Round 2 · Lesson 9 · Gender

Action and Patience

By the end of this lesson, you know the two energies every person uses (doing and receiving) and can tell which one a situation needs.

About 20 minutes All ages Round 2

Part 1 · Read (5–8 min)

The big idea

> "Gender is in everything; everything has its Masculine and Feminine Principles."
>
> The Kybalion (1908)

Every seed needs two things: someone to plant it, and time to let it grow.

The Kybalion's last principle uses the old words "masculine" and "feminine." It isn't about men and women. **Every person has both energies,** and the old names are just labels for them:

Active energy	Receptive energy
Starting, pushing, building, deciding, speaking, going.	Waiting, listening, nurturing, sensing, letting it grow, staying.

Think about a farmer. Plowing and planting is active. But you can't pull a plant up to make it grow faster. After planting comes patience: water, wait, trust the season.

Or think about driving freight. Hours of active driving, then waiting at the dock. The waiting isn't wasted. It's part of the job.

Problems come from using only one:

- **All action, no patience:** you keep starting things, pushing people, digging up the seed every day to check on it. You burn out.
- **All patience, no action:** you keep waiting, planning, "manifesting," but nothing gets planted. Nothing grows.

The skill is knowing which one the moment needs. A new business needs a lot of action at first, then patience while word spreads. A hard conversation needs listening first, then speaking. **Creation happens when both work together.**

Part 2 · Practice (10 min)

Which one does it need?

List three things you're working on. For each one, ask: right now, does this need more action or more patience?

What I'm working on	Needs more…	What that looks like

Most people already know their default. Are you a pusher or a waiter? Write which one:

Bonus: Watch the construction

Find the cranes at BERST Stadium. What part of building is action, and what part is waiting?

Part 3 · Check yourself

3 quick questions

1. In this lesson, the "masculine" and "feminine" principles mean:

- Men and women
- Active and receptive energy, in everyone
- Strong and weak

Active and receptive energy, in everyone. Both energies live in every person.

2. Digging up a seed every day to check on it is:

- Too much action, not enough patience
- Good farming
- Too much patience

Too much action, not enough patience. Some things need time, not pushing.

3. Creation happens when:

- You only push
- You only wait
- Action and patience work together

Action and patience work together. Plant, then let it grow.

Part 4 · Try it this week

Your real-life task

This week, do the opposite of your default once a day. If you're a pusher, wait and listen. If you're a waiter, start one thing. Notice what happens.

Next: Stillness

Silence, breath and listening inward: the practice that ties the seven principles together.

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