

TAKE IT DEEPER

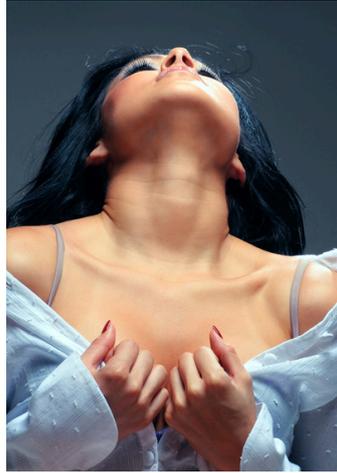
For Her

*“Be crumbled.
So wildflowers will come up where you are.
You have been stony for too many years.
Try something different.
Surrender.”
-Rumi*



love. unity, depth

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longing for
**DEPTH OF
SATISFACTION**

So many women feel, that "there must be something more, something deeper" in their sexual experience. Yes, there is, and yes it is possible for You to experience it.

BUT HOW?

To experience something deeper in sexuality, it is important to experience our Self as something deeper. Sexual energy is our life source, by connecting to it, we can experience a deep connection to ourselves. At the same time being deeply connected to ourselves, we can connect to our sexuality on a more profound level.

the key is
RELAXATION

The most important factor in being connected to oneself as well as experiencing deep sexual satisfaction is relaxation.

You can connect to your essence if you relax. When we are tense, whether it be physical, energetic, emotional or mental tension, we block the free flow of energy. Sexual energy is powerful and full of force, and it can also awaken in tension. However, the tension prohibits its deep and free flow and for this reason also the pleasure and orgasm remain superficial and unsatisfying.

you are being too HARD ON YOURSELF

ONE OF THE GREATEST SOURCES
OF TENSION IS OUR OWN SELF-
CRITICISM, THE CONSTANT VOICE
WITHIN SAYING "I AM NOT GOOD
ENOUGH".



Become aware of your inner dialogue, however, once you become aware, don't judge yourself for being hard on yourself, and don't judge yourself for having all the negative criticism towards yourself. You are not your mind. Notice it, don't identify with it.



CONNECTING BACK TO CORE

MIND vs INTUITION

This analysing, measuring, judging, and creating to-do lists after which we will be “perfect” - all of this activity is happening in our pre-frontal cortex. However, to reach the depths of our beings, something beyond the analytical mind, we need to drop deeper into feeling, deeper into our intuition.

If we only stay in our minds and don't connect to our hearts, we are left with a feeling of emptiness.

To compensate for this feeling, we start doing things, to feel fulfilled, to feel important, so we overwork, study, engage in superficial social relations, shop excessively, gossip about others so we feel better about ourselves, eat unhealthy food, search for entertainment...but none of these activities fulfils our inner emptiness.



PLEASURE

Satisfaction

The truth may be painful, but life isn't only about pleasurable sensations. Life is life. It goes much deeper, it goes beyond seeking pleasure and avoiding pain. Life in its depth is to feel alive in every cell of your body, and feel your emotions to the fullest. But if we choose to eat to suffocate our feelings, and face the screen instead of our honest emotions...is this "enjoying life"? Perhaps it's less painful. But it's more superficial. Depth cannot be experienced in superficiality.



ALLOW

honest emotions

If you see someone cry, the first reaction is pity from others "Oh, don't cry.". Smile. It's going to be ok. Why do we want to numb our emotions? Crying and tears are such a natural purifying emotion, why not just allow yourself to feel it? There is of course the danger of falling into a victim mentality and letting yourself be taken over by some flow of depressive thoughts, that's another story. But allowing yourself to cry, to purify can be deeply relaxing. Honest crying is beautiful. Honest emotions are beautiful when expressed with love and connection to ourselves.



tired of Faking it?

How much vanity do you allow in your daily life, where the focus is on external pretence, which creates tension, and which makes you feel empty inside?

Making that appearance, conforming into roles, into groups, into being "good" and "appropriate"... only to feel tired when you sink into your sofa in the evening.

Feeling empty.

Too many women have learned to fake orgasm. Or rushing into contraction to get that glimpse of intense sensation only to feel empty afterwards...

Are you tired of the tension of faking it?

Great.

The more tired you are of externalizing, of tensing, the more you get connected to your soul calling, craving expansion, craving relaxation, craving honesty.

Instead of doing something our mind leads us to, we need to start being connected to our heart, to find the love within.



practice Self-compassion

This is a beautiful practice from Tibetan traditions to reach self-compassion.

Recognize, that there are different aspects of you. One of them is compassionate, loving, caring, friendly, kind, gentle, supportive, helpful, open...and not judging, let's call it O.

The other aspect of you, is the part of you who has been hurt, not understood, bitter, frustrated, angry disappointed, hurt in childhood, relationships or just got lost in this crazy world, let's call it X.

Recognize these parts of you.

Then inhaling, let the O- the loving part of you compassionately take in all the hurts and pains of X. See how X is touched and opens their heart and allows the pain and hurt to melt in this compassionate embrace.

Exhaling visualize that O is giving all the love, healing, warmth, trust, safety, joy to X.

Feel how you accept the totality of who you are. Feel how you can give compassion to your own self.

check in & DARE TO ASK



It is useful to take some time after regular intervals, and check, truly connect to your own feminine essence, to the woman in you, and ask, how are you? How is she doing? This is not a question of whether your finances are OK, your kids are healthy and your relationship in harmony and your career on the go. This is a question of how is she feeling. How is the woman in you? Sit silently, go into the depths of your heart and see the image. Is she OK? What does she need? How can you support her? What do you need to let go of? What do you need to pay more attention to?.

And by all means, don't listen to "them". Listen to You. Sit in silence. Breathe deep into your womb. Breathe deeply. Deeper, deeper, go into it. Get connected.

Seize these opportunities to get connected to your essence. Ask yourself, what does my feminine essence need? What is it hungry for? How is your soul being malnourished? What do I need to do to feed my soul?



how are
YOU
IT'S not a
THEORETICAL
question

Practice needs to follow. Implications need to follow. We need to take care of our own feminine essence, nobody can do this for us. Yes, they can support us, and support may be necessary, but nobody can not do it for us. Our connection to our own truth is our responsibility. To do that we first need to notice, become aware, and then get motivated to change, and experience honesty. Outer circumstances are not always the ones to focus on for it is the inner perceptions that need reprogramming. To reeducate our habits may take time patience and love.

Start releasing all the unnecessary with deep exhalations. Exhale it all out, the tension, the fake, the not you. Start connecting to your own essence, to your womb. Listen to it talk, it has been silenced for too long. The tension build-up has been there too long. The faking it is killing it. Let go what needs to go and allow your womb to awaken to life.



awakening your BODY INTO BLISS

It is fundamental to transform our minds and emotions if we want to experience bliss, but our bodies need attention too to experience pleasure. To awaken deep pleasurable sensations to our bodies, again we need to practice. To feel deep bliss, we need to train our body to feel pleasurable sensations.

First, it is important to release, to let go, to allow tension release. A powerful practice to achieve this is shaking.

let GO

Play energetic African or Caribbean drum music and start shaking your body from down upwards. Start with your feet and legs, shake your left foot and leg and then the right. Then shake your left hand and arm and then your right. Shake your bum, abdominal area, your breasts and upper body. Shake your shoulders, and visualize how the burden is flowing off from your shoulders. Let your head bend slightly backward and gently shake your head. Shake your whole body. Allow yourself to be completely relaxed. Shake out all stress and tension. Continue shaking for at least 5 minutes. Even if you are getting tired, don't stop, continue shaking. You may experience a state where you are not consciously shaking yourself, but your body is shaking by itself. Enjoy letting go of tension and feel your powerful life force flowing through your entire being!



RELAXATION IS NEEDED BOTH
FOR

awakening sexual energy
AS WELL AS ALLOWING IT TO
FLOW DEEPER

We may automatically think, that to awaken sexual energy, we should stimulate our genitals. However, to experience that something deeper, start first by stimulating your heart...



practice Take it deeper

Sit in a comfortable posture with your back straight. Place your hands on your heart and take a few moments just to be with your heart, smile to your heart and express gratitude for being alive. Then start by exhaling through your mouth, you may choose to sigh or let out a sound "aah", at the same time spread your arms wide, with palms facing towards the sky, and lifting your sternum and opening the chest. Let go of everything you don't need. Hold for a moment. Then inhale and bring your hands back onto your heart, bringing in new energy to your heart. Hold for a moment. Then continue in a pace that is comfortable for you for 5–10 minutes, focusing on letting go with each exhale and fulfilling your heart with warmth and love with every inhale.

Now connect to your breasts, placing your hands on your breasts. Inhaling send loving energy from your palms to your breasts. Exhaling release the tension and any negative thoughts you may have ever sent towards your breasts.

Then, place your hands in front of your breasts so that the middle of the palm of your hand is just slightly touching the nipples, now start gently moving your palms up and down brushing over your nipples ever so gently. Then allow your hands to embrace your breasts. Gently caress and massage your breasts with the intention of sending them love. May the touch be always loving and may it come from your heart.

Now, that your heart and chest is open, let's start moving downwards. Slide your hands down and place them on your abdomen, sending loving energy to your abdomen. Feel the rising and falling of the belly, continuing deep and calm breathing. Inhaling feel the connection with your belly and exhaling let go of tension.

In case you are having your period, then simply very gently caress your belly. If you don't currently have your period, start with a gentle belly massage, moving gently deeper and deeper reaching as deep as you feel comfortable. Allow the loving touch which begins with your heart, to connect to your belly and release tension with love and gentleness.

We continue moving downwards. Gently lie on your stomach, and place your hands on top of each other, creating a pillow for your forehead. From here, start moving your hips sideways, gently shaking your hips. Continue for a few minutes, releasing tension.

Now turn around laying on your back. Move your toes back and forth, thus creating a gentle shake in your whole body. Continue for a few minutes.

Now place your hands on either on your vulva or lower belly, wherever you feel comfortable. Inhaling, bring the released energy upwards to your heart, and exhale allow it to move back down to your genitals. Continue.

Finalize the practice by just laying still, placing one hand on your vulva or lower belly and the other hand on your heart. Feel the connection.

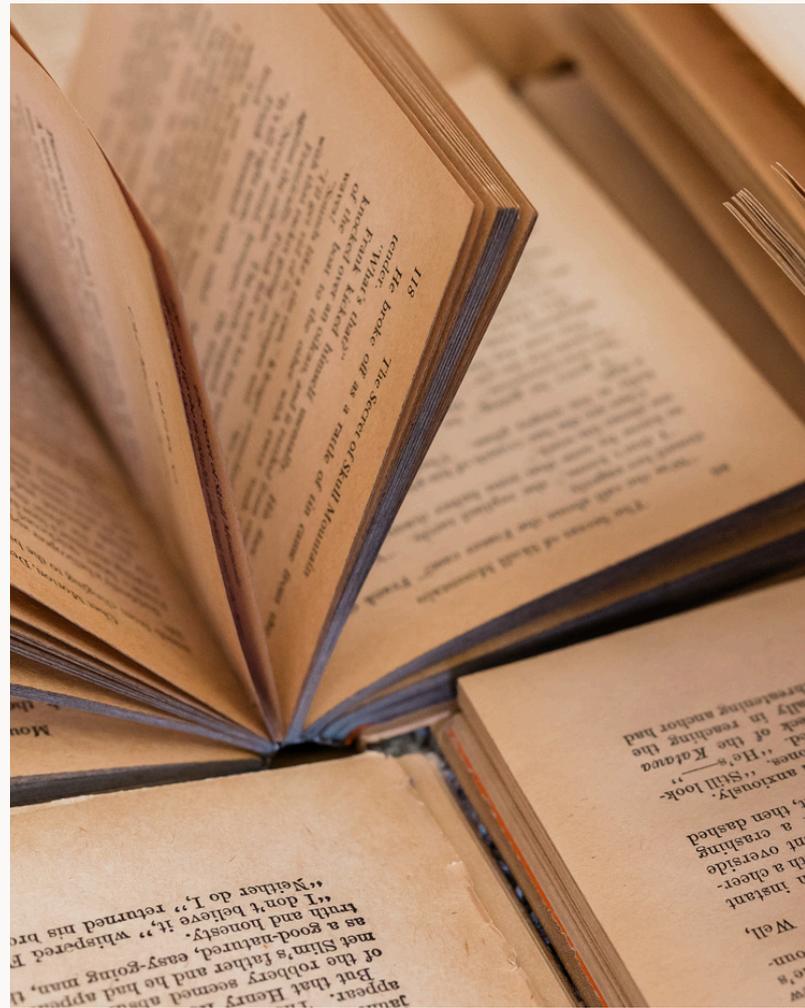
if not now **WHEN?**

If not now, then when? If I don't let go of old fears now, which inhibit me to truly connect to myself, then when? When it's less busy at work, when the children grow up, when my health has improved, when I have more financial security, when the days are longer, when...

Who is it within me looking for excuses as not to wake up and connect to myself? Are these excuses truly supporting me? Are you truly comfortable in your comfort zone? Is it really not the time right now to experience something new? If not now, then when?

These questions are not to put pressure, create tension or add speed or tasks to your life. These are important questions to begin noticing your habits, programming, and excuses, which are not supporting something truly satisfying and deep in life.

And this something is not a new book, movie, cultural event, trip, partner, dress... This something is a deeper connection to oneself, and as a result you will experience the external world from a whole other level.



*you can read endless
number of BOOKS
surround yourself with
inspirational QUOTES
take COURSES, but if
you don't IMPLEMENT
the received knowledge,
NOTHING
CHANGES*

We can find and connect to this
DEPTH IN SILENCE

*Simply being. Trusting. Accepting what
is. Allowing relaxation. Allowing
slowness. Allowing stillness.*



This being, this simplicity and silence can be brought to your activities, practices, and habits. It is mainly internal, as the external world is in constant motion.

Therefore, if you decide to try something new in your life, a new habit, or learn a new skill, instead of straining and forcing with effort trying to reach a desired result, surrender to the practice. Don't rush to reach an achievement, just be present, to relax in the present moment. Allow yourself to be, to sense, to experience now, accepting what is. Letting go of the wish to reach a result, be here in your activity. Don't go along with the drama of thoughts and emotions, but surrender, to connect to your true, pure and full of love inner deeper self. At the same time, stop looking for excuses, to postpone your practice.



with love

KAROLIN
TSARSKI

If you feel you have given yourself to others, either to work, to your partner, to your children, friends, or family but haven't paid attention to taking care of yourself, then it is truly time to place yourself first and reconnect to your essence!

To support you on your path, to inspire you to connect back to your heart and your self, I have created [Sensual Sanctuary Masterclass, with audio practices to guide you deeper within.](#) The practices guide you into being, into calming down, into finding harmony and focus within to reconnect. You can do all the practices calmly in your own pace and in the privacy of your home.

Taking care of yourself so you would be in full power as a woman is crucially important, so you could share the immense love potential you have within with the world.

Allow yourself this time by gifting yourself [The Sensual Sanctuary Masterclass!](#)



get in TOUCH

Should you have any questions, comments or feedback, please feel free to get in touch! I am here for you to support your journey.

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