

# **Treasures Along the Path Study Guide**

## **Male and Female Principle of the Universe**

Treasures Offering: February 2013  
Archive Date: August 7, 1984

### **Key Points**

There are two sides to everything, male/female, dark/light, positive/negative, this is the nature of duality.

The male and female principles within each person are meant to bring us back to the point in the middle between two opposite poles.

Feeling can be an uppermost quality of women and reason an uppermost quality in men.

The goal is to unite the two opposite qualities – male and female - within yourself. Saints have integrated both male and female qualities.

The soul is beyond all qualities, either male or female, it just is.

God is the true soul mate of everyone.

God, who is beyond all creation, is in a state of bliss. He is unmoving, unmanifested.

The practice of kriya yoga unites the left and right side into the center of the spine. Our opposite movements of energy become centered and united in the deep spine. Real spiritual work begins when the energy is centered in the spine.

Increasing your receptivity can help you progress spiritually.

Sri Yukteswar said that without love, you can't put one foot in front of the other.

### **Questions**

How do the male and female qualities express themselves in you?

What are some ways in which someone you look up to - exhibits both male and female qualities?

Reflect on what Swami says about society today having gone too much toward reason, and that we need more of a balance with the quality of love.