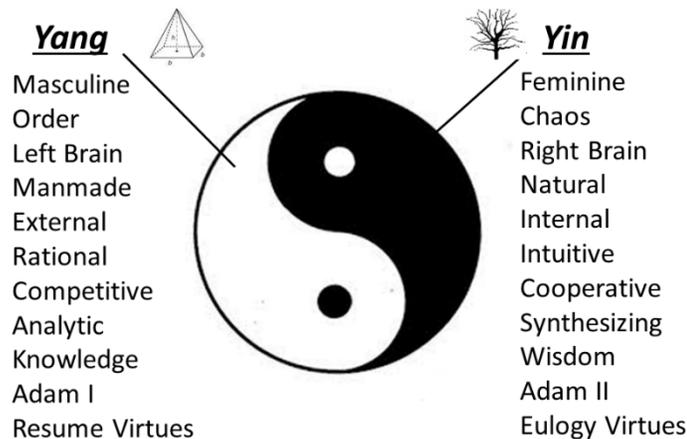


1. Defining *Masculine.....and Feminine*

As a start, to help us with an understanding of natural differences between masculine and feminine, I will refer to the Yin/Yang model, which is elaborated in great detail in the *I Ching*, forming the basis of Chinese philosophy. I am not aware of a more intelligent, comprehensive and time-tested method for defining natural, healthy, and balanced masculinity and femininity. It is certainly possible that equal or superior models exist, but this is what I came to learn and what I am most comfortable using. This will be only a very abbreviated description, but I hope sufficient. Here goes....

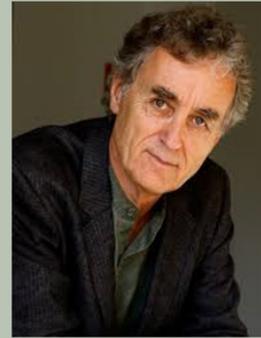
All knowable things exist as functions of a dynamic interplay of opposites classified as Yang/Yin: day/night, summer/winter, strong/weak, sun/moon, pleasure/pain, dry/wet, up/down, push/pull, warm/cold, expand/contract, etc. In order for something to exist, it must have an opposite. For example, if it were always daytime and never nighttime, we would not notice daytime because we would have nothing to compare it to; hence daytime would not exist. The Yin Yang symbol represents a perpetual circular motion (shown below as counter-clockwise) in which one side grows while the other shrinks, then a seed is planted, and the growth is switched, then repeated. The dynamic contrast of opposites is a fundamental property inherent in everything, but it is important to understand that Yin and Yang are not separate categories; rather they are the extreme poles of the same continuous whole.

This polarity applies to human attributes as well. We, men and women, all possess both Yang and Yin characteristics, yet is natural and healthy for men to have more masculinity (Yang) than femininity (Yin), and women vice versa.



The personality of each man and woman is never static, but an ongoing exchange between Yang and Yin. It is crucial to keep in mind that we all, men and women, are expressions of both Yin and Yang, but that a man tends to have more Yang than Yin, and woman vice versa. But again, naturally we are all manifestations of *both!*

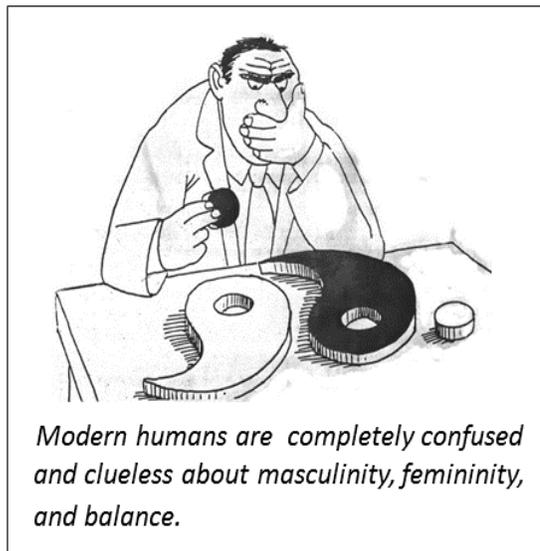
Looking at this list of opposites, it is easy to see that our society has consistently favored the yang over the yin – rational knowledge over intuitive wisdom, science over religion, competition over cooperation, exploitation of natural resources over conservation, and so on. This emphasis, supported by the patriarchal system and further encouraged by the dominance of sensate culture during the past three centuries, has led to a profound cultural imbalance which lies at the root of our current cultural crisis – an imbalance of thoughts and feelings, our values and attitudes, and our social and political structures.



-Fritjof Capra

The dominance of Yang over Yin is a dual-edged sword. Going back to Aristotle, maybe longer, it has facilitated many of our greatest achievements in knowledge, culture, and technology and has ushered in the modern period of unprecedented luxury, comfort, and safety. However, simultaneously it has served to keep women in a subservient and comparatively powerless position as well as hastening the fall of the Roman civilization (and soon arguably our own). In the context of traditional Eastern thought, despite many advancements in the short term, this imbalance would be seen as unnatural and unhealthy for individuals and society as a whole in the long term.

For centuries, men have been in charge of Western civilization, even though they have not been giving much conscious consideration and care about the nature of masculinity. Ask most people, men and women, about what masculinity and femininity are, and usually you will get blank stares, confusion, or answers that are simply not well thought out. Or go into more detail and ask for a definition of rationality, and you may get a decent one; but then ask about intuition, and the reply is usually widely varied and practically incoherent. With this lack of contemplation comes the distinct likelihood that we are making huge mistakes that have negative consequences throughout society. When pressed for an answer, the response is almost always different from the definitions of masculine and feminine provided by the Chinese Yin/Yang model.



Modern humans are completely confused and clueless about masculinity, femininity, and balance.

The Distortion:

In today's culture, this is how we typically view masculine and feminine:

Masculine	Feminine
Macho	Meek
Strong	Weak
Active	Passive
High-performing	Low-performing
Winning	Losing
Brave	Scared
Rude	Nice
Smart	Gullible
Leaning in	Shying away
Competent	Incompetent
Confident	Reluctant



For centuries we've allowed male to dominate female. Yang is fat and watered-down, while Yin is devalued and shrunken. Both are sick and pale, and they resemble each other more and more.

Looking at these two columns, we can see that we still value the masculine over the feminine, but the problem is that now, after many years of doing so, both have become grossly distorted, bearing little resemblance to the poles of Yin and Yang in natural balance. This is a mistake, unnatural, and destructive. The traits in this feminine column seem more like insults. Most of us, men and women, if forced to make a choice would rather be seen as this version of masculine – short of being seen as an insensitive bully - because this version of femininity is humiliating. At least a “masculine” person has a chance at making money and being respected by others, which are apparently our top priorities. The problem is, this false version of masculinity is also corrupt, unhealthy, and destructive for all of us.

Many popular self-help experts unwittingly fall prey to the new, unhealthy, unnatural definition. They see men behaving abrasively, abusively, and blame it on some version of insensitive and ignorant machismo (the wrong view of masculinity) so instead of encouraging healthy Yang (correct view of masculinity) traits, they react by recommending that men get “in touch” with their feminine sides (not exactly the healthy masculinity). Or to women who are shy and scared, they say “lean-in”, act more like men, get promoted up the patriarchal ladder, and magically bring with you the feminine characteristics that still remain misunderstood, devalued, and suppressed. Professional psychological advice is given to men to be more like women, and there is a particular (and increasingly popular) brand of feminism which is devoted mainly to making women more like men, in the name of “equality”. Advancing women's power in the Yang-dominant environment, while doing nothing about the imbalance of Yang over Yin, can never work, and we know it at a visceral level. **Falsely-feminine men are seen as wimpy and falsely-masculine women as bossy, for good reason.** It's a turn-off, because it's simply not in accordance with how nature functions.

Which version of masculinity do you prefer in yourself or in your partner?

This one

-or-

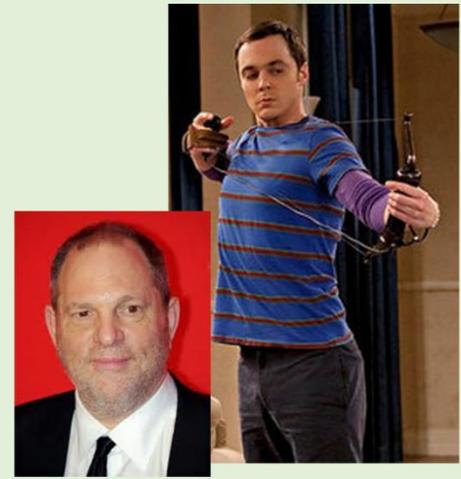
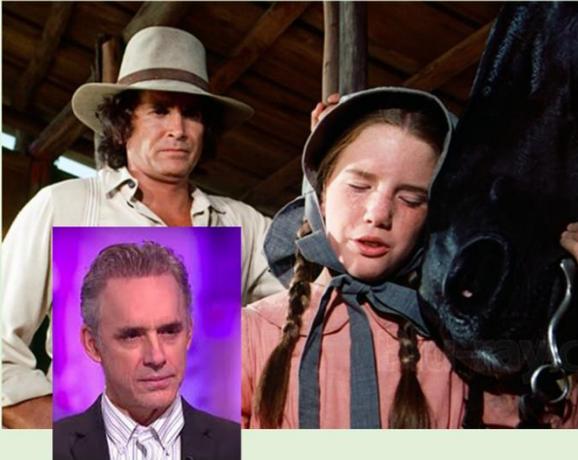
This one

Balanced and Natural

strong, humble, independent, competent, honest, confident, trustworthy, and compassionate

Unbalanced and Unnatural

braggadocios, insensitive, abusive -and/or- weak, wimpy, impotent



By taking this unnatural path, by valuing Yang over Yin for so long, we have corrupted both, and are now pitting the corrupted versions against each other. To resolve the conflict, we double our efforts to make them the same, to make weak men more like sick women, and weak women more like sick men, until everyone is identical, sick, and weak.

“Still, the biggest problem in modern relationships is not men who are not enough like women. It’s women who have become too much like men.”

John Gray, *Venus on Fire, Mars on Ice* p. 136

We see the products of this effort to feminize men all the time now, like in a very common type of TV commercial, where men are depicted as the false version of feminine - clueless, pathetic, and impotent - while the women are bold, intelligent, and competent.....thus “respectable”.



“I wish you’d get more in touch with your masculine side, Robert.”

Don't blame the experts and activists. It's not their fault. They're just filling a gap caused by men failing to be masculine and refusing to value the femininity that is natural to men, and especially to women obviously. Men have been in charge, and have been falsely masculine; and to simply replace them with equally falsely masculine women is to perpetuate the dominance of Yang; so the problem, the imbalance, will persist. Men full of unchecked pride and greed have been glorifying economic/political power (and all the other incorrect Yang characteristics) to the degree that it defines the value of a human – ALL humans – men and women. Men created this problem and men need to solve it.

Naturally, we don't want everyone to be the same, sick then dead,.....

.....like a battery that has had one pole stronger than the other for so long that eventually there is no charge at all between the opposite poles. However, this is the most travelled path, to make men and women *the same*, instead of opposite and equal. I am advocating for an understanding of true masculinity and femininity that leads to exalting, revering, and loving them both as perfect equals, each dynamically feeding the other, a true two-way street. Judging one as superior to the other obscures the truth: that they are equal and complimentary aspects of human nature in *all* of us, male and female. Both are critical for a healthy, energetic, and mutually beneficial polarity in *all* of us, male and female. But because a naturally healthy "average man" is just a little more masculine than feminine, his masculinity is most naturally balanced by the most optimal delivery system for femininity (a truly feminine woman, or man I suppose, if homosexual), and vice versa, in order to exist.* Yes, to *exist!* We need each other as opposites, to provide that which we do not have alone. Without each other in dynamic balance, neither Yin nor Yang, neither masculinity nor femininity, can be said to exist. Both poles get weak and die. We can each embrace both or neither. I advocate for both.

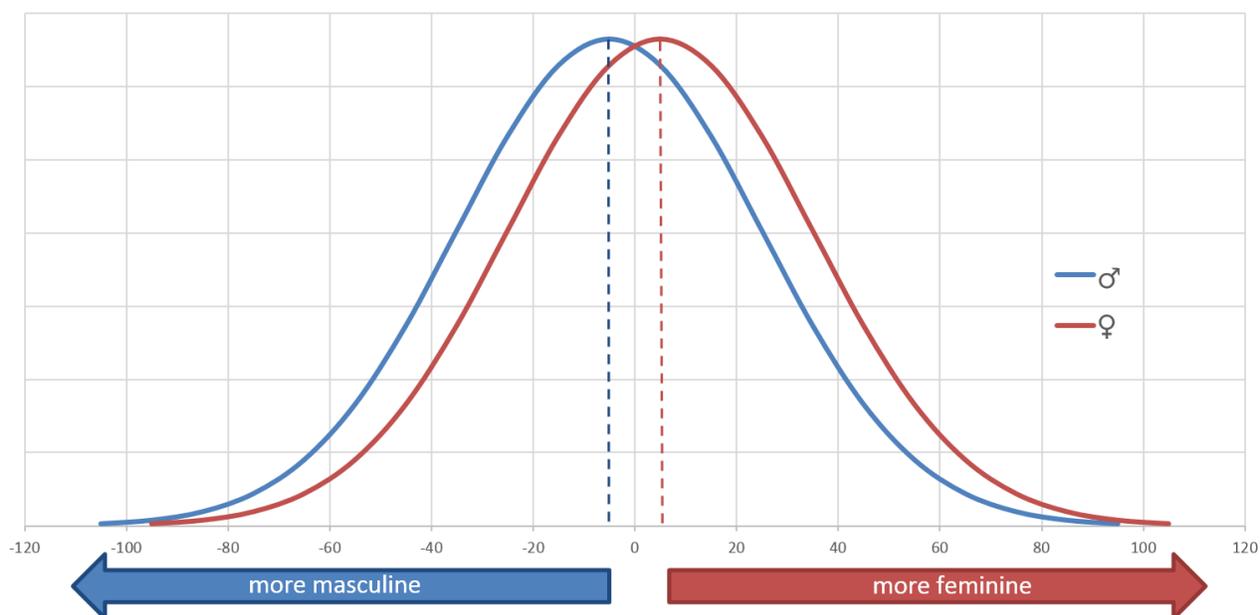
*We need not yet concern ourselves with seeking out a mate who can balance our masculinity. We need to first work on our masculinity independently. I would say the most rational place to start is with *rationality itself*. As we languish in today's increasingly pale Yin/Yang sameness, we fail to be either rational or intuitive, so to realize our true masculine nature, we must re-train ourselves as men to be more rational. Trusting but not verifying experts, following scripts mindlessly, conformity – these are enemies of rational thought.

Going forward when I use the word "masculinity" and "femininity" I am referring to those that are balanced, natural, healthy, not the sick and pale versions that are normal today.

Avoiding Confusion of Terms: Sex Versus Gender I am adopting the traditional view of biology that sex binary: that either you are born male or female, with a very tiny fraction of exceptions. Gender, on the other hand, is a spectrum of masculine (yang) and feminine (yin) characteristics which are present in all of us, falling along a roughly normal distribution curve. As stated before, we are all both feminine (yin) and masculine (yang) to varying degrees, depending on the individual, but there is also a natural difference between the average man and average woman (the blue and red vertical dashed lines).

Although the sexes, male and female, are biological opposites, the difference in characteristics between the average female and average male is relatively small, whereas the overlap of is very large. With most characteristics, men and women are more similar than they are different.

Normal or Gaussian distribution



For example, the average man is physically stronger and lower in trait agreeableness than the average woman, but you don't have to look hard to find a man who is physically weaker and higher in trait agreeableness than the average woman.

This representation enables us to use the terms "typical male" and "typical female" while acknowledging mathematically that there are many, many exceptions. That's the point, to avoid confusion over terminology.

Note: A mother will do anything to protect her child. As with Mother Nature, feminine energy is fecund, nurturing, and kind - but also extremely powerful - even violent - when children are threatened. This particular expression of natural Yin/Yang balance is of biological necessity, since a mother dedicates a minimum of nine months of her life to bring a new one into the world, while a father's contribution can be as low as nine seconds. She must protect her investment, while he can just make more deposits elsewhere. Likewise, when an ideology is born, and then a feminine person (woman, man, or other) becomes attached to its survival as if it's a child, any threat is often met with the same intensity, even violent rage. This is a very anti-PC idea I learned from psychologist Jordan Peterson, who has researched and spoken extensively on the subject of psychological differences between the genders.

More Noteworthy Differences:

Observations, not opinions.....

The facts of nature point to clear differences anatomically, emotionally, psychologically. These differences are the result of millions of years of biological evolution, or maybe you believe that's just how "we're made". Either way, these are observations, not opinions. Here's a partial list:

	Femininity (Yin)	Masculinity (Yang)
Muscular	Small	Large
Chemistry	Thrive on oxytocin, serotonin	Thrive on testosterone, dopamine
Mate preference	Prefer mates who can secure resources for offspring.	Prefer mates who have high reproductive capacities
Genetically determined attractiveness.	Has the physical attributes that correlate with fertility (like a waist to hip ratio of approx. 0.7, facial feature symmetry, etc.)	Outwardly display wealth and resources. (true of most species, where the male has brighter colors, big feathers or tails, etc.)
Genitalia	"Innies"	"Outies"
Sexual Investment	Caring for babies and for physical appearance	Spreading seed, acquiring more resources.
Emotional expression	Internalization	Externalization
Personality Traits	High Agreeableness & Neuroticism	Low Agreeableness & Neuroticism
Psychology	Intuitive, cooperative, synthesizing	Rational, competitive, analytical
Body fat	Healthy at ~ 25%	Healthy at ~15%