When it comes to genders, throughout all of existence we see an intricately balanced combination.  From the most ethereal divinity to the very material world that we know intimately, a studious mind and keen eye can observe both all-inclusive gender neutrality, and very gender-specific examples of masculinity and femininity.  The divine essence is gender-neutral but emanates both masculine and feminine energies, and in parallel, every human body starts its journey as a gender neutral individual before being defined by the realization of its gender.

For the first months of our existence, every single one of us was all inclusive, with a body that could have gone on to become either male or female, and it was only later in our development, once a solid inclusive foundation was built, that we actually took-on a specific gender.  For the rest of our existence, even once we have developed a specific gender, we still remain gender-inclusive in a very physical way.  Healthy people all have both male and female hormones in their system, women just have much higher levels of female hormones than men do, and men have higher levels of male hormones than women.

Like the hormones in our bodies, each of our souls has a combination of masculine and feminine virtues -- a combination that is unique to each soul as an individual.  There are characteristics that are predominantly associated with the feminine archetype and others with the masculine, but they are generally not exclusive to either.  The feminine divine energy and women naturally epitomize dignity and subtlety where the masculine tend to be more blatant and overt, but this does not mean that women should be introverted or weak.  Masculine divine energy and men tend to be more aggressive in nature and externally oriented than their feminine counterparts, but this does not mean that men should be insensitive or behave tactlessly.  Every soul has both a masculine and feminine side, and for the most wholesome life, each body should express the full range of virtues that belong to the soul that is one with it, actualizing them through active behavior.

The true beauty of feminine dignity is exemplified when it is balanced with healthy confidence and pride, and the true value of masculine strength can only be maximized when it is coupled with humility and sensitivity.  Each of our souls matches the body it is paired with, and the healthiest and most meaningful life is always lived when the body and the soul are in harmony with each other.  Being true to ourselves means being in touch with the full palette of our soul’s qualities, and expressing all of them in the right balance.