



# A New Empowered Woman

Your guide to unlocking and sourcing infinite power and pleasure from your deepest core, your sex center



# Welcome, Woman

My love, your sex center is the beginning of everything! This is where you (and the whole Universe!) came from. You are the extension of the Big Bang!

This is the source of your power, your creativity, your self-worth and your pleasure.

As a woman, you have a natural connection to the sexual energy around you. Your whole body is designed to be multi-orgasmic. You were created to enjoy life, to feel pleasure and explore.

If a woman feels disempowered in any area of her life, it can always be traced back to her sex center. Unlock it, and everything will flow in your life.

Are you ready?

It's time to claim your full power.  
It's time to stop hiding.  
It's time to own your sexuality and show  
yourself to the world.  
The new, empowered woman that  
you were born to be.

STEP 1: Opening The Vortex

STEP 2: Sourcing-In

STEP 3: Self-Expanding



A close-up photograph of a pink rose, showing the intricate, layered structure of its petals. The petals are a vibrant pink color with some darker shading in the folds, creating a rich, textured appearance. The lighting is soft, highlighting the delicate edges and veins of the petals.

## STEP 1: Opening The Vortex





# Open The Gates

If your sex center is closed, nothing can go in, and nothing can go out. It's like keeping the most magnificent jewel locked in a safe - you don't get to admire it, wear it or even polish it. Most people living a fast-paced life have their sex center closed. It's because this center is receptive (more on that in Step 2). Walking around with an open sex center is not practical and can feel unsafe, so unconsciously we decided to just close the door (and not have to worry about it). If you want to be able to source from it, of course you have to open it!





**Mindful penetration** - this is a direct opening of the center. Through mindful penetration, the sex center opens on a physical level, literally. However, rushed, inconsiderate penetration will have the opposite effect: it will create a trauma in your body and make it tense (closing up even more).



**Sing** - the key is to sound from your root. This will be a deep sound and it may feel awkward to make it. This is not the typical “feminine” sound we are used to. This is more of a roar. You know you are getting it right when you will feel vibration around your perineum.



**Hula Hoop** - this one is perfect to loosen up your hips!



**Shake it!** - play some fast music and shake all of your body. Shake your arms and legs and even your tongue. Lose control and let your body do any movement it wants without worrying whether it looks good or not (after all, no one is watching). This is surprisingly quite tiring, so you may find 2-3 minutes to be more than enough.



**Sexual healing** - any sexual trauma will keep your sex center closed. This may, in fact, be the most important thing you can do to open your core. Sexual trauma isn't just created through rape or abuse. Unwanted attention, feeling unsafe, rushing with sex can all create a trauma in the body. It is very important to work with these wounds and move that energy out of the body.



**Dance** - tap into the sexy latin moves and sway your hips to your favorite music. Solo or with a partner, let your hips loose!



**Yoni gazing** - the shame and insecurities around our sexuality and genitals shut down your sex center. When we carry them, we may find it very hard to relax and allow penetration (and as a consequence, all sex becomes forceful, shutting you down even more). Your yoni has been turned into something that smells, that should be covered, shouldn't be talked about and should be shaved. And yoni gazing - looking at your yoni - is one of the best ways to write a new story around your genitals. Take off your underwear, take a mirror and for 10 minutes simply look at her. Emotions may arise. Discomfort may arise. Welcome them all, this is part of the healing process.





## STEP 2: Sourcing-In





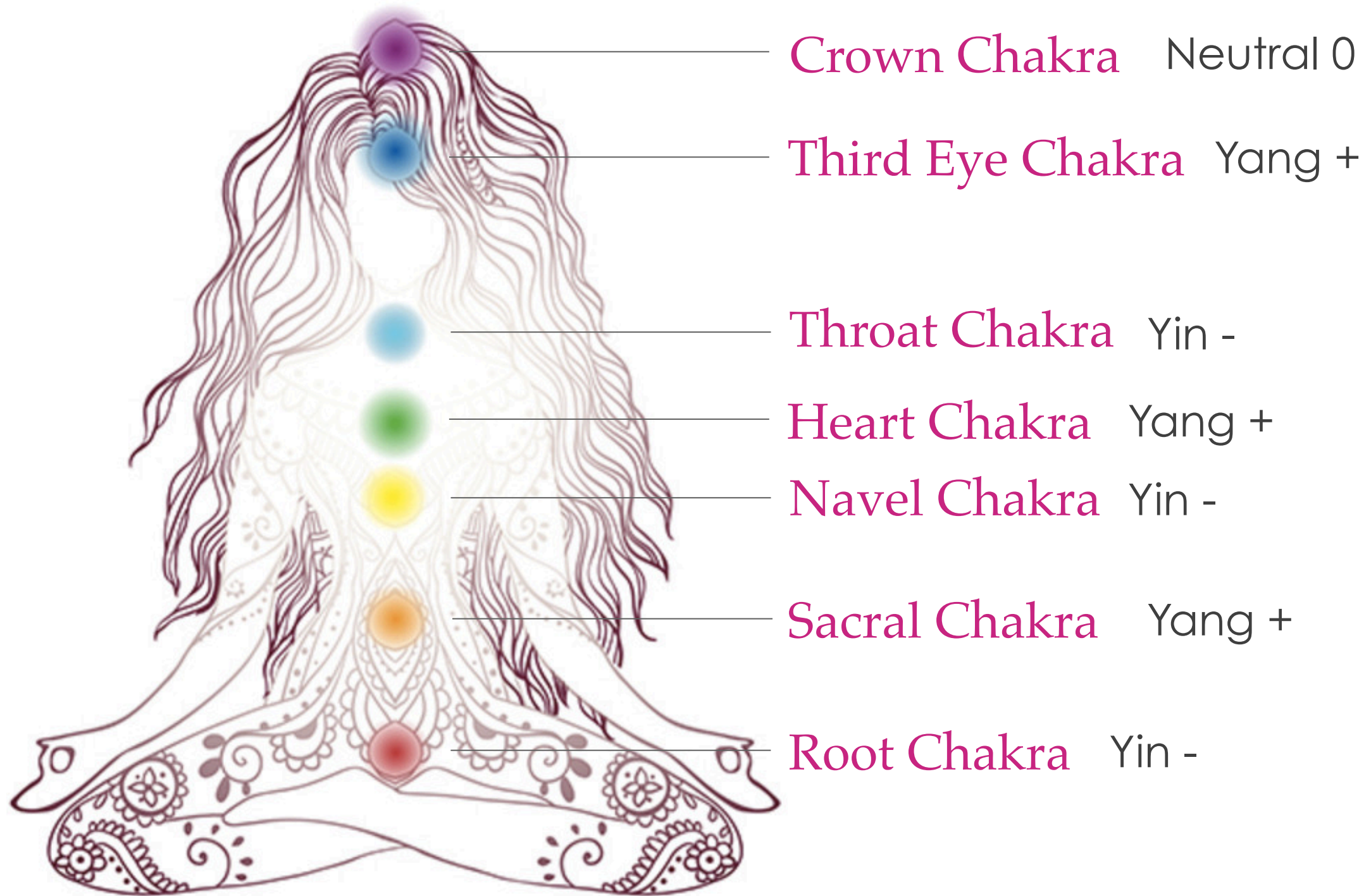
# Energy Alchemy

Your life force energy continuously flows through you, keeping you alive and energized. This flow is opposite in a male and female body. Where a female body draws energy in, a male body gives it. This is due to opposite polarization of chakras in male and female body.





# Energy Polarization in a Female Body



# Recharging Your Sex

Your Sex Center (Root Chakra) naturally draws energy in. That means that it's easy and natural for you to source the energy and recharge your sex center.



**Sex** - when you make love, you receive huge amounts of energy into your sex center. Penetration will always give you the most energy (and there is no comparison between the toys and a man's cock). However, this does not mean having sex with anyone or sleeping around. Because you pull your lover's energy in, you need to be mindful of what this energy is. You don't want to fill your sex center with just any energy or potentially contaminate it. Filtering is a feminine quality, so make sure you're filtering your lovers right!

*\* Because your sex center is yin, it will automatically pull the energy in. That means you need to work on boundaries (both physical and energy) so you don't fill it with the unhealthy energy.*






**Nature** - your Root Chakra is your closest connection point to nature. When we live in a city, on a high floor, and spend time in an industrialized environment, our sex center becomes depleted. When, on the other hand, you get into nature, you are re-filling your root chakra with huge amounts of earthy energy. Wear a skirt, let go of underwear, and walk around nature! Source all of that energy directly into your yoni. If you can be fully naked, even better. The most powerful will be soil (ground) and rocks. If you can, walk on them barefoot. Another powerful way to connect to their energy is by lying with your belly down.




**Inhale** - breath is the most powerful way to move energy. You bring it in with an inhale, and give it away with the exhale.




**Flirt** - whether single or not, flirting is a beautiful way to connect to other people. This is not about cheating or having intention to, but simply giving yourself permission to play with the polarization of the feminine and masculine energy. That's all. Just like laughing makes you enjoy yourself more, so does flirting. What's important here, is to allow yourself to receive attention and masculine energy from the other.



**Be playful** - this is about allowing yourself to enjoy things without needing to get anywhere. Be playful and have fun simply for the sake of being playful and having fun. You don't need to be good at it (nor make progress); there is no goal, nothing that needs to be created or done. Allow yourself to be carefree and child-like. That playful energy is the very vitality, the energy of the Root.



**Orgasm** - I decided to separate "orgasm" from "sex" because not all sex ends in an orgasm (and... you don't always need sex to have the big O!).



**Receive (help, complements, admiration, attention)** - receiving is an aspect of yin element (giving is yang), so any time you receive, you pull it into your yin centers. Next time someone wants to offer you a drink, or pays you a complement, take it and say thank you!



A close-up, macro photograph of pink cherry blossoms. The flowers are in various stages of bloom, with some showing prominent stamens and others more fully open. The petals are a vibrant pink, and the background is a soft, out-of-focus blur of more blossoms, creating a dreamy, ethereal atmosphere. The lighting is soft and even, highlighting the delicate textures of the petals and stamens.

## STEP 3: Self-Expanding



# Move it, Baby, and show it to the world!

Sexual energy wants to be moved! She loves to dance, explore, try new things and create. Nothing upsets her more than stagnation. So now that you reopened your sex vortex and filled it with all the juiciness, it's time to spread it: through you body (self) and outwards into the world!



**Be seen** - do something that shows you to the public. Go on stage, perform, make a video. Allow others to see you, listen to you and bathe in your energy. The important aspect here is tapping into the outward flow of the energy. You are doing it to share your wisdom, tips and radiance with others.



**Work on your dream project** - channel all that juicy energy into something you want to create. This may be your business, your side project or a hobby.



**Pay a complement** - share your appreciation with others. Of course, make sure the complements are honest, but if they are - don't hold back. You can complement a friend, a lover and a stranger! It's a great way to share sexual energy with others.



**Upward Breath** - this is a specific type of breath that moves the energy from your root center up the body. When you inhale, imagine you're scooping the energy from your sex up your body through the spine. Relax on the exhale, allowing this energy to spread into your whole body. And again, on the inhale pull the energy up, and then spread it out with the exhale.



**Manifest** - what do you want to call into your life? Use all your juicy sexual energy to charge your intentions! Whatever manifestation method that you prefer will be strengthen when your sex center is unlocked and filled. These may be positive affirmations, vision board, sex magic and rituals.

Want to tap into your sexual core even more? I got something for you...



A woman's legs and hand are visible on a bed with white linens. A small book with pink flowers on its cover lies on the bed. The text 'Welcome to:' is overlaid on the right side of the image.

Welcome to:

# Sexual Awakening for Women

# Sexual Awakening for Women

is an online course for any woman who wants to meet her true sexual self.

Here is everything you're getting inside the program:



**Feel your sexual energy.** Even if you've never done any energy work, you will be able to understand and feel how it moves through your body.



**Become multi-orgasmic.** Did you know that a woman can have 11 different types of orgasm? I will share with you about them all and how to reach them. Many women struggle to orgasm, and often it's because we try to reach one specific type of an orgasm. You may realize that other orgasms will be much easier for you - you just need to know what they are!



**Find your sexuality type.** There are different types of sexuality! Learn about yours so you can create the most satisfying sex life.





**Understand sexual trauma.** Truth is, most women carry sexual trauma in their body which is blocking our orgasmic potential and ability to receive pleasure. Every woman should understand how trauma impacts her body and how to work with it in a safe and effective way.



**What is Tantric Sex.** Understand the principles of sacred sexuality and how to bring spirit into your bedroom for more intimacy and deeper connection.



**Yoni Puja.** Fall in love with your genitals, release shame and negative conditioning, so you can enjoy her and fully open to sexual pleasure.




**Sex Rituals.** Learn how to create your own tantric sex ritual for manifesting abundance, love and anything else you desire in life.



**Healing pain & numbness in the yoni.** Many women either feel pain or don't feel anything during penetration. Understand what causes it and how to work with it, so you can release the pain, feel sensations and experience a deep, vaginal orgasm.





Are you ready  
to awaken your sexual magic?

[CLICK HERE TO START YOUR JOURNEY](#)