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Raise Your Vibration

Masterclass

Video 17: "Male and Female" Energy While You Doing Exercise

In this video, I want to shed some more light on male and female energy and training methods.

Most people have a preference for one of these training methods.

They either only do yoga, focusing on the feminine, or they focus on fitness, particularly the chest and biceps, which is mainly a male energy.

Some men, for example, also only train their upper body.

But by doing this for a long time, whether focusing solely on male or female energy, or just the upper body in male energy, you may invite problems in your body.

Because it's not balanced.

The reason why you, as a man, also want to do exercises with feminine energy is that this brings more inner peace.

It is relaxing and helps you experience less stress.

While fitness and weightlifting just put more stress on the body.

Other benefits of these fluid, more feminine exercises like yoga or tai chi are that they work mentally and emotionally healing, and you can also sleep better.

The benefits of male sports exercises like fitness are that you build strong muscles, your bones become stronger, and you push the limit of what your body can handle.

In addition, many good hormones are released when doing high-intensity sports. It helps with maintaining your weight and is also a great way to release excess energy or emotions like anger and frustration.

Finding a balance between these two extremes is the most important thing you can do when it comes to movement.

Your body is not just male or female. If you're a woman, it doesn't mean you don't have male energy, and vice versa.

The goal is to find a balance between these two energies.

And perhaps you think, if you're a man, it doesn't matter if I'm flexible.

Or if you're a woman, it doesn't matter if I'm strong.

But that's not what it's about. It's about having a balanced energy output through these two different types of exercises. And this ensures that your mind and your spiritual body function better. That energy flows better. And that's the reason why you want to do this.

Additionally, you'll get better at both sports if you do them together.

Your yoga will progress if you do strength training, simply because you get stronger.

Your fitness routine will go more smoothly because you have more rest and flow during your exercises and you're more flexible.

This makes you feel good, and that's what this masterclass is about.

To feel as good as possible because this good feeling creates a high vibration.

And with that high vibration, you'll attract and manifest what you want.

So I wanted to emphasize that once again.