



***About the Author: “I’m Preet, a human who seeks to understand the world and its happenings. And just like any human, I’ve had to struggle with conflicts of masculinity and femininity, which have often hurt me as well as the people around me. This topic especially pulls me, so I’m happy to be able to share my personal insights.”***

“Masculinity” and “femininity” are labels we have given to two fundamental worldly forces. The “masculine” is independent, assertive, and powerful. The “feminine” is humble, sensitive, and gentle. When both forces come together and dance, there is harmony.

These forces exist within all of nature. Oceans, mountains, trees, feelings, thoughts, ideas— if we look, we can find the masculine and the feminine in everything, including ourselves. You see, we need not be a female to be feminine nor a male to be masculine. Every individual is his or her own dance in a dance of dances of dances.

But somehow, for some mysterious cosmic happening beyond our understanding, for just a moment, the masculine and feminine had a little accident and lost their balance. We live in the microcosm that is that misstep. An era of imbalance, where the scale has been tipped to the side of the masculine, and as a result, has become toxic.

What was healthily independent, assertive, and powerful has become egotistical, violent, and careless, and culture’s subconscious worship of these ideals by both men and women has manifested itself into the problems we see today.

Toxic masculinity isn’t a male problem nor is it a female problem. It’s a human problem. All of us, whatever part of the spectrum of sexuality we lie on, must learn how to truly embrace our masculinity and our femininity, so that we may become a graceful dance unto ourselves, whose energy pulls those around us to move along to our beautiful rhythm.