



The masterful blend of masculine and feminine inspires a balanced, playful, high achieving, and joyful life

A lesson in developing the feminine arts for the entrepreneurial, spiritual woman

To nurture our feminine power so that we live by this natural asset more often, it is our advantage to learn to honor our desires and use them as fuel to achieve our goals.

Without our fiery, passionate desires, we live and operate from our masculine energy far too much leaving us burned out and lacking connection to our *intuition, enjoyment, and creativity.*



This is a whole new paradigm to operate from for today's modern woman. However, it's been a feminine art and formula for success for centuries! It's time to recapture our natural power and dignity by doing a masterful blend of both – the feminine (desires) + masculine (goals) = your result and transformation.

Validated by Napoleon Hill's iconic book, *Think and Grow Rich*, "I believe in the power of desire backed by faith, because I have seen this power life people from lowly beginnings to places of power and wealth."

To our credit and no one's fault, we have typically not been taught nor modeled the behavior to honor and act on our desires. Instead, we have been focused on "goals and goal-setting" only, which is the masculine way to operate in life. **Intuition plays a big part in honoring your desires. Asking and listening for the guidance.**



The ideal approach to achieving our dreams, desires and goals is to have a masterful blend of masculine and feminine so that we operate out of our most natural state of intuition, creativity, and joy.

Creative Achievement Formula

Let's start here. **Desires** are the feminine (intuition) + **Goals**, which is the masculine (linear, practical), equals **Results**, which is your intended transformation. To clarify what is a desire and what is a goal, think of a long-held desire you have put off or neglected for whatever reason and begin to journal what it looks like, feels like, and all the details AS IF it's already complete. Your desires come from the heart. They usually reflect something that you deeply yearn for – like world travel, a family, a beautiful home in your favorite city or countryside, financial freedom to do as you want when you want, a luxury car, an environmentally safe car, a closet full of designer clothes and accessories, a month-long stay in your favorite European city, donate thousands of dollars to your favorite non-profit, etc.

While using this formula, include the result you want from achieving that desire. Personal transformation? A life makeover? More happiness? Higher revenues without the burnout? An up-leveled business that represents the new you?

By using your desire as the lead inspiration while defining the goals (actions), you now have an achievement that was powered by your heart, passion, and dreams, rather than just the practical, functional, linear goals. Our desires come from our intuition.

When we use our desires to fuel our goals, we now have a powerful feminine energy leading the way. And, with our desires fueling our efforts, we don't get discouraged or burned out along the way to completing the goals. Make sense?

Achieving the desire is not a one and done experience. Achieving your desires are meant to transform you.

They are meant for your evolution. They have a multi-faceted purpose.

In my life, the result I wanted from honoring my desire to live and work in Florence, Italy as a month-long stay in 2017 was a renewed approach to life, making money with joy, and a recovery of my dreams. I was numb. I was lost. I wasn't connected to my heart for several years. It was time for a major breakthrough.



The result during my month-long stay and coming back home to my old life? I fell back in love with life. I felt the depth of my heart for the first time in years. I reignited my creative spirit. I developed a new brand for my business. Changed how I ran my business and what I offered that only brought me joy. I honored that desire after 20 long years! It transformed me.

It wasn't only about the goals to generate the money to travel, acquire clients in my coaching business, plan the accommodations and flights, find a pet-sitter for my dog, and pay my bills while away, although those were important, it was my desire that kept me inspired in times of uncertainty to see it through.

Example, let's say financial freedom is your desire so you can travel the world. As a goal you want consistent \$10,000, \$20,000 + month revenues. Define the actions that will help achieve that goal, but allow your desire to inspire completing the goals.

Your next action on your own is to research costs and time frame to plan out the desire. If it's a trip to Italy, research dates, flight costs, hotel or villa accommodations (or Airbnb), updating of passport, and more will bring you closer energetically and tangibly

to this desire. *Share your findings with your Healing Soul School members in your FB group when you are ready so others can support you. Tag me so I can support you! I am in the group.*

Furthermore, to give you concrete examples of living in a masterful blend of masculine and feminine as an empowered woman entrepreneur, read the following pairings

Masculine: Take 100% responsibility for your life.

Feminine: Commit to integrating fun, play, creativity, desires, and receiving the good in your daily life as you take responsibility. Giving is the masculine. *Receiving is a feminine art.*

Masculine: Be practical, linear, systemize.

Feminine: Dream. Imagine. Vision. Daily. Trust your desires with your intuition, take action on your desires and intuition to support you in achieving your goals (money, clients, sales, systems, strategies).

Masculine: Live your values for an integrated, congruent, happy life.

Feminine: *How good will you allow your life to get?* Be in the mode of discovery and receiving the good rather than making it happen. Let go and let God.

Masculine: Massive action – do whatever it takes to make it happen, hustle, grind.

Feminine: *Inspired action where you take care of yourself along the way to the goal by taking breaks, meditation, fun, play, nature rather than leave all that till you hit your goal. That equals burnout and less pizzazz to your life.*

Masculine: Keep my competitive edge

Feminine: collaborate with others and work as a team for better outcomes

Masculine: Give of myself to my family

Feminine: Be open to receive gifts and help when offered, and ask for help if I need it

Masculine: Be laser focus on business.

Feminine: Use my intuition for guidance in my business by asking questions and listening.

Masculine: Work weekdays late and weekends.

Feminine: Self-care. Take time off to enjoy the beauty for my surroundings and my family.

From my own mentor/coach, Gina DeVee, quoted from her book, **“The Audacity to Be Queen,”** here is a list of traits to help you understand even more how to lead with the art of the feminine and inspired action:

Feminine Power: Intuitive, visionary, creative, expansive, feeling, emotion, spontaneous, playful, collaborative, beautiful, spiritual, dynamic, circular, vulnerable, nurturer, community gathering, *receiving*.

Masculine energy: Doing, thinking, protection, *giving*, practical, predictable, logical, results-oriented, linear, goal setting, functional, systems, structure, strategy, sturdy, provider, independent.

Let’s have you stand for your worth and dignity. Study this handout. This change in behavior and mindset will require repetition over time until it’s your new normal.

Observe your actions on a daily basis from a new consciousness where you identify your masculine and feminine actions. Commit to this for two weeks. Jot down your observations and share with an accountability partner in the group.

Dreams & desires do come true,

Marla

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