard for her.

Let me explain.

I come from a pretty volatile childhood, one that had alcoholism and abuse. My parents truly did their best with the tools they had.

However, growing up in that environment created the masculine energy “drug” that I still sometimes default to.

When there was crisis, I had to take care of things or things would turn out badly. I carried this well into my adulthood and it disguised itself as being a “strong willed” woman. It was a lie. I was in my masculine and trying to control everything out of fear.

Crisis will do that to a wounded masculine energy *woman*.

HOW TO FIX IT

- ***Writing. I say this all the time, but it's imperative to be in creation mode. Sit down with a pen and paper and write out the desired outcome of your situation when you feel in crisis mode. Crisis mode does not mean ACCUTE crisis'...these DO require immediate action of course.***
- ***If you find that you are feeling a financial crisis, this is the time to write it out. Write out what you'd like to see happen. Write what you are grateful for now, these are the ways to dip into your Feminine Energy once again.***
- ***Ask yourself some questions about the crisis you feel you're in. "Is this actually something that needs to be treated like a full blown attack?", "How resourceful will I be if I don't take some time to reflect here?" (not very resourceful).***
- ***Asking a few basic questions will help you to calm down and see things for what they are rather than seeing them for worse than they are, it makes a BIG difference.***

2 BEING A MOTHER

This is a tough one for all moms out there who haven't mastered the Feminine energy that resides inside them.

Why?

Because, mothers are normally out of balance with the fathers, sometimes they are even single parents. I was a single mom for a bunch of years and let me tell you, masculine energy was how I survived. It's a tricky dance.

As the mom, we tend to be in charge of the littles (we secretly think we are the best at it anyway), so we end up masculine energy because we are making decisions and getting shit done.

I know personally that I have barked a time or two (or a million) at the kids to get shit done. We are planning and strategizing and doing all the "stuff" in the house, it's natural for us to be in this mode, but being in this mode does not feel good if it's *all* you know.

It's exhausting whether you have help or not!

HOW TO FIX IT

- ***Chill the "f" out mama. Seriously, their lives are not made or broken by how many perfect things you baked or by the number of activities you've put them in. It's not even about the things you buy them or the number of awards they win in grade 3! I promise, none of that shit matters to them in the scheme of life.***
- ***Sit down with them when you notice you're getting too much like a drill sergeant. When I can feel the masculine creeping my feminine out, I literally stop what I am doing and get up close and personal. I get into a conversation with them, I let them talk to me. It breaks my pattern and makes them super happy.***
- ***I have 4 daughters in all stages of life, this is no easy task, it's practice, just like building a muscle. I consciously have to say, "slow down Cara, you won't get this time back", that is enough to break my pattern. When I am with them and I am suffering from lack of perceived control, I simply catch it, breathe, and break my own pattern. Then, we all feel better.***

#3 BEING SINGLE

This one might be a sucker punch to the gut, but here goes.

There is an epidemic right now with the 20-30 year olds, and even beyond honestly.

- "There are no good men out there"
- "All the good ones are taken"
- "Men are afraid of strong and successful women"
- "He can't handle a women like me!"

Here is what's really happening IMO.

We (yes, you too hun), are way too far into our masculine energies since we are typically owners of companies etc. and because of this, have forgotten what balanced energy feels like. The balance between feminine energy and masculine.

I get it, it's what we were conditioned to do, but that mode 100% of the time will kill any chance of being happy with or without a partner.

When you're a strong and independent woman, you behave as though that's the only way to be, but it's not.

Men tend to not be handle a women who is trying to out 'alpha' him, it's just that simple.

So, what happens? They won't date you or won't call for a second date or _____. If they think we don't need them for anything, they simply won't show up.

HOW TO FIX IT

- ***This one is fairly simple. Practice your Goddess energy. I take Goddess baths. (1 cup of Epsom Salt, 6 or more tea light candles, oil diffuser, and beautiful music). Do this a couple times a week.***
- ***The salt bath will wash away any negative energy from your day and it feels amazing! Making this a practice helps you to identify when you're in 'goddess mode' or when you're in masculine mode.***
- ***Make sure you're writing in that journal ladies, this costs almost nothing, but will change everything.***
- ***When you are out with your love interest, let him open doors, pick up the bill if he offers, or guide you through the door. Yes, I KNOW you are capable of doing these things, but he needs to be needed and this will absolutely show him you appreciate the effort.***