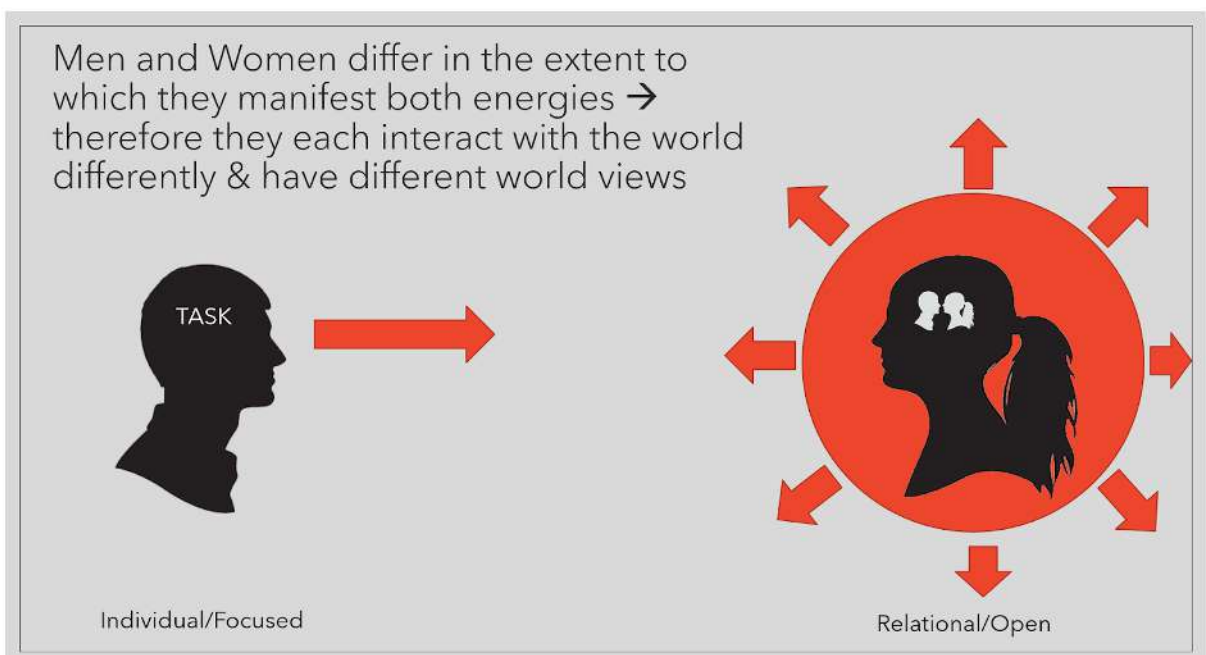
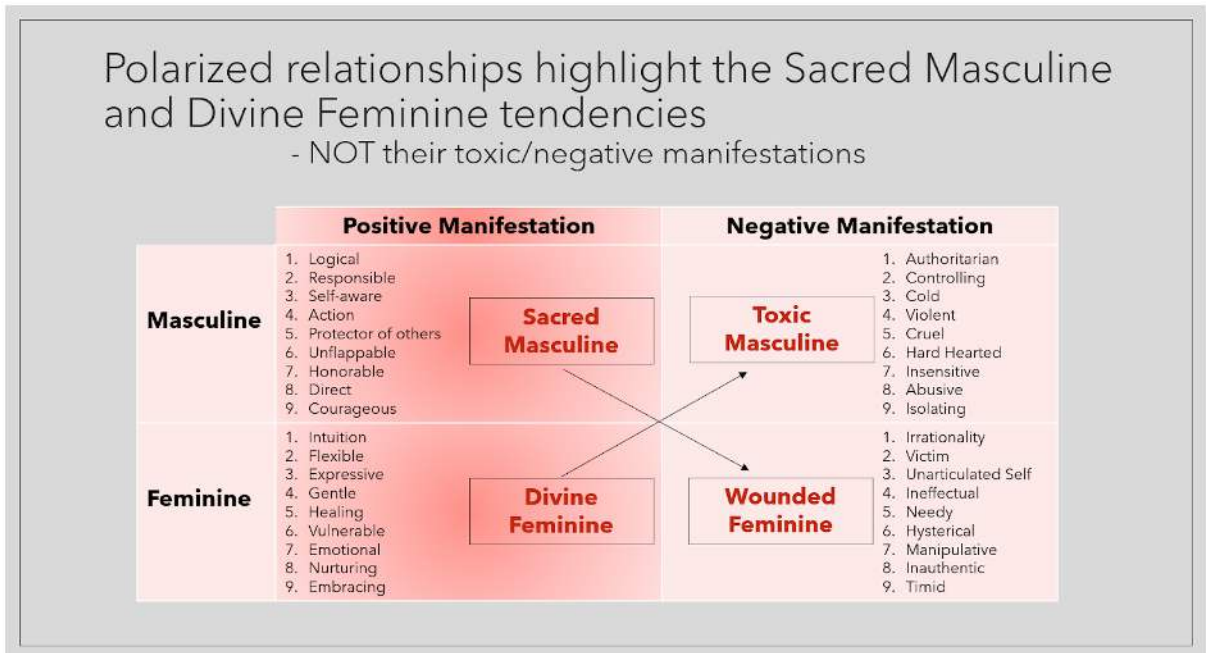


MICHAEL TIERNO GUIDE Polarized Relationships

Honoring the Sacred Masculine & the Divine Feminine in Love Relationships

Why are so many people unhappy in relationships?

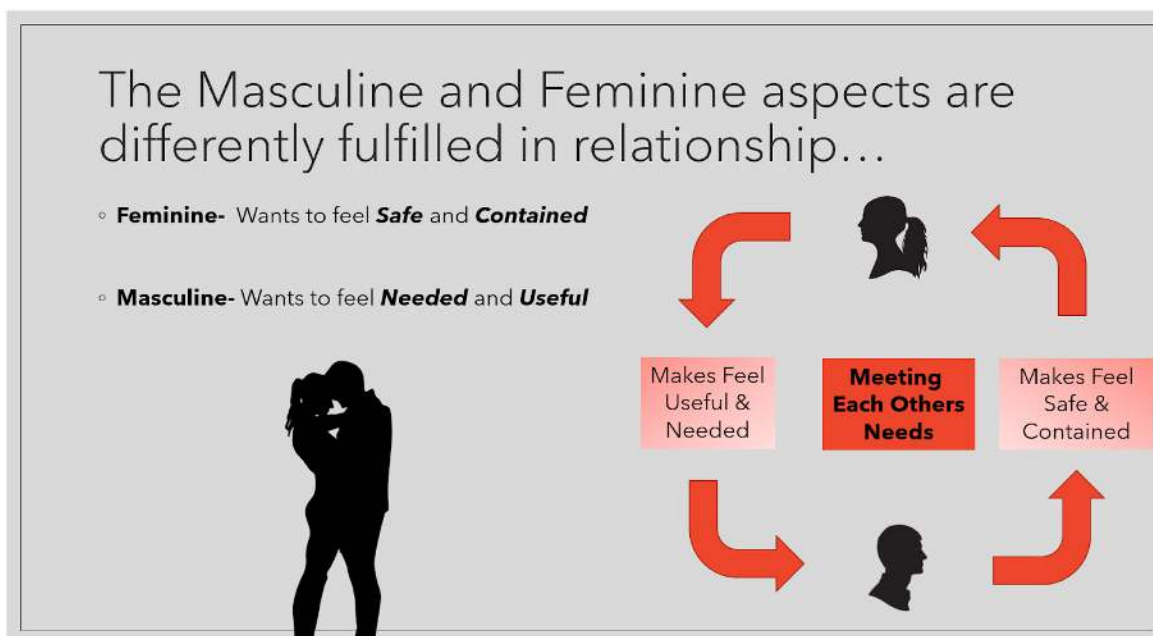
- In society a general overemphasis of the masculine at the expense of the feminine, e.g. We ask women to bury the Divine Feminine in themselves
- The only way to deep & committed relationship is to honor our different manifestations & be in polarity with our partners



Both world views are a result of evolution & both are of equal value

Individual/Focused: Hunt, move family to safety, protect others from elements, protect village from threats

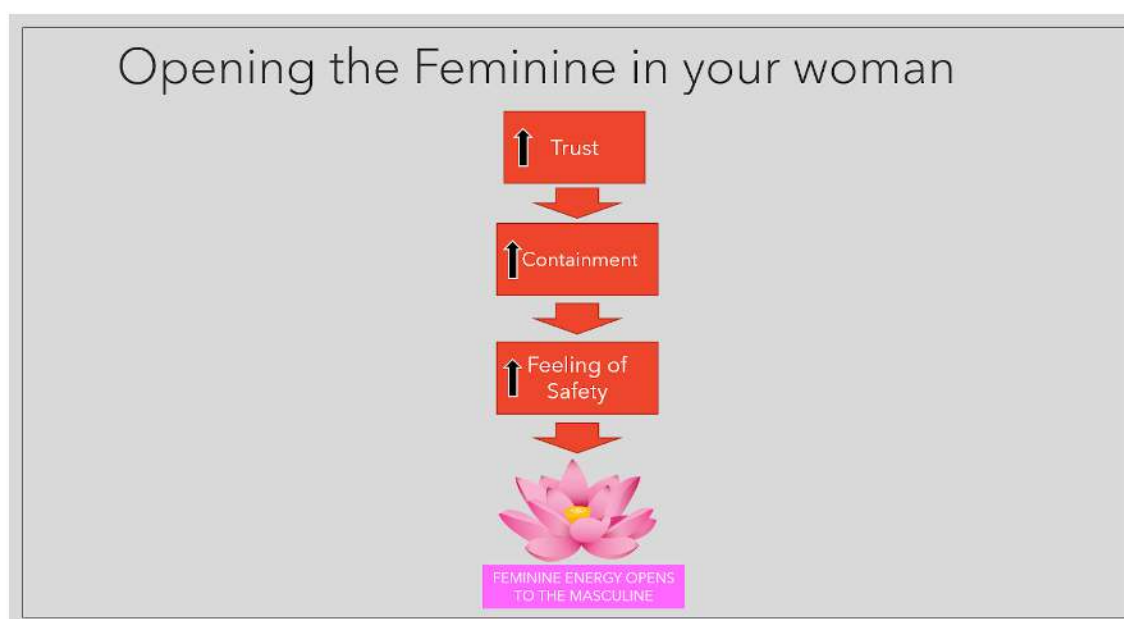
Relational/Open: Feed & care for multiple children, hypervigilant to momentary threats in environment, maintain various supportive relationships with others & partner



Women experience fear in their bodies more often than men

The more she can really trust you & feel safe with you, the more she will open to you

- The feminine feels safe when contained by the masculine. When contained, she will open herself & her feminine energy to you (Containment is NEVER Controlling)



“When I feel totally safe with my partner, I find I am willing for him to lead me to do things sexually I never thought or imagined I would be comfortable doing. It feels open, wonderful & free. It feels like more than just sex, it feels spiritual” –Julie, 52

The Feminine’s open world view settles with containment

Containment is taking her needs into primary consideration

Containment	Containment DOES NOT mean control
Look After	Controlling
Provide For	Limiting
Defend	Making feel “less than”
Protect	Oppressing
Act in her best interest...	Dominating

Trust/Energy Bank Account:

For the feminine, the foundation of the polarized relationship is trust

- As the trust bank account increases in value, the resilience of the relationship increases
- As the trust bank account increases in value, the more the feminine energy will open to the masculine

How to build the Trust/Energy bank account

As the Trust/Energy bank account increases in value, the resilience of the relationship increases

- Threats to trust need to be attended to immediately
- Need to be aware of how different worldviews impact breach of trust
- An unrepaired *perceived* breach of trust is the same as an *actual* breach of trust

Steps to repair Trust/Energy bank account

- 1- Acknowledge different world views
- 2- Communicate to repair the trust

Beware of Substitutes for Feminine Energy

Nonconscious use of the following are often used for withdrawal in relationship (all the following are Dopamine releasing activities):

- *Porn*
- *Booze, Marijuana & other drugs*
- *Televised sports*
- *Video Games*
- *Social Media*
- *News & politics*

The above can also be distractions/substitutions for getting into relationship

Positive polarized relationship dynamic...

New relationship- you feel useful and needed, she feels safe and contained... YAY!

1. You do "something" that seems fine to you but appears to be a breach of trust to her
 - *Because you recognize your different points of view, you both are able to repair the breach*
2. Trust increases
 - He cares about me
 - He loves me
 - He respects me
 - *Her confidence increases... now she becomes even more authentic*
3. Increased trust allows her to be even more *receptive to containment*
4. You become more *Charmed and Enchanted... i.e. her feminine opens to your masculine*
5. There are fewer perceived breaches of trust as the trust bank increases

Repeat steps 1-5 and enjoy each other.... Teach your children about these dynamics

