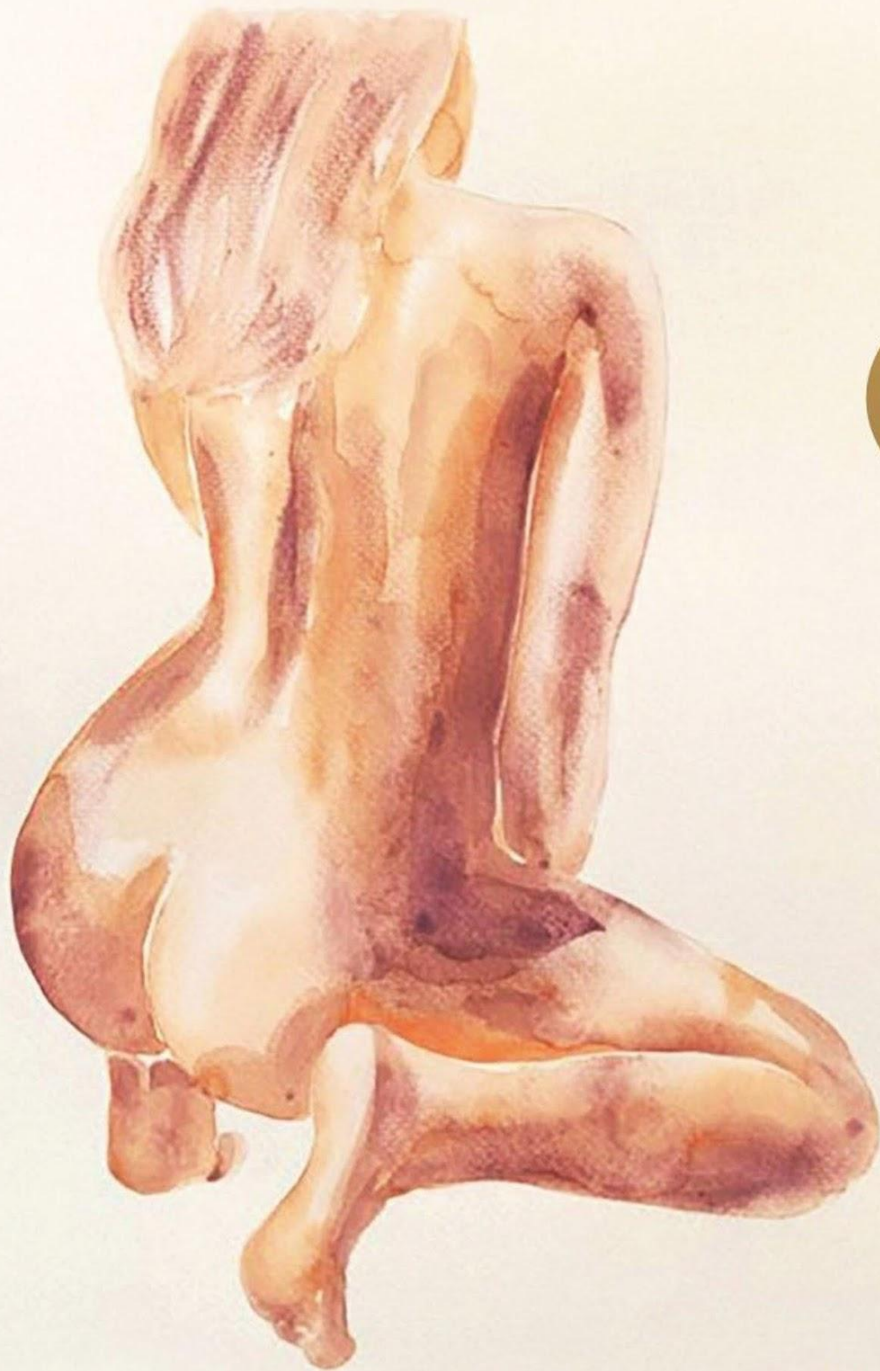


Sofia Sundari

# The Key to the Feminine Mystery

A PRACTICAL GUIDE FOR MEN WHO RISE



FOR  
HIM



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Welcome, dear man,

My most influential teachers have all been men.

My father has been a powerful masculine role model for me. What he taught me about the deep unshakeable Masculine I could have never learnt from anyone else.

I'm honoured that now I can give back to the Masculine through You. There are thousands of years worth of stories about powerful men that have been initiated into their power by women: by female teachers, dakinis of Tibet and western mystics.

You were birthed through the womb of a woman. All your life you seek to return to the womb. Eventually you do – you return to the Womb of creation. The womb is the seat of the Feminine mystery. It is also the metaphor for consciousness itself: the fertile void. Opening to the Mystery of the Feminine is something that will transform you, heal you and re-birth you.

I see you, man. I love you, man. I am here to support you in any way I possibly can so that you rise into the most loving, powerful and awake version of yourself.

With love,

A handwritten signature in cursive script, reading "Sofia Sundari". The ink is dark and the strokes are fluid and connected.

## The Key

The key to the Feminine Mystery is connection.

How to create connection is something that people like you and I, born lovers, are destined to explore as long as we are alive. When we are deeply connected we just know. We know how to love. We know how to relate. We know how to meet each other.

They say: “first learn to love yourself, then you will be able to love another”. It is not necessarily always true. Our true nature is love, love should be effortless for us. The fact that it is not is only a product of our wounds. Most wounds that form who we are as people are created through our relationship with our parents. Now, you may think: “My parents are amazing, my childhood was great”. But this is your adult mind talking. The experience of a child is entirely non-rational. Even seemingly small insignificant events impact a child. To learn about this more in-depth check out Adult Attachment Theory.

Therefore in order to return to our natural capacity to love and to connect we need to de-charge those relational wounds. They can only be de-charged in a relationship with another person.

Love relationships tend to bring up a lot for all of us, and this is no mistake - they offer a possibility to heal those wounds.

So let me repeat this: When we are connected (to ourselves and to the other) connection becomes effortless. But on our way to this total connectedness, there are some maps and keys we can use. I am delighted to present some of these to you in this book.

## Understand the Mystery of the Yoni

Once in one of my in-person trainings I partnered the men and women and asked the women to blindfold themselves. The men's job was to lead the women. It was a beautiful experience for everyone. Afterwards in our sharing circle with women, one of the girls said: "At first I was so confused, I couldn't understand why he was being so careful with me... It sounded like everyone around us was having so much fun, and my partner was hardly even moving me from one place to the next. After a while, I let go of the need to have fun and just accepted that that's how my experience was going to be. That was when I understood what he was doing all along: he was listening to my yoni... He was moving totally in tune with her speed, and not the speed of the room!"

That was a huge experience for that woman. In a very subtle way that man opened a door to her own Mystery for her.

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For a phase of my life I felt as if all I was doing was traveling the world and educating people about the power of the vagina.

Unless you've done a fair amount of conscious research on the subject, you'll be shocked at what this place of a woman's body really stands for. Yoni is the Sanskrit name for female genitalia. It also means the sacred temple, the gateway to the Universe and the Source.

When we hear people speak about feminine empowerment, there are so many concepts surrounding it, but not many people speak about the relationship of a woman to her vulva, her vagina, her yoni.

**That's where feminine empowerment should start.**

**That's the place to start for anyone who wants to understand a woman.**

Most women are disconnected from their yonis. That's why they cannot educate men about this either. For many women the yoni is just a place that every month causes discomfort through bleeding, that they use for pleasuring their partner and for giving birth. Many women experience burning and pain during penetration, recurring urinary tract infections or candida outbursts - which are all signs of the yoni screaming for attention.

Shame is what creates the disconnect. Yoni has been shamed for centuries. She was labeled as that stinky, ugly, disgusting area "down there". The names that people use to refer to vulvas are either childish words like "pipi or wowo" or slang like "cockpocket". The words "pussy" or "cunt" are some of the most straightforward and direct names there are, and I personally like to use these words. But many people use them in a disempowering context. Many yonis hardly ever receive any loving touch. Even fewer receive praise or are looked at with awe and admiration. Most yonis are not appreciated for the magical and mystical place they really are. Without that, yonis fall asleep.

It is crucial for women to develop a deep relationship with their yoni. This is the path to owning their power. This is the path to accessing their deepest wisdom and intuition.

**Yoni is a place from where all Life originated.**

In Tantra and Taoism it is referred to as a cosmic gate through which we all came here. It is the most feminine part of a woman's body. The most receptive, the most sensitive... It is such a mystical, mysterious, powerful and beautiful place.

The yoni is a holy cave. She is soft. She is delicious. She is warm. She is content and complete in her most warm lusciousness. She exists for the joy of existing. She is never empty. She is always filled with light. The lingam is never apart from her, he is always in a state of union with her, she is always filled with light. She opens when she feels adored, she oozes her sweet nectar for those who approach her with reverence. If you approach her with sincerity and love she will welcome you in. The more she fills up with sexual ecstasy, the more love she will feel and that love will pour over her partner, and not only when she orgasms, but it will flow into every aspect of their lives.

If you want to establish a deep connection with the feminine, yoni is the place where you should start. You need to learn to really love the yoni. Don't let the things you are reading here just be an intellectual understanding. Strive to make them your direct experience.

## Two Types of Sexual Arousal

Normally people get their \*highly questionable\* sexual education from pornography. Besides the many disempowering aspects of pornography, the two most disturbing aspects of it are that pornography represents perhaps only 3% of what is possible in sexuality and it is based on purely the masculine type of sexuality.

Now there is nothing wrong with the masculine type of sexuality per se, but when it is cut off from the feminine type of sexuality a big imbalance is created.

### *What are masculine and feminine sexuality?*

Feminine sexuality and the way she gets aroused is very different from the masculine way.

Masculine and feminine sexuality are complementary, yet they differ. What works for most men doesn't work for women, at least most of the time.

Many men suffer from noticing that their woman is more and more reluctant to make love over the years they spend together and think that they have a mismatch in their sex drive or that perhaps they are not good enough for their partners.

Now, here is something that has been a total game changer for thousands of couples that I've worked with over the years.

**In most cases the decrease in sexual desire in women has to do with trying to have sex in a masculine way.**

Most of these women are trying to get into penetrative sex before they are fully aroused. Some women feel pressured by men. Most women are not clear about what is happening, hence they cannot explain this to their men and they end up pressuring themselves into opening to penetration before they are actually open.

There is shockingly little awareness about this out there.

**Generally speaking, the male arousal is a yang type of arousal. And the female arousal is a yin type of arousal.**

What does that mean?



It means that in the case of men the sexual energy is like fire, it ignites in the center (the penis) and after that spreads out.

In the case of women the sexual energy is like water – it is collected from the edges, the limbs, from the heart and flows to the center (the vagina).

In the case of men their penis can be touched without much foreplay. Many men like it when they are touched directly on their genitals first and then the touch is continued and spreads the pleasure over his chest, belly and limbs.

In the case of women the yin energy proceeds from the edges, gradually moving inward and flowing downward towards the sex center. The yin energy needs to pass through the heart center before it descends lower.

This also explains why women find it generally harder to separate sex from love.

### **Women need to feel connected and safe before they can open up sexually.**

Yoni and heart are similar – neither can be forced to open. So naturally it means that women take longer than men to get aroused. But once you heat the water up it can stay hot for a long time.

Also the more frequently her erotic energy is brought to the boil, the easier it will be to get her hot tomorrow. I'm not implying, however, that it is entirely your job to make sure that she stays simmering. It's mostly her job in fact. Because if she spends her whole day dissociated from her feelings and her body, she turns into an ice cube. But if she prioritises her joy, her sensuality and her heart throughout the day, she will be much more ready for intimacy with you too. My online course **Activated Woman** is packed with amazing practices for women that support them in being connected to their bodies and hearts on an ongoing basis.

## She Cannot JUST Have Sex

Which is not always the case for men. Many men can have sex with someone without much of an emotional or heart connection. Biologically speaking, nature wants men to spread their seed as far and wide as possible, so that Life may go on. Women however are designed very differently.

A woman in her masculine energy can say things like: “Sure, we can just be sex buddies, I don’t get so emotionally involved”.

While most men believe it and find it very convenient, it is not by accident that you are reading this book. You need to know better. And you need to know that this attitude in 99.9% of cases is a lie. Even if she is not aware of it consciously.

She may have a short phase in her life when she is totally focused on her work and purpose, hence acting more from her masculine energy. It is ok for a time, yet if she continues like this for a long time she will eventually harden, dry out and become like one of the typical strong women who keep complaining that no man can handle them.

Man, please don’t encourage this in women. We need you to rise in your Masculine, so that the grace of the Feminine can touch this Planet and all of us. Because being in the Feminine energy is every woman’s gift.

Rising in your Masculine means being a protector of vulnerability.

A woman’s body is designed in such a way that when her Yoni opens to someone, her heart opens too.

Yes, she can have sex with a closed Yoni. But it’s not long before she starts becoming more and more bitter, grumpy and cold. This behaviour will never give safety to the Heart, either within the woman or the man.

Women need to learn to feel and listen to their Heart, so they know moment by moment what gives safety to their heart. You, as a man, also need to learn to feel and listen to your Heart and in that you will also learn to feel and listen to your woman’s heart. So sometimes, like that man in my training, you will know what she feels even before she realises it herself.

We have been living in a masculine world for such a long time that we have stopped noticing how we confine ourselves to its rules. We have forgotten to honour and express what we actually feel in our hearts.

Women need to regain their sense of self worth. They need to remember the wisdom of their bodies and not put up with stuff which totally goes against their nature. Women have to reclaim their inner wisdom and communicate it to you, men. Please encourage that in all your interactions with women.

## How to Enter the Yoni?

**Make sure that the woman is hot and fully aroused before you enter her yoni.**

If you touch the yoni too soon – she will contract, freeze and close up.

Don't rush your woman into penetration. It does take presence and patience from you. If you offer her and her arousal plenty of time, it will come back to you tenfold. A woman, in turn, needs to learn to listen to Her body and communicate Her needs.

Here is something seeming very simple but it will make a big impact on how safe your woman feels and how deeply she will be able to open to you. Before penetrating her with your finger or cock. ask her: "May I enter you?"

In fact, the deeper a woman's arousal and, therefore, orgasms are, the deeper a man's orgasms are, and the more potential there is to enter into the infinite depth of the mystical union.

Orgasm through penetration is an absolute reality, and a truly wonderful one. There are a few key factors for those:

1. The yoni needs to be awake. Most yonis are asleep. Because most women have never connected with their yoni consciously, and I can't say enough about what a mistake this is!
2. The woman has been aroused and caressed thoroughly, so she feels totally loved up, hence – safe. I will elaborate on the feminine core need for safety later in this book.
3. Her yoni has been worshiped by the means of manual and oral stimulation for a substantial amount of time, so the woman is highly aroused and open.

## *A Note on the Clitoris*

The clitoris is an amazing organ that has about 6000 - 8000 nerve endings and the only function of it is pleasure. You don't want to ignore it!

Here are some tips for playing with her clitoris:

- Give it time to engorge and swell with an infusion of blood and energy
- In the meantime - nurture and caress the woman so she feels relaxed and totally safe: massage, kiss and lick her breasts, her neck, her belly, slowly pull on her pubic hair and caress the outer lips of her yoni
- When you see and feel her whole yoni become puffy you can start making your way to the clitoris

Three gorgeous things you can do:

- If she's right handed (yep it makes a difference) - lightly place the tip of your finger directly on the clitoral bud, with the main point of contact being the right upper quarter (if you are facing her). And stay on this one spot. Play with different types of pressure and speed, when you find one she loves, just stay with it. Try gentle slow rocking up and down and left and right. Keep a steady rhythm going.
- For left handed women the spot will be in the upper left quadrant.
- Another amazing place is the ligament that goes north from the clitoris. Try rolling it from side to side for a while.
- Cunnilingus: pull back the clitoral hood with two fingers and apply lateral movement of the tongue - side to side, not up and down - just BELOW the clitoris. Try going slow and gentle and experiment with speed.
- At the same time press a finger against the woman's perineum - the space between the entrance to the yoni and the anus. Keep a steady pressure.
- Only approach the clit directly just before she climaxes.

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If we want to thrive and succeed as humankind, we have to honour and worship the Divine Feminine. We have to recognise the Divine Feminine in all of Life, and in women in particular.

The shakti flows more naturally through someone who is deeply in touch with the feminine, which is oftentimes the woman. Therefore when the woman is fully aroused, once her entire body is loved and worshipped, she will open her yoni, she will be fully orgasmic, and she will share the nectar of the depth of her being with you. When the entire system is activated women can access amazing arousal states and discover their deep erotic nature. Then you will be able to ride her waves of pleasure and expand into the magnetic field of your union.

Sex is not about your/her pleasure, it is about cultivating something that is beyond you or her, that is more than the sum of its parts... A field that you can expand into together, and become infinitely vast.

So... the deeper you go, the deeper she opens... it affects both of you.

In my online course **Activated Man**, in the second week called “Open Her” I share more details about women’s anatomy of pleasure and ways you can open her.

# Conscious Pulling Out

Many women (and some men) have had the experience of not only being entered prematurely, but also being left prematurely.

This is relevant to intercourse, and other forms of intimacy, as well as to the closing of a relationship/separation, be it with someone you spent only one night with or years together. It all ties in together and the mechanism is pretty much the same. Usually sex ends with the ejaculation of the male partner. He ejaculates, pulls the lingam out of the yoni and this is the end of connection. In the meantime the yoni is left exposed, vulnerable, raw and open. The woman either feels numb and empty, or silently frustrated.

## So what does a conscious pulling out look like?

It includes:

### 1. Providing time and space to let the closing happen naturally.

If you are an anxious type, I know it may be hard to stay present. But, don't worry, a natural closing will happen. The less you rush it, the sooner it will actually occur.

Here is a very simple practical piece of advice for sex:

- Before entering a yoni feel into whether she is open and inviting. If you cannot feel - ask.
- Before leaving a yoni feel whether she is ready for you to go. If you cannot feel - ask.

The best way to end the intercourse is to keep the genitals together, let the erection go down naturally, and still stay "plugged in" after the erection is gone. Then you will feel that the lingam naturally slides out of the yoni, or the woman will feel when she is ready to release him and she will gently push him out. This provides such a warm field of connection, nourishment and intimacy.

This of course ties in with the subject of ejaculation mastery. It is part of the teachings of the **Activated Man online course**.

If you have ejaculated don't let that be a reason to disconnect. I recommend that you keep your bodies close and you cover the Yoni with your hand and hold her like that for a while. Wait until your bodies naturally feel ready to separate.

## **2. Calling her the morning after intimacy/sex.**

The feminine in us feels very open and vulnerable after sex, and she wants to feel held, nurtured and reassured. And all it takes is a simple text: “hi, I am thinking about you” or “thank you”. It is such a simple gesture, and it can be just a short message but it offers a great deal of a sense of being held and cared for.

Being with a partner who honours these things provides such a deep sense of care. This care is actually a superpower, so lacking in this world. Sleepy, unconscious parts of us have no idea what care means.

***We can only understand what real care means from parts of our consciousness that are really AWAKE.***

Abrupt disconnection leaves a sense of incompleteness and is much more likely to lead to neediness and clinginess. This is not a justification for blaming anyone if we feel needy of their attention. Yet, by rising in consciousness and love we create a safer and more loving world together.

## Conscious uncoupling

Closing a relationship, be it with someone you spent only one night with – or years – is a subject we don't tend to address, because we prefer to focus on the relationship when it's fresh and juicy. When it's time to part ways we are normally either full of resentment and want to end it as soon as possible, or feel utterly miserable and lost. It doesn't have to be ugly and messy.

We may think: "Whatever, it was just a short encounter, it's obvious that we were never going to be a long-term match".

However in reality nothing is obvious. You need to be daring enough to bring clarity, to be courageous about closing it consciously. Not even so much for the other person, but for yourself – **conscious closing protects you from being pulled on energetically**. When things are left open, if you possibly keep them as second options or fire exits or if someone is expecting something from you, it creates a lingering energy. It means that there are invisible energy strings between you and they are creating inconsistency and energetic leakage in your energy field.

What usually happens is that one partner withdraws, and hopes that the other one will get it, eventually. While at the same time the other one is trying to save the relationship, or is perplexed and crushed.

I received this message: *"I've been dating a man for a month, but after we had sex for the first time, he stopped texting me back. I feel incredibly sad and almost depressed. Why did he do that?" Amy, USA*

The man obviously had no idea how to close it with her, which made Amy go on a rollercoaster, thinking of all the reasons why he hadn't connected with her: *"He must be really busy with work. He lost his phone. He is giving me space"*.

Then uncertainty and self-doubt kick in: *"Am I bad in bed? Did I say/do something wrong? Am I not attractive? Am I unlovable?"*

She then goes on imagining stuff, which is likely to be much worse than what is really happening. In reality he is just another emotional handicap, like most people. And we cannot even blame each other; no-one ever taught us about these things.

The real reason for premature withdrawal is actually fear of being vulnerable and... of feeling. It is especially true to those of us with an empathic nature: we tend to feel other people's pain deeply. At times even more deeply than they do (that's pretty fascinating actually!)



So in order to protect ourselves from feeling the other person's pain, we disconnect.

Nothing to be proud of.

It is a matter of developing emotional intelligence, compassion and maturity. Yes, maturity. With maturity we learn that other people's emotions are other people's emotions. We are never responsible for those. What we are responsible for, though, is our integrity, our capacity to show up with compassion and clarity.

### **How to consciously close a relationship?**

My suggestion is to perform a ritual before you part ways with someone. Here are some elements that can be a part of your ritual.

Sit together facing each other and share about the following:

#### **Gratitude:**

Share what you are grateful for having experienced with each other.

#### **Appreciation:**

Share what you received from each other, and what you wish the other will take from you.

#### **Blessing:**

Share what you wish for each other.

You can also visualise that you are cutting the energetic cord between the two of you and setting each other free.

Perhaps it's a good idea to agree to give each other space and not be in communication (including un-following on social media) for a phase to let things settle and avoid making each other responsible for your feelings. Two - three months is usually a good timeframe for that, but feel into what works for you.

If it is not possible to meet face to face - find time to perform the ritual via one of the online mediums. As I said, the lingering connection and unfinished business is not doing any good to you. In fact it creates an energy leakage which prevents you from being in charge of your power.

## You Impact Her

When you get to know how powerful you are, when you develop your self confidence, when you discover techniques of self mastery – from that moment on you are on a one way street. There's no turning back, you've opened a portal and from here on you are going to keep going further and deeper. And this is a working of Grace.

Power is also very attractive. You become at ease with yourself. You naturally become more confident.

People who have studied with me say that they notice that they become much more attractive to others once they've started the Work. This is very common for everyone who's doing conscious inner work, especially so if it includes liberating trapped sexual energy.

It is no magic. You are beginning the return to your natural state. Which is full of radiance, full of power, full of magnificence. It is very attractive.

There is also a potential great danger here. Because this power may be misused. That's one of the reasons why the information about self mastery and sexual cultivation was kept secret for thousands of years. There have been way too many cases when this power was misused. So here is what you need to know:

### **Your power comes with responsibility.**

Even if you've just started your own journey you have a special effect on other people. Because of this it is very common for other people to expect their preferred way of relating from you and become traumatised or re-traumatised by your unavailability for that.

Let's say you had a hot date with a woman, it was magical and deep, but it didn't seem like a big deal for you. Yet, chances are – it was for her. It will always be for her, unless she's totally disconnected from her femininity. When you don't follow through, she likely gets very hurt and hence reinforced in perhaps already existing negative beliefs about men.

You can choose whether you are a part of the problem or a part of the solution.

Unless it is done within clearly defined boundaries within a therapeutic or transformational session – when you open someone beyond their normal capacity it is a dangerous and potentially re-traumatising experience for them.

Many people have been deeply burnt specifically in a sexual or sensual context.

No, it is not all their “stuff”. It is as much yours as it is theirs.

You have to recognise your power, you have to own it and you have to be very careful about how and with whom you share it.

Before offering all your charm, sexiness and charisma to someone, take a step back from your inner animal and assess: do you really take full responsibility about what you are offering? Are you able to take responsibility for what is going to open up within this person? Will this person be able to handle this power? Or is there a chance it will set their world on fire? And if so – are you willing to be there and hold their hand as the fire settles?

If not – don’t engage. Just don’t. It is not worth it, I guarantee.

Even offering a hug that lasts a little too long for normal standards – are you aware of how this may impact this person?

The deeper your inner work is, and the more mastery you have, the less you need to prove your self worth to yourself by impressing other people with your extraordinary charm and skills.

This is your energy. This is your power. It’s great to awaken and explore it in a safe context. But it’s something that needs to be held with respect and containment.

## She is not the same woman every day: Learn her Cycle

*When man once again honours a woman's bleed,  
no longer will he shed the blood of others.*

*~ Grandmothers of the Desert*

A woman's monthly cycle is very powerful and it impacts the way she feels from one day to the next. In fact the biochemistry of her brain changes from one day to the next. It means, she is literally not the same person today that she was yesterday! Hence, she is not designed to perform in the same way every day. Understanding this has helped many men to understand women much better. We are not as wild and unpredictable as it may seem! I'm excited for you to learn this – this will contribute to a much more harmonious experience of interacting with women, especially with your intimate partner.

You probably know about the 3-7 day 'period' of bleeding, but not the whole series of amazing changes a woman's entire body is cycling through in the four phases that extend over the course of 28-ish days. So, we could say that within every woman there are... four women (at least!)

Here is a brief overview of the significant changes every woman goes through every month:

On day 1, she gets her period. Then around day 14, she ovulates, which means this is the day she can get pregnant. After that she enters a very feminine part of her cycle – the Luteal phase. By around day 28, if an egg has not been fertilised during ovulation, her body gets ready to start her cycle all over again.

Many women menstruate either around the full moon or new moon. Menstruation in some ancient cultures is also called "moon time". It is a very special and sacred time of the month, although unfortunately most women are not aware of it themselves.

I've written a short ebook for women called **Moon and Woman** that provides a basic education for women around this and other related subjects. Please direct women you care about to download this gift from my website for free.

*Just as the Moon waxes (or grows outward into the night sky) until it becomes full and then wanes (or gets smaller) as it moving back into itself – so does she.*

Sometimes she shows up fully, open, bright, reaching out. Other times – she covers her face, retreats, falls back, quiets herself.

A woman follows the same pattern as the Moon.

Moon is the most feminine planet. It is changeable in the same way as the ever changing women.

– What happens during the New Moon is exactly what a woman's body invites her to do when she bleeds – to hide and internalise.

– Full Moon corresponds to the time of ovulation – the time when she is at the peak of herself, feeling energetic and social. As the Moon uncovers her face the woman is invited to uncover hers.

## Woman 1

**Day one** (and phase one) of her menstrual cycle begins when her period arrives. It is called the **Menstrual phase**.

During her entire life a woman spends approximately 3,500 days menstruating.

Menstruation is a process of release and deep relaxation.

*Women are very powerful during menstruation, their ability to feel and sense is increased.*

The best thing for a woman to do during a period, and especially on the first day is to rest as much as possible, stay internalised, meditate and journal. This is the time of reflection. Rest is especially important on the first day because that's when she normally loses the largest amount of blood. There tends to be a really significant difference in the length and abundance of menses when she manages to rest on the first day of her cycle. If she rests more she will typically bleed less.

*The best thing you can do for her as a man is support her in resting as much as possible during her menstruation. If she denies the natural need she has to slow down and turn inward, feelings of resentment, frustration and anger find a way to surface.*

The great news is that once she is more in touch with herself her mood swings will diminish or even disappear! You will find that she is especially sensitive and emotional during her period. Support her in letting her emotions flow, rather than letting them get stuck or having her project her moods on others (read: you!).

If she allows herself to be quiet and internalised during the period she may get filled with vision and ideas and later on, closer towards ovulation time – bring these things forth. On the contrary, if she is unhappy, and restless during her period – that's what she sows with the new moon and puts out into life.

In the early days in tribes menstruation was considered to be the time for spiritual practice and for getting together with other women. Women are quite sensitive to subtle energies during their period and meditations can go very deep then.

When it comes to **Sexual Desire during menstruation** – it will depend on a few factors.

Naturally she feels internalised and it may be most harmonious for her to be left alone and not even be touched. Although if you two share a really profound intimacy she may on the contrary wish to share this special time with you. Be aware – sex during

menstruation is very bonding as she is being incredibly receptive. Plus, if you don't use a condom - a very deep exchange is happening on the energy level between partners.

## ***Is Menstruation Dirty?***

You probably know that bleeding women are asked not to participate in certain spiritual rituals or even refrain from going to temples. You may have heard people say: 'Women are dirty during their menstruation - that's why they have to retreat'.

This couldn't be further from the truth. It is simply a lie we acquired from patriarchal society that was incredibly scared of... women's mystical magical power. Truth is that since ancient times it's been known that during menstruation women become extremely powerful. To honour and make the best use of this power in the coming month we need to be quiet during that powerful time.

***Women shouldn't be working and cooking, not because their energy is bad, but because by not taking time off they are taking something away from themselves and thus - their people.***

In tribes women were asked to report their dreams during their moon time to medicine people, because it was considered that women have increased psychic abilities during this time.

There is absolutely nothing dirty about menstrual blood. It's been studied and proven that it is full of nutrients (calcium, iron, nitrogen, phosphorus, potassium and others) and energetic power!

If you've experienced bad odour of blood - this is because it was in contact with air for too long or it was mixed with the chemicals contained in conventional pads or tampons.

## ***A note on preserving the Ojas, for women and men***

In eastern esoteric philosophies such as Tantra and Taoism it is advisable to diminish the volume of blood women lose each month. That's because with menstrual blood we lose significant amounts of the very essential non-physical component of our being - ojas.

In the Taoist system, the ovaries are to women what the testes are to men. They house the reproductive seed potential of the body. They contain the life force energy that creates new life and every month the woman's body spends a huge amount of time and

energy high-grading the best quality resources in the body to create an egg. The thing is, most of these eggs aren't utilised, they simply bleed out of the body each month.

The Taoist view is that this monthly production and release is very taxing on the body and if we have no intention of using these eggs to make babies, then we can and ought to draw this high-potency energy back into the body rather than eject it.

Women's essential energy is housed in the ovaries and it's depleted with unconscious menstruation and for men it is stored in the testes and it's released out through unconscious ejaculation. The practice for men is to conserve and to harness sexual energy and ultimately to retain ejaculation.

It is important to have a conscious practice around this. In men, we see this cliché that after they have their orgasm, they roll over and they go to sleep.

Some men say that the release that comes with ejaculation is relaxing. But what not many realise is that this is not a true relaxation - in fact it is an energetic depletion. In my online course **Activated Man** I teach men how to cultivate your orgasmic energy rather than waste it.

## Woman 2

After her period ends comes **Phase 2 or the Follicular phase**. During this phase her vitality and energy levels increase, as does her libido. Her energy is directed outwards, she is most inclined to be social and outgoing. That's the time for her to start new projects, be physically active.

During this phase she is more prone to naturally act in linear, predictable ways.

## Woman 3

**Ovulation (phase 3)** refers to the release of a tiny egg from one of her two ovaries (they alternate from one cycle to the next). This typically happens between days 14-16 of her cycle, making it the time she is most likely to get pregnant.

Her body is ready to conceive, thus nature supports her in being her most radiant, attractive self.



Also, of course if you don't want to conceive – that's the time to be aware of. She can only conceive during this phase. Yet, keep in mind that the sperm can survive in the vagina for up to 4-5 days. The most powerful and reliable natural contraception method I know of has to do with this awareness. I go in depth into it in my online course **Activated Woman**. Send your woman there!

## Woman 4

**The Fourth or Luteal phase** consists of the final days (usually about 13 days or more) before she begins a new cycle. It corresponds with the waning moon and starts right after ovulation. She slowly starts to feel the effects of decreasing estrogen and testosterone and increasing progesterone. Progesterone is the 'ebb' to estrogen's 'flow'. It will increase her desire to move inward, like the waning moon.

Each new day is characterised by the waning of her outgoing capacity and potentially – her sex drive.

In fact there is something important to say about the sex drive during this phase.

What some may consider low sexual desire might be just low desire for a certain type of sexuality. Due to the lack of healthy sexual education, most people are only aware of quite a limited potential of sexual expression. What image do you have when you think of sex? Probably fast, intense, super juicy action with a lot of friction and stimulation. Well, that's not the only way. There is a way to make love very slowly, with a lot of cool and nurturing energy (yin). She can totally surrender into her softness and slowness, become heavy yet vibrantly alive and receptive like the Earth. Note: there is a big difference between being passive and receptive. There is nothing passive about being receptive!

During the Luteal phase she is invited by her neurochemistry very deeply into her feminine energy. In terms of sexuality – that's the one that is much like water – it takes a while to come to a boil, but can stay hot for a long time. So explore various ways to bring her to a boil, focus more on foreplay.

Then comes the menstrual phase again.

## Tracking her Moon

There are two very easy ways to know where in her cycle she is at.

### 1. Calendar

If you have a smartphone it could be a good idea to get an application, it is really convenient. You just need to mark the days of her period and then the app will help you see where she is at. I use iPeriod, but there are many more.

Another option is to use a free menstrual cycle calendar online, for example Fertility Friend, or mobile applications like Period Tracker Period Calendar, Glow, Read Your Body, iPeriod.

**2. Noticing the difference in the secretions of her cervix.** You will discover that they change.

During menstruation she will have a discharge that can vary in colour anywhere between bright red and dark brown.

In the follicular phase the secretions tend to be very light and liquid. Around **ovulation** much more cervical fluid is produced. The secretions become wet, slippery, clear, stretchy, resembling the consistency of egg whites.

In the day or two after ovulation (the beginning of the **luteal phase**), the amount of **fluid** decreases quickly. **The cervical fluid** becomes more fibrous, thick, sticky and dry - therefore difficult for sperm to pass through (as she is not fertile in this phase).

## See, Feel, Love, Claim and Fuck Her

### See Her

What is so special about being seen?

*Everything.*

Someone asked me about my Work, how did it really begin?

I said: *"It started when I first felt truly seen, specifically by a man."*

This man saw me beyond the normal personality that I was so accustomed to showing to the world. I was a young Russian woman, a little confused, a little lost, jumping into one affair after another, searching for the one, with lots of romantic hopes.

Through it all, *he saw my depth*. He was looking at that part of me, speaking to it, he was highlighting it. He said that I had a strong resonance with what he had studied about the Priestesses of Atlantis. At first I laughed, but only to hide how uncomfortable that made me feel. He kept highlighting that in me. I kept listening to my heart, where I knew that he was right.

Later on my teacher started highlighting the essence of the great cosmic power, called Tripura Sundari that was so present in my field. He was acknowledging it and always referring to me as Her. Again that felt a bit uncomfortable, the unworthiness would kick in: *“who am I to be placed next to this most magnificent and beautiful goddess...”*

I knew I had to drop deeper than unworthiness, and deeper than feeling my ego getting boosted and the feeling of being special or better than anyone else. I am not better, and I am not worse. It's actually not about the “I” that can relate to these terms anyway.

In these two examples, these people didn't tell me what to do about it, how to use it. They were simply holding it. Without any agenda. In that these parts of me got space... They started emerging. I started being more attuned to them, I started incarnating them into the physical world.

With that – my Work was born. My creativity expanded, I allowed myself to take plenty of space, to feel into what I needed and wanted to do, where I could direct that flow.

So... look at her. Learn to see her for who She actually is at the level of essence. In this seeing, you must go beyond all the misinformation you have picked up along the way that made you conclude that she was anything but Pure Love.

*If only you were willing...* you could see the depth and true nature of everyone. First of all – of yourself. Of course, you can only see her as deeply as you've seen yourself.

If you really love her, you always need to support her expansion and her growth. Because once people really expand and own their greatness, it will change the world. Each of us has the capacity to be Great. Beyond what the mind can understand.

We better start seeing it in each other. *Because there is no time to waste.*

## Feel Her

Feeling may sound simple, yet it is the biggest shadow area for men in general. In fact feeling is a great portal into your Great Power and the fundamental Truth of who you are. Your woman is the agent of your empowerment and liberation and through feeling her you can get to feel the depth of Existence.

To feel means to have a sensation of something, other than by sight, hearing, taste, or smell.

How to feel?

First you need to be really present in the moment. You need to be with yourself. Then you include your woman into your field of awareness. Try feeling her from a distance and observe your experience. How do you experience her when she is in another location, kilometres away? How do you experience her when she is in another room? How about when she is a few meters away from you? And when she is in your immediate proximity?

It is like meditation with eyes open.

If you incorporate this into your daily life, your relationship will be greatly impacted by it, because you will be more in tune with each other. But this is rather a beautiful side effect. Because what you are really doing is cultivating your awareness. Through that you grow in consciousness. This will benefit all aspects of your life.

You can try out some amazing awareness and presence cultivation practices also by joining my free **Activated Man Masterclass**. The practices are short, effective and can be used throughout your day and life.



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## Love, Claim & Fuck Her

Deep in the core of every woman there is a desire to be ravished, to be taken to the edge of surrender. Because it is in total surrender that she returns to her essence. You have the power to take her there. Yet this power can only work if it is rooted in love.

Deep in your core, you possess an incredible gift – the gift of penetration. Having incarnated in a masculine body, you are constantly penetrating everything and everyone around you. The question is: *what are you penetrating with?*

Are you penetrating the world with doubt, fear, inadequacy – and hence – the need to prove yourself? Or are you penetrating it with the most powerful substance available to a human being: love?

The energy you penetrate the world with is the same energy you penetrate your woman with. The opposite is correct as well.

Your woman wants to feel your strength. She wants to feel that you can claim and ravish her. She wants to feel that if she falls you will be there to catch her. She wants to feel you by her side, alert, relaxed and unshakable like a rock. That's why she keeps testing you with her emotional winds (or perhaps hurricanes). She wants to know that even if the whole world shakes when she comes, you will be there, unshaken, firm and clear.

But hear me out: you cannot fake it.

You cannot all of a sudden become this strong unshakable man. It may surprise you, but to really own and hold your true strength you need to do something seemingly counterintuitive:

You need to uncover your vulnerability.

What makes you vulnerable? Your tenderness. Your softness. Your deeply feeling heart. Your sensitised cock.

When you learn to really feel your cock instead of using him and pressuring yourself into performance... you automatically learn to feel your heart as well. Feeling your heart and penetrating the world with its love is not for softies. It is for men who choose to reclaim their warrior spirit.

Note that it is the quality of energy in the lingam that is arousing for a woman, not the size or getting banged by it. When your lingam is fully energised and activated from your regular cultivation practice, you don't even need to move much. The life force will do the movement for you.

In my online course **Activated Man** I share lots of cock yoga and other solo cultivation exercises that support men in establishing a deep connection with your pillar of power.

If you keep trying to be the “nice boy”, and totally disowning your darkness, you are repressing one of your powerful masculine gifts – the Gift of Ravishing.

Ravishing is very different from taking her by force. Yet, you need to acknowledge and take ownership and responsibility that you have the power within you to do so. When you can see this dark power – you won’t use it in an unhealthy way. Yet, you can and should use it in a loving way. With a woman who is ready for it and who explicitly gives you her full consent for it.

## **A note on the “Nice Boy”**

Since childhood we all are taught that when we are nice we get what we want: candies, approval and love. So we do everything we can to do it right and avoid conflict. We learn to value the apparent external harmony above all, so often it comes at the expense of our internal harmony and integrity.

If you let yourself feel... it never feels right. But you still do everything you can to put others first, to not be selfish, to think about what others may need and to remove yourself from situations that could potentially cause discomfort or a challenge to others.

So you learn the trick. And often override your authentic expression with the desire to be loved. Sometimes you do things not because you want to do them, but because you expect to get love in exchange for doing those things.

For example, picture this: you come home with a gorgeous bouquet of flowers for your beloved, thinking that she will be incredibly happy to receive this gift. What actually happens: she hardly notices the flowers, says a quick “thanks” and goes back to doing something else.

You are devastated. You throw those freaking flowers in a dustbin, slam the door and go away.

A bit dramatic, but you get the idea.

You didn’t get the flowers because you wanted to get the flowers for her. You got the flowers because you wanted to get a reaction in exchange for these flowers.

You wanted to be appreciated, to feel loved.

This only means that on some level you still need someone else to make you feel appreciated and loved. Because you don't believe in it otherwise. Your own self esteem is lacking.

What's the real value of that "nice" gesture? Nada! Nothing! Because this "niceness" is fake.

When you catch yourself entertaining these behaviours - stop. Nice little boys never win mommy's love anyway - they only become beggars. Stop, and instead of trying to be nice, become real. Find out who you are without doing things for others to like you.

You don't have to do it right - you only have to do it real. You don't have to win love - you only have to live it.

By the way, when you feel relaxed in your power, if you are lacking something in a relationship with someone, instead of expecting it and getting frustrated when you don't get it, guess what you can do?

You can directly and clearly communicate it.

But there is no quick fix. When you are anchored in your presence, you just know. You know what is right, what to do and who you are.

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Here is a precious gift – a piece of poetry that my beloved, Oliver wrote about his experience with me.

***I feel you, and I feel through you***

*I see you: I see the sparkle in your eyes, and the tiny specks. I see the way you hold your body, and if your smile springs up from your depth. I see your dress, your earrings, your mascara, and how they express who you are in this moment. I see the softness of your skin, and I see the streams of love, joy and pain that move underneath.*

*I see you.*

*I hear you: I hear the tone of your voice, and I hear when you feel creaky or strong. I hear what you say, and I hear what moves you deeply within. I hear the words quietly whispered and your moans when we dance, and I hear your heart's silent prayer in every expression of ecstasy.*

*I hear you.*

*I feel you: I feel your emotions before you start to speak. I feel when your skin is receptive to me, and I feel when you are repelled. I feel your breath, and I feel your energy opening and closing to me in its rhythm. I feel your heartbeat, and I feel my own; I feel when we create music and when we move in dissonance.*

*I feel you.*

*I feel you deeply; into your core.*

*And by feeling you deeply, I am feeling through you.*

*I am feeling through you, and so you open me to feel all of Creation.*

*Your skin is Love. Your voice is the buzz of the Universe. Your heartbeat is the pulsation of God.*

*~ Oliver*



## Ride Her Like a Shiva

We all need to learn conscious communication. It is one of the first things that people who come to my trainings learn. We all need to strive to be better and better at it and notice when we use violence in our language: where we express judgement for others, become aggressive or passive aggressive.

Women are full of energy, they ARE Shakti, which means energy.

Your woman can feel very deeply and her feelings can be a potent radar for you to navigate the waters of Life. She can sometimes protect you from danger, other times she will highlight places where you are untrue to yourself or totally shake and destabilise you with her storm.

Ideally she will be able to communicate to you clearly what she feels without attacking you. Even then it might not be easy.

Other times she will be completely incapable of communicating clearly, and she will blast you with her shadow side, projection and judgement. Before labelling this as abuse, consider that it may be a test.

I know it is not easy. But I'm by your side and I want to share with you something that will help you stay awake in the middle of any storm.

Remember this: every storm can either throw you off your center or bring you closer to who you are, if you let it.

Emotion is energy in motion. It is a force. At times this force is rather mellow, but other times... When you are dealing with unending grief, disappointment or rage, that is offered to you by a woman it may feel like a hurricane, a storm or a tornado. It can get quite scary. Deep down it may activate a fear of death.

Side by side with sexual intelligence, emotional intelligence is something we are majorly lacking education on. The two are very similar in fact. Both are intense and may even be dangerous. Both, if misused, repressed or bottled up may create great damage. Both when expressed harmoniously may create a great opening. Both in their nature are expansive.

In order to be relaxed with both sexual energy and emotions you need to do only one thing, but this thing is a complete Game Changer.

*This thing is called stillness.*

When you are still in your core nothing can shake you. Yes, it will impact you, you will FEEL it, but it won't destabilise you. When you are still within you know that no matter what happens you don't have to absorb it. You don't have to receive it as an attack towards you. You remain present. From the state of presence you know exactly what to do.

In Sanskrit this empty ever-present spaciousness is called Shiva.

So here comes your game-changer practice: The eye of the tornado.

You need to become this eye.

No matter what's happening around you, within you there exists a silent space underneath all chaos, uncertainty, doubt, anxiety... underneath all energy. Find that space. Become that space. Observe that no matter what, a part of you is not affected by anything, it is perfectly still, it has always been that way and will always be. It is unchanging, eternal, vast.

Please don't make the mistake of mixing it with indifference. Indifference is an emotion that frequently comes from not being able to cope with intensity, a dissociation in other terms.

Stillness is not an emotion. Stillness is the background of all there is. Be that.

Ready to dive into The Eye of the Tornado practice right now? Join my free **Activated Man masterclass** and I will guide you through the practice.



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## **Give Her Safety and She Will Give You The World Back**

The Feminine is the one that feels and understands life in an intuitive way. She knows the ways of the Heart. The Feminine guides energy by inviting it into the vast, spacious field of Life, that emerges from the wisdom of Her womb. At the core, the Feminine is the Great Mother, the Goddess.

*It is Her return that we've been waiting for, and it is the lack of Her ways that created the disasters that we are facing on the planet at this time.*

The Heart must be honoured above all. To honour it we must provide safety. Then it blossoms and heals us all.

The Feminine is a fierce and wild force. It is what gave birth to all creation.

The Feminine is not about women and their stories – the Feminine is about ALL of us.

It is about how we can LIVE fully in this world. It is about coming back from disconnect and disembodiment to connection and aliveness.

*When the Feminine feels unprotected, she withdraws her blessings of abundance, love and joy from us.*

## Masculine Energy in a Relationship

The Masculine is about providing, protecting, giving, initiating, and making decisions.

*A man's supreme task is to become conscious of consciousness itself and embody the divine will that holds the atoms together, that keeps the planets and stars on their course.*

The Feminine says to the Masculine, "When you give me safety, in full presence, I feel free to love you. I give you all my love without any reservation."

*What allows the Feminine to shine is when she feels that she can rest on an unwavering presence. In your presence, her vulnerability will feel protected. That's exactly what gives a sense of safety to the feminine.*

When it comes to the Masculine energy of protection and making decisions, it comes down to holding responsibility. *What distinguishes men from boys is that men are responsible for their actions, their power and the impact they have on the people around them.* Responsibility means carrying the weight of decision, and carrying the weight of decision demands courage. This courage to hold responsibility and protect the vulnerability of the Feminine is a true sign of the awakened Masculine.

If a man is mature in his masculinity, all of the above comes from the space of an unwavering presence. He is not impulsive, and does not need to control or be acknowledged and validated.

When a feminine woman feels this conscious presence, she will open and bless you.

*No woman can fully surrender into love, sex, and all kinds of intimacy if she does not feel safe.*

So here are the things that make Her feel safe and held:

1. Knowing that her **emotional needs will be regarded**, tended to, and held within a deep presence. First of all, by herself. But also – by you.
2. Open **communication**
3. When she feels that you **let her into your heart**
4. Your stable unwavering **presence** (see chapter Ride Her Waves Like Shiva)
5. Your **commitment** to keep showing up
6. Feeling that you are capable of **protecting her vulnerability**

## How to regard her emotional needs:

- Be deeply in touch with you own feelings, while deeply **listening and feeling** her
- When you listen to her, **do not try to fix her** or provide a solution
- Don't defend yourself - remember that when she is expressing her emotions she is doing it to the best of her ability and NONE of it is a personal attack towards you
- Acknowledge your own experience with awareness, owning it from a place of empowered honesty, and never one of victimisation
- **Do not disconnect** when things get intense but rest in the *"eye of the tornado"*
- **Honour** her emotional experience as you rest in the *"eye of the tornado"*
- Say things like "I hear you", "I feel you" and let her feel your empathy
- Encourage her to keep sharing, asking: **"is there more?"**
- Ask if she wants to receive your point of view and offer that if she agrees
- Ask her what she needs and provide what you can give
- Share what you need, and accept that she may or may not be able to provide that
- Acknowledge things that you've learnt

This will make her feel that you connect with her on the heart level.

The feminine needs to feel her heart touched before she opens completely, and the heart can never open by force. It is through patience and safety that the heart opens up.

When your woman doesn't feel safe, her body doesn't want to engage, connect, or provide the emotional warmth your relationship needs in order to thrive.

***The pathway to her is always - ALWAYS - through her heart.***

## ***2. Communicate consciously and openly***

Conscious communication first of all means avoiding ASSUMPTIONS, JUDGEMENT and BLAME. If the other feels judged, they won't feel safe to open and you will stay

disconnected. A clear and non-judgemental non-violent way of expressing emotions is saying how you feel deep inside.

Here is a quick how-to that may help you or your woman communicate better:

- Avoid: “you made me feel”, “you are always doing this”, “you abused/hurt me”, “you are a...”

Also avoid: I feel unseen, unheard, disrespected, unmet, unloved....

Use: I feel sad, angry, frustrated....

This is the way to own your feelings and invite another person into your world. Sometimes it's wise to take a break, do your own inner process first and then come back to them. After you have expressed your raw feeling the other person may become curious and invite you to elaborate – that's the ideal way to share more about why you feel that way.

- Own your part – take and express responsibility for how you have been a part of the experience

Hearing this immediately relaxes the other person. And there are always things to own, because you create your reality.

Even if you feel disrespected: how do you disrespect yourself? How is this a repeating pattern in your life?

- Prioritise connection over being right and “helping someone see something about themselves”.

That's a big one! Can you bear putting your ego aside for the sake of love?

- Forgive yourself and apologise to the other when you mess it all up, because it's doomed to happen from time to time.

### ***3. How to let her into your heart***

It is incredibly vulnerable to really let someone into your heart. When you do that you have to let go of all your protections. A Woman's calling for you is deeper than anything you have ever felt. What is most terrifying is that deep in your heart you know that it is worth everything.

I know, you may carry a lot of pain resulting from your previous interactions with women. Those may have installed a lot of mistrust in the Feminine in you. But you need to know that there are different types of women. There are women and then, there are... Women.

The major difference between the two is that some have done enough healing work on themselves and transcended generations of feminine rage towards the masculine. All women have this rage within them. It is ancient. Just like all men have mistrust in the Feminine. These are the core reasons for the wars between genders that result in nothing less than wars in the world. We have to address and heal that. As long as these wounds are unhealed within us we keep passing them on, generation after generation.

What is “enough” healing cannot be determined by the number of hours or years of work. It is strictly individual. Some people say they’ve been “on the path” for 20 years, but their level of maturity can be still very low. Other people are very young, but their souls carry a frequency that allows the healing to happen very rapidly. It is mysterious how this works and does not really matter. What matters is when you meet a person who’s done their holy work, you know. When you meet a Woman, you know. But you need to be ready to recognise her, and this may take many meetings with women. Because these women come to you because something in you wants that, and they also have a medicine for you. Even if it’s hard to recognise it, such is the nature of the medicine of the shadowy dark feminine. When you meet Her, sometimes you will also meet the hurt that was already there.

You have to let go of all your prior experience to experience the profound magic of the Sacred Union with a Woman. In fact, you will realise that it is unbearable to be separated from Her insatiable Love. You must lose yourself as you knew yourself to enter Her, you have to give up the games, you have to give up bypassing and you have to open your heart, and let Her in.

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*We are craving to be loved, we are craving for connection, we are craving to be seen, to be understood.*

*And we can have it all.*

*Given we are willing to offer one thing back. Only one thing.*

*But it's the one that makes all the difference.*

*It's the one that makes life worth living, that brings meaning, that brings purpose.*

*It's the one that is the source of joy, real creativity, belonging and love.*

*It is called vulnerability.*

*Vulnerability is right here,*

*In not knowing if you are going to get a response after you say "I love you",*

*In breathing through shame, grief and insecurities,*

*In showing up in the most uncomfortable places,*

*In asking for help when all you want is to close your eyes and run,*

*In choosing opening even when no-one else responds with opening,*

*In living without a safety net,*

*In saying yes to the uncertainty,*

*In trusting the illogical, the unknown,*

*In choosing to love with our whole heart even when there is no guarantee that the other will open in response,*

*In healing the world through openness of love.*

*Vulnerability is right here,*

*beneath millennia of numbness and disconnect.*

*When vulnerability is a choice it doesn't make us weak. It becomes an enlightened vulnerability.*

*Enlightened vulnerability is invincible.*

*It does take a lot of heart and willingness to show up unpolished, vulnerable, raw.*

*But that's what makes this life worth living.*



#### ***4. Your stable unwavering presence (see chapter Ride Her Waves Like Shiva)***

Please do whatever you can to empower the depth of presence in you.

Only through cultivating your presence will you be able to offer real safety to a woman. In your pure unwavering presence, she will feel free to give you all her love without any reservation. Because in this presence God can be felt.

The deeper you go within yourself, and the more clear and unwavering you are in your presence, the deeper she opens and invites you. The deeper you enter into her, the deeper you go together.

#### ***5. Your commitment to keep showing up***

As a woman settles into your full presence, she opens up. She becomes a living blessing of uncontained healing love. She offers you the gift of Life. Because in fact the Feminine is Life.

By only going half way, by not honouring the degree of her and your openness, you are stealing from both of you. Because if you go into something that doesn't feel true to your nature, neither you nor she will get to experience what a true Sacred Union is.

If you spend your life wondering whether you should be playing the guitar or should pick up some other instrument instead, you will never become a master at guitar or anything else.

If you spend your days deliberating whether to go all-in on your business, your business will only stagnate.

If you keep wondering whether your partner is really worth spending your life with, you will prove that she is not, because she will always hold back the most precious parts of her heart in response to your wavering. And rightly so.

Go all the way in. Show up fully, in each moment. Allow yourself to become as present as possible. See how the Feminine responds.

## ***6. Feeling that you are capable of protecting her vulnerability***

The feminine in us (both women AND men) is the sensitive part, that feels deeply, that is tender and wild, and deeply loving. The more you honour and protect Her vulnerability the more she will be showing up in the gift of her Feminine, that you (and all of us) love and long for so much.

How to identify Her vulnerability?

Her vulnerability is usually found in the same places where Her power lies.

- In her Yoni
- In places where she feels scared, insecure or wounded
- In the tenderness of her inner little girl
- Ask her: “What are you scared of, my love?”

And listen to what she has to say. Don't let her go easily, ask: “Is there more?” That's how you will know.

Show up for that. This will melt her heart. Whenever you have to choose between doing something that makes sense and protecting someone's vulnerability, choose the latter. That's the Path of the Heart Warrior.

Protect the vulnerability of her Yoni.

When interacting with a woman, remember what a mystical magical and powerful place her Yoni is. Yet this kind of power is not hard. The power of the Yoni is soft, and this makes her vulnerable, yet not weak. The Yoni is the essence of a woman. Be a protector of the Yoni, hold her in reverence and in that you have found the magical Key to connection to all of Her.

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A love letter from the Feminine to the Masculine

*Beloved Shiva,*

*My desire for you is endless.*

*My desire for you is beyond what I can describe.*

*I yearn to receive you completely.*

*I yearn to honour and worship you until I exist.*

*I'm on my knees before you forever.*

*Sometimes I will show up sweet and beautiful,*

*Other times - glorious and wise,*

*Or - passionate and blissful,*

*Or - intense, too much, too emotional, too loud, too expressive,*

*Or - so tender and quiet like a lake...*

*And I beg you,*

*Please beloved*

*Don't try to handle me,*

*Don't try to fix me,*

*Don't tell me what to do,*

*Don't give me direction,*

*Don't try to fulfil or satisfy me,*

*Don't try to impress me,*

*Don't try to understand me...*

*Beloved,*

*I want only one thing from you:*  
*Your complete and undivided presence.*  
*For that you only need to be here, without agenda.*  
*This is the greatest gift you can ever give me.*  
*In that space I can BE.*  
*Be fully. Be my bliss. Be my rawness. Be all that I am.*  
*Be fully seen.*  
*Feel fully loved.*

## Going Further

Every now and then I facilitate in-person trainings specifically for men, but if you know that this path is for you and you are ready to start now – you are very welcome to join an online course I created for you – the **Activated Man**.

It is possible for every man to make love for hours, including having multiple, body-shaking orgasms. How come not many men have ever experienced that? Because they never learnt to activate and master their energy in a way that would allow it. This course is packed with practices that help you overcome inadequacies about being a man. You learn how to practice cock yoga, ejaculation mastery, emotional release and many other empowering and transformational things.

## Special Gift

Thank you for being here. If what you learnt from this little ebook really hit home for you and you are ready to take it to the next level, go ahead and enroll in my online courses. **As a reader of this book you are receiving special gifts (click to claim):**

- **\$200 discount on Activated Woman online course**
- **\$150 discount on Activated Man online course**



Online Course

### Activated Man

Essential Practices for a Man who has  
Chosen to Reclaim his Warrior Spirit

Sofia  
SUNDARI

Author:

## **Sofia Sundari**



Sofia Sundari is a mystic in the world with Love at the centre of her life. Sofia is an international transformational leader, bestselling author, speaker, founder of the Priestess School, facilitator of courses on spiritual development and sacred sexuality. She has worked with people from 80 countries and supported them in returning to their innate beauty, power and love.

After leaving her law career in 2009, Sofia spent many years in the jungles and temples of Asia, in the desert of California and mountains of South America training in healing and spiritual modalities, such as Kashmiri Shaivism, Tantra, Hatha and Kundalini yoga, Taoism, western esoteric science, quantum physics and shamanism. She has held over 30 worldwide trainings, over 100 workshops, developed 5 online courses on the subject of sacred sexuality and garners a strong online following of over 100,000 people.

Sofia has been featured in Shape Magazine, Healthline, Bustle, Yoga Journal, Elephant Journal, Metro and other online and offline media.

Russian born, Sofia resides in Ibiza, Spain and travels the world to lead trainings.

[Check out what's coming up here.](#)