



Orgasmic-ness is a Woman's Natural State

Woman carries an intrinsic, infinite capacity for orgasm, pleasure and bliss. Sadly, her natural potential has been neglected due to repression of the feminine energy and a lack of sexual understanding in our society.

We live in a world where the sexual imbalance in women is creating disease, struggle and fear in the collective psyche. The question for humanity is – "How do we support women to return to their natural feminine state?" When a woman is natural, relaxed and orgasmic in her femininity, struggle disappears from her life and the peace she emanates affects the whole environment.

For a woman to experience her natural orgasmic state, she needs to relax and learn to breathe deeply into her body. Her deeper breathing will make it easier for her to feel and

connect with the internal sensations, without judgment of what it "should look like or feel like". Heartfelt sex and unfathomable orgasmic states happen in the body, not the mind.

One way a woman can support herself dropping into the body prior to lovemaking is by lying down and placing her right hand on her lower abdomen with her left hand being placed over the right hand, breathing fully into her lower belly and vagina. This will assist her in being more sensitive and present in the vaginal area.

Once a woman has more awareness in her vagina, she will begin to feel the electrical impulses emanating from the end of a man's penis and into her body. It is this electrical energy from the man's penis which initiates and activates a woman's dormant inner mysteries.

When a woman is tense in her vagina, there is less feeling and sensation and so she goes into performing mode to make it seem like something is happening. Through this performing, she becomes further disconnected from her body, her inner self and her partner. This creates further tension internally, and leaves her feeling dissatisfied and empty afterwards.

When a woman starts discovering feelings and sensations in her vagina, she can then reflect to the man what she is feeling through her ecstatic sounds. A woman's sounds are a powerful gift to a man during lovemaking, as they provide direct and immediate feedback of what she is feeling and experiencing. Thus, the man can tune into the woman's sounds and know whether she needs more or less stimulation, deep or shallow penetration and whether to adjust the position of the bodies or remain the same.

When a woman suppresses her sounds due to societal conditioning, she leaves a man hunting for her in the dark without any indication of where she can be found, energetically speaking. As a woman plays with her sounds more, she comes to realise that she can actually guide and teach a man how to make love to her, rightly, solely by using her sounds.

The deeper a woman relaxes into the feelings inside her vagina, the stronger she registers the electrical impulses radiating from the man's penis. It is this electrical

charge which stimulates movement and the flow of energy throughout her body. This movement and flow of energy leads to a natural undulating of her spine and gentle contractions of her vaginal walls accompanied by sounds that flow from deep within. All of this will have a natural ease, allowing the woman to no longer strive for one orgasm, instead she enters the world of the orgasmic wave of bliss. In this world, she is capable of having orgasms, one every eighth tenths of a second, for hours.

In orgasmic bliss, the waves of energy keep opening her body, taking her and the man into deeper and deeper experiences. In this state, the boundaries between man and woman disappear and they feel as one; a pulsating energy which transcends the physical experience and becomes a taste of the divine.



Shantam Nityama, Tantric Mongoose, has been facilitating profound transformation in the

lives of men and women in workshops and sessions for over 25 years. Nityama brings fresh insights on the masculine/feminine dynamic, a unique form of bodywork to restore orgasmic bliss in the body and powerful wisdom on using sexual energy for awakening to our divinity. For more information visit www.nityama.com



Martina Hughes has been mentored extensively by Nityama to support her return to a natural feminine state of being. Martina's greatest passion is sharing the essence of these teachings through workshops and sessions which support men and women to realign with their natural polarity and to know their inner divinity. For more information, visit

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