From dare to dream website

Blog-Power of sexual energy



There is no doubt that sexual energy is one of the most powerful and potent energies available to us. This energy is harnessed and created through the second chakra. The second chakra structurally and functionally develops from around the age of 6 months to 2 years, but the psychology chological imprinting associated with this chakra happens between the ages of 2 to 8.

In the Catholic religion, sexuality is both repressed and laced with emotional energy of guilt and shame, this is significant because shame is the lowest frequency in the[human consciousness map](https://www.daretodreamcoach.com/raising-your-vibrations/). In the catholic religion sex before marriage is considered a sin, along with masturbation and sex should only be practised for procreation purposes.
If you grew up under this religion imprinting or others like it, then consider that your second chakra may not be functioning at it’s optimum, especially if you still hold these beliefs in your unconscious hard drive that accumulated these programs growing up.

Osho, the Tantric Guru, puts it beautifully:

‘***Repressed sexuality is the problem. When sex is accepted as a natural phenomenon, there is not need for repression and they dont need porn. When there is no repression, then the energy can be transformed.*‘**

Thus not only the family, but the culture you grew up in creates a large part of the conditioning and programming you receive growing up and your beliefs into adulthood.
Your gonads affect your reproductive organs, and if your second chakra is not functioning optimally then this can also show up as physical disease in the womb, prostate, ovaries, testicles, kidney or bladder. Thus one of the best things you can do is to improve how your second chakra operates.The clearer your chakras, the more precise you filter the energy coming in.

Tantra honors sexual energy as sacred. Sexual energy is very powerful and potent. In a Tantric healing session, sexual energy is awakened to heal the whole body. Various Tantric rituals are done to help focus and open up to Kundalini awakening. As you relax your body and mind you will go into a trance, when the healing begins and emotions start flowing. When negative emotions (anger, grief, fear, hurt, shame, guilt, etc) leave the body, positive ones like happiness, unconditional love, peace, harmony can come in.

Feminine Awakening and Empowerment

***Imagine yourself as a woman who has discovered your sexuality, sensuality and sacredness. You feel empowered, alive, whole and have meaningful life. You are feminine, elegant, magnificent, radiant and yet confident and full of vitality. No longer are you conditioned by society nor are you dragging your emotional baggage behind you. As you heal your past wounds, you can live fully in the Now. You respect yourself and honour your body as a sacred temple. You are the embodiment of the divine feminine and feel like a Goddess. You are in love with life and know you are here for a purpose. Life becomes a  celebration of love, happiness, peace, strength, freedom and Shakti.***

***You can be that woman!***

***You are a living Goddess!***

Women have forgotten their power, magnificence, radiance and femininity. They think that to be powerful, they have to be in their masculine power.  I am dedicated to empowering women heal their deepest wounds and flourish in all areas of their life.  I work in depth with women whom have suffered through abuse, heartbreak, inner child trauma and sexual issues.

The sad reality nowadays is that women are in a constant search for something or someone to fulfill them. They go from relationship to relationship to find what is missing within them. They keep buying all sorts of beauty products, latest gadgets, expensive designer clothes, etc to keep them happy. Botox, lip enhancement, breast and buttock enlargement have become so common these days. They are obsessed with pleasing men. They are also obsessed with impressing other women. They constantly compete with others to be, do and have more. They repress all their emotions and pretend to be strong to the outside world. But soon they feel **depleted, empty, frustrated, depressed, insecure, disconnected, numb, unfulfilled and stuck**. They dont understand why despite having ‘everything’, they are still not happy. The truth is what they are looking for is found within them, not in external things. True happiness, fulfillment and a meaningful life come when we release what is not serving us anymore, heal our past and live in the now.

Tantra and Tao are both deep emotional release work  that help women to let go of past hurt and emotions that are stuck in their body like anger, rage, grief, hurt, fear, shame and guilt.

**Through Feminine Awakening and Empowerment, I support women to:**

* tap into her Shakti
* feel sensual, elegant, radiant and magnificent
* not be afraid to shine
* awaken the divine feminine
* reclaim yourself as a Goddess
* connect to the wisdom of the womb and yoni
* learn to treat her body as a sacred temple
* heal sexual dysfunction
* take control of her own sexuality and feminine body
* feel secure, trustworthy and confident
* set clear boundaries
* open her heart again after past hurts
* learn sacred sexuality, connection and intimacy
* experience deep nourishment and increased sensitivity
* reclaim their full feminine power
* be orgasmic and even multi orgasmic
* learn self love and self care
* learn to open their sexuality and sensuality

With everything that a woman goes through- period pain, childbirth, abortion, sexual abuse, miscarriage, menopause, women unfortunately hold a lot of pain in their womb and yoni. Yoni massage can support you in releasing trauma, blockages from unwanted sexual experiences or abuse, tensions and stress. Every time we have a painful experience and we choose not to feel a certain emotion, we develop armor around our heart and our sexual organs. This armor serves to protect us from feeling pain, but it also shuts down our ability to feel pleasure, ecstasy and joy.

Tantra will increase your sexual and sensual sensitivity, deepen your connection with your heart, and even deepen and intensify your orgasms.

**Power of our Womb/Yoni**

A woman can feel pain, numbness or pleasure depending on what stored in her womb/yoni. The womb also holds the imprints of past births, still-births, miscarriages, sexual abuse, abortions and any traumatic event it went through. The imprints of past partners/lovers with whom we had sexual encounters also stays imprinted in our womb. All the repressed emotions from our heartbreaks, sexual abuse, challenges and traumas manifest as physical aches and pains, numbness, tightness leading to sexual dysfunctions like infertility, pain during sex, homornes imbalance, low sex drive, no orgasm, vaginismus and so many others. By connecting to our womb, yoni and our deep feminine wisdom body, we can clear and heal these issues.

Aside from making babies, the womb has many other mysterious gifts to offer us if we choose to explore her incredible potential. The womb has long been a sacred feminine symbol of life and the power of creation and for obvious reasons since each of us spent nine months in our mother’s womb and it was from the womb that we were birthed into this life.

When we connect to our womb, we connect to our true wisdom and essence.

***As the womb heals, so does her consciousness. The woman begins to own back her sexuality, her powerful and sacred energy. Too long her destructive patterns had allowed her womb to be dishonoured. She now holds a sacred intent to bring integrity into her life. She begins to heal her shame and powerlessness around sexuality, and honors her sacred longings more than her contractions, addictions and temptations. ‘Sukhvinder Sircar’***

Our womb is incredibly sacred and powerful. It is time to awaken your womb wisdom and allow your light, beauty and power to shine.

**Why do women need sexual healing?**

Women absorb a lot in our emotional energy centers and also in our sexual organs. Every time we are entered without love, part of our sexuality shuts down. Often, we feel sexually numb and can’t feel pleasure let alone have an orgasm. This is because of the residue of unprocessed emotions that are held in our yoni and womb. We absorb so much from our lovers, their fantasies, we blend emotional bodies when we make love so we feel a lot. Our sexual organs hold and carry shame that we carry from our mothers catching us innocently self pleasuring, so many messages that our sexual feelings were dirty, bad or wrong.

Through Tantric healing, we learn to release the shame, guilt, fear held in our yoni.  We learn to reclaim, remember and re-awakening our sexuality and our innate power.

**Feminine Awakening and Empowerment** **helps with a number of issues:**

* lack of orgasm
* feeling numb-no pain or pleasure
* painful sexual intercourse
* poor body image
* vaginal pain
* past sexual abuse
* cannot find a partner
* cannot trust men
* lack of sexual interest

**What happens in a Feminine Awakening and Empowerment** **for women?**

These sessions help women heal, awaken and celebrate their unique feminine qualities and innate potential for pleasure. Welcome Goddess. This is a space for you!

***A space to connect to your heart, your womb, your soul. A space to let go, to grow, to heal; to cultivate your true self. A space to celebrate your uniqueness and beauty. A space where tears and laughter are met with love, acceptance and understanding. A space that your very essence is calling out to be. A space to awaken the powerful Goddess Warrior within.***

The sessions are a sacred space for you to release emotions and heal unresolved trauma. I hold a safe space for you and it is done with unconditional love and respect. Everything that is shared remains confidential.

During our sessions together, we will explore a variety of  healing techniques which can help you connect to and release your emotional wounding. These will include:

* breathing- disperses emotional pain
* meditation-becoming aware of your body
* healing core feminine wounds
* grounding- connecting with Earth and the root chakra
* movement- frees and releases tension/stress/knots in the body
* sounds -disperses physical pain

to help release and express emotions hidden deep within the physical and emotional bodies. These de-armoring process are very powerful.

I invite you to breath deeply and allow the breath-oxygen/prana/chi/life force to nourish the whole body. They are encouraged to move freely as they feel the Shakti and to make sounds to release deep held toxins in the body. By holding a sacred space, you can express your grief, anger or any other emotions through voice and movement. As memories arise to the surface and are made conscious, you can begin to let go of traumas since childhood. You get the opportunity to express yourself without being judged. You will be held with love and compassion throughout the sessions.

I will help you to feel, experience and express feelings that have been repressed and forgotten. We will work on  clearing away decades of wounding and allowing new life, love and creativity to flow in your life once again. I adapt each session according to your specific needs. So, not all treatments will be the same as we are all different and have different issues.

**Why choose me as your Feminine Awakening and Empowerment Healer?**

My journey with my own feminine awakening and empowerment has been deeply healing and transformative for me. During a short time, I felt myself shift from insecurity, helplessness and disconnection toward empowerment, sensuality and a sense of wholeness. After learning Shamanic, Tantra and Tao, I found my calling  and now am dedicated to help others heal on a very deep level. I have learnt the healing arts from many teachers and gurus and each one has enabled me to develop my skills further.

Very often, women have been hurt or abused by men and they find it hard to trust men in general. By working with a woman therapist (sister), women feel safe and they can trust and surrender in healing process easily. Having a sister with whom you can just be yourself, who will accept you exactly as you are and tend to your emotional wounds is deeply empowering.

For healing to happen, it is important that safety and trust are first established and then allow your defense mechanism to melt so you can be present with the therapist who will see you, listen to you and help you to heal.

I am devoted to guiding women in their spiritual growth, healing and  awakening the Shiv/Shakti –Masculine/feminine energies within them. I love to align women with their authentic self and releasing their limitations, traumas, blockages and deep core wounds from their past.

As a Therapist, I support women to notice their bodies, to be able to inhabit their body in a more conscious way, to connect with their womb wisdom, to feel more, to work with feelings of anger, fear, shame, unworthiness and guilt as they emerge.

I am honoured to be able to offer women this deeply spiritual work. Get in touch if you want to release the layers of emotional baggage, unlearn social conditioning and discover your true self.

Are you ready to step fully into the Shaktis that you truly are? **Do you want to be the embodiment of elegance, radiance, sacredness, sensuality and Shakti?** Do you want to move freely and not drag along your past, your wounds and your issues?

Please book your [free discovery call](https://www.daretodreamcoach.com/contact-neemisha/) now

***It is time you remember and reclaim your true divine feminine essence. As a woman, it is your birthright to walk tall, confident, radiant and magnificent. You are a living Goddess!***

**Welcome!**

My name is Neemisha and I help people who are ready to do their inner/shadow work and step fully into their authentic Self.

If you are ready to make the change in and transform your life, then you are in the right place. If you recognise that you are worthy and deserve more in every areas of your life, then keep reading. So now you know you are ready, do you have what it takes to transform?

Great, let’s start by bringing whatever has been repressed and unconscious into your conscious awareness and allow the transformation you been waiting for to happen.

 As a Holistic Lifestyle Coach and  Energy Healer, I am able to help you understand how your past experiences, childhood trauma, old beliefs and emotions impact on your current situation, looking beyond your current issues to the underlying causes. I use  various powerful tools and techniques ranging from ancient and indigenous wisdom to the latest scientific research of trauma in my healing sessions. I am trained and certified in Theta Healing, Shamanic, Tantra, NLP and Coaching.

Through Shadow/Inner work and embodied practices, we delve into the unconscious mind to explore why we do the things that we do. We explore our belief system, thought patterns, habits, feelings, emotional needs and even triggers to find out what’s holding us back. Very often, this takes us to childhood trauma in which case we do an [inner child healing](https://www.daretodreamcoach.com/inner-child-healing/) to discover what emotional needs our inner child is carving for.

In order to move on, it is important to let go of anything that is holding you back. So many of us are carrying emotional baggage around with us everywhere we go and they affect all areas of our life. We find ourselves in repeating patterns like the same unhappy relationship, same unfulfilling job, same weight issues, same financial worries no matter how much we want to change and move on.

I believe that every trauma/challenge/problem we face in  has a gift/lesson/blessing.  They happen in our life in order to awaken us. They allow us to find our true essence, our values, who we truly are and our life purpose. For instance, healing a broken heart help us to develop empathy and compassion for ourselves and others.

### No matter our age, race, gender, ethnicity, we all want to feel worthy. We want to feel empowered. We want to feel valuable. We want to feel connected. We want to feel purposeful. We want to make a difference!

What stops us is our limiting beliefs, fragmented part, painful emotions and unresolved traumas. I can help you connect with yourself again.

**To heal means to make us whole and complete.** As we heal our past, we move from a place of darkness and bitterness to forgiveness, love, compassion, authenticity and connection. Are you at an important phase in  your life where you need to release your old beliefs and lifestyle, to allow yourself to step into a new life? As we awaken to our spirituality, we need to transmute the denser energies that are blocking us to achieve our true potential.

**Inner Work that I help my clients with are:**

* Inner child healing- Mother and Father wounds
* Balancing the masculine and feminine energies
* Changing limiting beliefs
* Setting boundaries
* Cord cutting to toxic people
* Clearing trapped emotions
* Chakra balancing
* Releasing Self sabotage and resistance
* Identity Shift- from Victim to Victor
* Meeting emotional needs
* Self Love and Self Care
* Trauma Healing
* Shamanic and Tantric practices for embodiment
* Aligning body, emotions, mind and soul
* Shifting from trauma to purpose
* Map out your vision and meeting your future Self

We cannot live a happy and meaning life if we are disconnected and fragmented. We desperately need for healing so we can feel whole, complete and fulfilled. I use a variety of powerful tools, techniques and sacred rituals to help my clients release whatever is not serving them anymore.

What are you carrying that no longer serves you?

Beliefs? Old Stories? Relationships? Emotions? Thoughts?

 What do you need to surrender these old baggage?

What  gifts/lessons/blessings are awaiting you once you heal your wounds?

Through my years of experience helping clients, I found that it is vital to treat clients as a whole and not just their symptoms. So, we go to the root cause and explore  the physical, mental, emotional and spiritual aspects. If physical symptoms alone are addressed, that cause still remains and to appear elsewhere in the body later on.

**In my sessions, I take a holistic approach and work on all 4 levels:**

**Physical-** Chronic pain, stress, tension in the body and trapped emotions that have manifested as diseases

**Emotional**– trapped emotions like anger, sadness, hurt, fear, guilt, shame and other difficult emotions

**Mental**– work on mindset. Changing limiting beliefs like I am not good enough, I have to struggle, I do not deserve to be happy, etc

**Spiritual**-chakra imbalance, soul fragments, life lessons and soul purpose

When the body, mind, emotions and soul are in alignment, then only can we experience health, wealth, success, happiness, love, peace and freedom.



*Dare to Dream- Holistic Healing*

My intention is to empower my client to heal themselves. I believe all healing is self healing. The healer assists clients to go to the root of the problem and release what they are holding back. As we let go of limiting beliefs , negative emotions and integrate parts which have left us, we become whole, happy and fulfilled.

**Get in touch if you want to:**

* let go of your painful past
* heal your emotional wounds
* turn your limiting beliefs into empowering ones
* have/do/be more in life but not sure where to start
* overcome your fears
* empower yourself
* develop your confidence and self esteem
* clear unresolved trauma
* release childhood trauma
* explore and heal your triggers
* get rid of persistent nightmares and flashbacks
* let go of your addictions-smoking, alcohol, drugs, excessive eating
* release difficult emotions like anger, grief, hurt, shame, guilt
* develop a healthy and holistic lifestyle on all levels
* discover your life purpose
* feeling overwhelmed as an Empath
* recovering from a narcissistic relationship
* feel stuck and dont know how to move forward
* awaken spiritually or having a spiritual awakening
* understand your healing process

And get in touch if you are feeling frustrated, disappointed, anxious, depressed, confused, desperate, numb, unfulfilled, lonely and you need to find yourself again.

## **Benefits of Energy Healing:**

-Removes energy blockages

-Helps with your self awareness and personal growth

-Raises your vibration

-Relaxes the body so it can release stress  and tension

-Increases vitality and aids better sleep

-Accelerates the body’s self-healing abilities

-Supports the immune system

-Helps relieve physical pain & promotes emotional clearing

-Assists the body in cleansing itself from toxins

-Helps clear and balance aura and chakras

### ‘Daring greatly means the courage to be vulnerable. It means to show up and be seen. To ask for what you need. To talk about how you’re feeling. To have the hard conversations.’ Brene Brown

Healing  and Coaching offer a place where you can look at issues that have been troubling you in a safe and confidential setting; to explore feelings that you find too difficult or confusing to discuss with family and friends. I encourage all my clients to express their  emotions freely. It is so important to heal our past first, so we can live in the present moment and set future goals.

Helping you heal the holistic way!

**Book appointment for Coaching and Healing, Inner Child Healing through  Skype/Zoom online sessions. I am based in London and do my sessions online, so we can work together wherever you are in the world as long as you have internet access. Sessions last between 60- 75 minutes.**

**Tantric Healing for women is held in person in the Croydon in South London.**

Or take advantage of 3, 6 or 10 sessions package which are better value and you will get email support, workbook and practices in between sessions along your healing journey.

[Contact Neemisha](http://www.daretodreamcoach.com/contact-neemisha/) to book an appointment or a free 20 mins discovery call.

Namaste,

Neemisha

Helping you heal your past with Holistic Healing therapy and Coaching Online to heal depression, anxiety and release trauma.