



**Nicola Amadora: Bridging The Gap Between Men and Women**



Dr. Nicola Amadora is a Spiritual Teacher, Psychologist, Hakomi and Trauma Therapist, Social and Environmental Activist, Speaker and Founder of Living Connection. Find out how she has helped bridge gaps between opposing parties, and how this can be used to bridge the gap between men and women to heal our social wounds.

**TOP EMBODIMENT TIP:** Acknowledge what is here and say yes to it.

The gap between men and women affects us personally and impacts how we structure our societies:

- The **gap between men and women** goes **beyond our known roles and forms**.
- **It needs to be addressed because there is great power liberated in healing trauma.**
- The gap exists because the masculine has “powered over” for centuries and the system is **out of balance**.

The pure essence of masculine and feminine:

- **Masculine’s** pure essence is to cut through delusion, **to stand in truth, to have awareness and presence and one-pointed focus.**
- **Feminine** pure essence is **embracing, nurturing and the relational**. In balance, we flourish, and the systems in our societies can support life.

Bridging the Gap: **The gap is so wide, that it cannot be jumped over**

- **Emotional healing is necessary.** Attend healing circles, **share your suffering** and **acknowledge the pain.**
- **Own It.** “This is my pain”. Fundamental to work on this collectively - trauma is too big to deal with the pain alone.

Fire of True Connection Work: **A healing dynamic where men and women stand opposite to each other.**

- **Share** what it feels like to be a man/woman. **Speak from the heart and listen from the heart.**
- **“I am here. I hear you. I feel you”.** We can’t jump into forgiveness until the pain is received.

The direct experience becomes a blueprint for new behaviours and change

- The direct experience of the other’s pain is what builds the bridge to cross the gap.
- While we feel this pain, it is necessary to also resource from what gives us joy, to connect with life beyond the feminine and masculine.

Resources

- ❖ **Website:** [www.nicolaamadora.com](http://www.nicolaamadora.com)



## Nicola Madora





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