

## Donna Joy's Informational Tracker:

A informational tracker is intended as a educational resource guide that hyperlinks to the source of information so that the reader can verify the content.

**Purpose:** How and what is Masculine energy? Is it biological sex or a methodology of thinking?

Weblink <https://donnajoy.com/terms-definitions/>

Term definitions in any discussion, project, group, or research can change the direction with predetermined outcomes.

Assumptions create a false narratives. Wrong Assumptions lead to bad decisions, poor planning, wrong analysis, and unwanted outcomes. The ability to slow it down, think it through enables us to grow in a loving logical process. Targeting trigger words or terms can manipulate others into a knee jerk reactions, limiting and controlling others.

Repeating trigger words control our behavior.

DonnaJoys.com

<https://donnajoy.com/terms-definitions/>



### Term

### Definition

### Source

Masculine energy

Masculine energy is characterized by DOING and achieving and is molded by logic and reason. The feminine is more intuitive, oriented towards receiving and allowing, and characterized by BEING. When these energies are balanced, we experience a greater sense of harmony and fulfillment.

<https://www.pausemeditation.org/single-post/balancing-feminine-masculine-energy#:~:text=Masculine%20energy%20is%20characterized%20by,sense%20of%20harmony%20and%20fulfillment.>

Female energy

You are nurturing and compassionate, You are affectionate, Your intuition is your guide, You are magnetic, You are attractive, You are warm and welcoming, You are sensual, You take good care of yourself, It's easy for you to express love, You are creative

<https://bykaterinacz.com/signs-of-high-feminine-energy/>

Energy

In a nutshell – regardless of our biological sex, we all have a mix of masculine and feminine energy, and we need both in our daily lives. Masculine energy is characterized by DOING and achieving and is molded by logic and reason. The feminine is more intuitive, oriented towards receiving and allowing, and characterized by BEING.

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