

**The difference between male and female body energetic: Understanding the nature of how the male and female bodies require different approaches to movement and expression.**

Obviously men and women are different...but the very nature of this difference is vital in order to attune to what type of physical movement is more or less beneficial to male or female body types and therefore what kinds of foods, in what quantities etc. I have written in many previous articles about the nature of how physical movement needs to be spontaneous and natural at the fundamental root, much like a child, I've said that food choices need to be instinctive and one needs to go on this. However it is very difficult to go from a situation of total separation from our instinctual senses and move into deep instinctive sensing as we have been trained away from these things for many years. Our senses do of course remain, under the madness of the society, but to rediscover them again is important. Hence we sometimes need guidance as to what to go towards in order that we can begin to engage more directly in our senses.

This article will attempt to show the difference of the male and female energetic systems and how they relate to the world and so how they relate to the requirement for physical movement. I will do this in a table format so that one can cross-reference male and female body type. Remember this is a polarized tendency, we are a mix of yin and yang so for some of us there will be more yang expressions in the female, and more yin expression in the male. But even then a male and female bodily expression of the same quality of energy will have similar differences to these listed below:

Aspect	Yang-male	Yin-female
Structure	Strength in the upper body and the surface muscles, weakness in the deep muscles and legs.	Strength in the lower body and core muscles, weakness in the surface muscles and arms.
Attainment of energy	The male body attains energy through expression. When the surface energy is stimulated, let's say in a physical fight, the body responds by encouraging the metabolism to acquire more nutrients so it can express outwards more. Without the stimulation the appetite and the expression start to go inwards and stagnate. Therefore the male body is the expressive and stimulated body, it requires almost an irritant	The female body attains energy through accumulation. She draws energy into the body and stores this energy in the deep tissues; strong stimulation actually hampers her ability to absorb so it is a quieter more meditative body. Of course it can stagnate too but as a general rule it has a better accumulative ability than the male and lives longer.

	of some kind on the surface to arouse its energy.	
Built for	Acute defense, expression, arousal, to be used by the female quality.	Longevity, forming within, accumulation, using the male quality, to be used by the child.
Length of life	shorter and faster	Longer and slower
Type of activity that works with the body	Martial arts, weight lifting, powerful and physical yoga.	Dance, stiller or more yin-yoga, meditational practices, tai chi and qi gong
Type of activity that balances the body	Dance, stiller or more yin-yoga, meditational practices Tai chi and qi gong  For the male these are not the basis of movement, these are to balance out the male body when it becomes too yang, tight, hot etc, and/or as the male ages and so become more yin and so then becomes more like a female body expression. Too much of this too early in development of the male is not good as it impairs the yang expression.	Martial arts, weight lifting, powerful and physical yoga.  For the female these are not the basis of movement, these are to balance out the female body when it becomes too stagnated and circulation slows down and/or when the female moves into menopause and so the body becomes more hot and tight and yang, this makes the body more like the male expression.
Ages of strength of the body	14-50	14-50
Age of body reversion	50 onwards reversion to the yin	50 onwards reversion to the yang
Body expression during ages 0-14	Tendency to be more yin  Generally the younger boy can have outer strength but encouraging this too early is not beneficial as he is in a yin state before puberty.	Tendency to be more yang  Generally the younger girl can have outer strength so to help her display this before puberty is better than after puberty.
Food intake and effect	Generally more energy is required and it burns off more easily	Generally less energy is required and it burns off more slowly
Temperature	Hotter in prime	Cooler in prime
Temperature towards end of life	Cooler	Warmer
Body awareness and focus	Narrow and Distant	Broad and close-to
Tendency of expression	Inside-out	Outside-In

life process	To seed and to protect	to absorb and to nurture
represents	Outside and back	Inside and front
aspect of the body	The head	The feet
main problem area	The head/ mind, the outer surfaces, muscle-tendon injury	The inner body organs, emotional tension, chronic illness.
Degeneration tendency	Burn-out	Stagnation
“self” state tendency	Tends towards mental focus (less emotional) and tends towards dominating egoism. Mental-Emotion pattern is discharged into physical expression more than tears more readily.	Tends towards emotion and bodily emotional pain (less mental) and a victimized egoism. Mental-Emotion is discharged into tears more readily than physical expression.

The above give examples of how the bodies are different, not necessarily personalities. Many of these are obvious but while we always need to look at each individual within their environment differently, these expressions give a picture of the body energetic of the two poles.

What you will notice is that they are always complimentary opposites; even the sports or activities that are done are always complementary. However we always need to make a differentiation between the staple day-to-day way of being and the situations of complementary additions. So for men in their prime the basis of their expression needs to be more externally physical but as they either get ill and become more yin or they get older and become more yin then as an adjustment to this using the opposite balance is a good idea. Some of the opposite is always good but an excessive amount creates either too much weakness or too much stagnation.

This is just a general guide and can be seen as a way to understand the nature of the body a little better.

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