

Woman Returning to the Feminine

Women have been manipulated by society to believe that their longing for more will be satisfied by designer clothes, the next career move, a new partner or gourmet food. These things may temporarily fill the hole she experiences in herself but the true source of her longing is her inner being calling her home to reclaim her feminine essence.

Connected to her feminine essence, a woman comes to know herself as love, to feel and experience the natural bliss and ecstasy that can only come from her inward journey. The essence of woman as ecstatic, tender loving has been abandoned in our society as women have been encouraged to become more masculine. Instead of using gifts of nurturing, creativity and intuition, which were revered in times past, women are living in the mind, out of touch with their bodies and their true nature.

A woman living in her mind is destructive to herself and the people close to her as the mind is always attempting to be in control, leading to struggle, competition, jealousy and demanding behaviour. We have been conditioned away from our vulnerable, feeling, responsive natures – which is the true source of feminine power. The further a woman retreats into the mind, the thirstier she becomes for something real and so she demands more from the external ex-

periences to quench her thirst.

In order to satisfy this thirst & inner longing, a woman can begin making aware choices for her life – slowing down, feeling herself and cultivating conscious connections with other aware men and women. A woman is most beautiful when she is vulnerable, when she allows the sensations and energy moving through her to be felt and expressed through her body and voice without expectation or censorship.

Women's workshops can be a catalyst for inner transformation, as women learn exercises to support their inner opening and also begin to have real conversations with other women. Staying in this place long term simply requires a daily practice of inner connection and staying with oneself through all the feelings flushed to the surface.

A conscious man can support a woman to become more real by staying present with her and not going into reaction mode or attempting to placate her. Bringing awareness and presence to a woman in lovemaking can assist a woman in letting go and having a new experience of herself as a woman. This allows a woman to bring more of her depth, beauty, love and gratitude to the surface.

Women need and want real and true inner connection – until a woman comes to experience and know herself as this she will feel



empty. This process begins with an inner commitment to her own truth and can be enhanced by conscious relating with a lover and with real interactions with friends.

Martina Hughes of Tantric Blossoming has been actively exploring sacred sexuality, tantra, breathwork, energetic healing and shiatsu for over 8 years.



Martina's vision and passion is to inspire men and women of all ages to feel their own natural energy, joy, vitality and bliss. She facilitates a space of greater awareness, openness and receptivity for people to experience the essence and freedom of their inner being. Martina offers mixed workshops, courses for women as well as Tantric consultations to women, men and couples to expand their knowledge and energy. For more information, visit www.tantricroblossoming.com or phone 02 9664 1110.