

Yoni Massage Awakening Female Sexual Energy

To age with the sun and moon and be renewed by spring and summer, to conserve the seeds of growth in autumn and winter and to be nourished by the eternal breath of the Tao—these are the goals of the Taoist alchemists, the masters of the arts of health, longevity, and immortality. This book is a translation of a concise Taoist alchemical manual known as the Dragon-Tiger Classic, along with its two most important commentaries. The classic, written in ancient times by an unknown author and published during the fifteenth century BCE, is regarded by contemporary Taoist practitioners as the most complete guide to spiritual transformation. It covers the three forms of Taoist practice: • External alchemy, concerned with the ingestion of minerals, herbs, and other substances to attain health, longevity, and immortality • Sexual alchemy, in which the practitioner uses the energy of a sexual partner to cultivate his or her own energy • Internal alchemy, the practice of meditation, calisthenics, and yogic postures to cultivate mind and body An extensive introduction by the translator and the inclusion of two commentaries by traditional Chinese authors aid the reader in understanding this concise, symbolic text.

A concise, illustrated workbook to Tantric lovemaking by the bestselling author of *Sexual Ecstasy* and *The Art of Sexual Ecstasy*. The *Sexual Ecstasy Workbook* is the perfect practical guide for the countless lovers who complain that sexual harmony is so easily broken and that love, rather than being pure bliss, is more like walking through a minefield—where at any moment a false move can turn off enthusiasm and snuff out all chances for orgasmic satisfaction.

Problematic situations readers will learn how to successfully

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maneuver include: - She is turned on and wants to make love, but doesn't dare express it. - He wants her, but she seems so busy that he doesn't dare interrupt and ask. - The world-in the form of ringing cell phones, paging beepers, droning television, and domestic duties-prevents the focused intimacy that is the core of bliss. - Awkwardness-not knowing how to caress-turns lovemaking into a burdensome chore. The Sexual Ecstasy Workbook presents a user-friendly, step-by-step method for connecting more deeply with one's ecstatic potential, erotic goals, and ability to appreciate one's self and one's partner.

If we're suffering from stress, have a headache or simply feel listless, most of us tend to reach for the aspirin. The Complete Self Massage Workbook offers a great alternative: 100 quick-and-effective exercises designed to relieve stress and other minor health problems. Drawing on Taoist studies as well as shiatsu, reflexology and Indian Head Massage, Kristine Kaoverii Weber shows you how to harness the healing power of self-massage. All the techniques are explained with step-by-step pictures alongside clear instructions, so they're easy to understand and perform. Plus, each exercise focuses on accessible areas of the body - hands and feet, face and head, neck, shoulders and lower back - making them ideal for use in the office, at home and even when travelling. This is the perfect self-help guide for anyone interested in improving their physical, mental and emotional well-being through the healing power of touch. Sacred gestures of the hands and body to energize the sexual organs, increase libido, enhance pleasure, and improve overall health • Includes exercises for men and women to tone the genitals, improve endurance, and reach orgasm without ejaculation • Details shared exercises for couples to harmonize male and female energies • Explains how these exercises can treat sexual problems caused by

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tobacco, psychotropic drugs, and alcohol Mudras have been used for thousands of years in Hinduism and Buddhism to channel the movement of energy in the body for physical enhancement and spiritual enrichment. These sacred gestures of the hands and body create a tangible link between body and mind, conscious and unconscious, and can be used to strengthen and invigorate specific organs or bodily systems. Exploring the mudras of sexual vitality, Serge Villecroix illustrates energy movement exercises for men and women to tone the genitals, increase libido, improve endurance, and enhance pleasure. He reveals mudras for men to reach orgasm without ejaculation and details shared exercises for couples to harmonize male and female energies. He explains how these exercises can treat sexual dysfunction, such as impotence, as well as overcome sexual problems caused by tobacco, psychotropic drugs, alcohol, and other substances. Providing a complete guide to the sex mudras, Villecroix shows how strengthening your sexual energies also improves cardiac and respiratory health and overall vitality.

Famed tantric practitioner and teacher Margot Anand has led a life of spiritual bliss and erotic ecstasy. This book recounts the fascinating adventures, turning points, and breakthroughs on her path from sex to awakening, and it includes techniques and exercises to help you connect to the powerful energy of the erotic spirit.

- The secret sexual energy practices of Toltec-Mayan shamans revealed at last.
- The author studied with don Juan Matus and the same circle of Nagual sorcerers who taught Carlos Castenada.
- Offers specific step-by-step instructions for mastering the ancient sexual techniques that lead to spiritual transformation. Readers of Carlos Castenada have often complained that his work in ancient Meso-american shamanism never covered sexual practices beyond celibacy.

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With his death in 1998 it seemed that these practices might never be revealed, but fortunately Marilyn Tunneshende has stepped in. Set against the backdrop of the golden deserts of Sonora, Mexico, Don Juan and the Art of Sexual Energy recounts Tunneshende's initiation into the ancient sexual energy practices of the Toltec-Mayan tradition. Under the tutelage of don Juan Matus, Chon Yakil (whom Castenada referred to as Don Genaro), and dona Celestina de la Soledad, she learns to reclaim her feminine power and balance the masculine and feminine forces within herself. At the heart of the book is the mythical Rainbow Serpent: the phallic energy within women, the creative power within men. Each chapter focuses on a particular technique for awakening the serpent and connecting with its energy. Twenty-two sequential practices are covered, providing a powerful program for serious spiritual transformation.

In this updated, fully illustrated second edition, the author uncovers every aspect of this ancient practice, and introduces the principles, techniques, and rituals of Tantra.

TANTRIC MASSAGE FOR BEGINNERS 3rd EDITION

Discover The Best Essential Tantric Massage- and Tantric Love Making Techniques! Bonus Inside Are you and your partner starting to feel distant with one another when you're in the bedroom together? Do you oftentimes wonder if there isn't something more that the two of you could be doing that would make you feel closer to one another? Has someone maybe mentioned tantric sex to you in passing? If you've answered yes to one or more of those questions or you're just looking for a way to spice things up in the bedroom as you deepen the connection between you and your partner, then this might be the book for you! You'll find information as to how the tantric sex movement got started over six thousand years ago, and how you can start practicing it today with your partner without feeling the pressure of having sexual

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intercourse! At the end of the book, you'll be introduced to some easy and a few not so easy positions that maximize the tantric sex experience! In this book, you'll find the following: What is Tantric Sex? The Benefits of Tantric Sex Importance of Sex in a Relationship Types of Intimacy Beginning Exercises Basic Tantric Sex Techniques Tantric Massage Tantric Sex Positions for Beginners And much, much more... Want to find out more ? Buy your copy today!

Experience the Healing Power of Massage With more than 650,000 copies sold, The Book of Massage is the classic guide to the relaxing and healing skills of the hands.

Featuring both Eastern and Western methods, it presents step-by-step, beautifully illustrated instructions on everything from traditional massage to shiatsu and reflexology. The Book of Massage offers easy-to-follow techniques for giving the perfect massage, including advice on creating the right setting and suggestions for using aromatic oils and lotions. In the comfort of your own home, you can Soothe away stress and tension Develop your body's unique healing powers Banish headaches and back pain Share the language of touch Experience optimum health and vitality Now revised and updated with fresh color photos and drawings throughout, The Book of Massage is a simple and comprehensive handbook that reveals how you can experience the myriad benefits of giving and receiving a soothing massage.

"[In this revised edition, the author] updates the ancient practice of Tantra for modern sexual explorers desiring to discover new frontiers"--Amazon.com.

The modern perspective on sexuality is almost exclusively focused on procreational and recreational sex. Little attention has been given to the ancient Asian perspectives on the more profound restorative and transformative (spiritual) benefits of sexuality. This challenging material will definitely bring about

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a rethinking of sexual purpose and conduct. "White Tigress" refers to a female who follows the natural workings and forces of her sexuality to achieve beauty, youthfulness, longevity, and immortality. Her sexual practices all derive from teachings passed down through various consorts and female Taoist nuns and immortaleses. "Green Dragon" refers to the male surrogate sexual partners of a White Tigress, who provide her with heightened sexual energy and passion. A Green Dragon can also be a co-cultivator in a Tigress's practice, helping her engage in the deeper transformational practices so that they both can achieve restoration and illumination of body and spirit. The White Tigress and Green Dragon sexual-spiritual practices and philosophy revitalize sexual passion and compassion, demonstrating that there is much to learn about sexual energy and how it can greatly benefit the body and mind.

Zoe is desperate to change her life after some personal losses. After looking into various forms of alternative healing she tries orgasmic massage therapy, which includes yoni massage. Right from the first session, she entered a mind-blowing innerworld of subtle energies and visions which lifted her depression. As the sessions progress, whole body multiple womb orgasms become her normal experience. Zoe's session reports describe in great detail her inner experiences of being on Zak's mysterious massage table. Some of the visions and spiritual experiences strongly resemble chakra awakening and kundalini activation. This book clearly demonstrates the natural gifts the female body contains.

A practical guide to deepen and expand your orgasmic experience by yourself. Based on ancient Tantric teachings, modern sexology and tons of experience, *Orgasm Unleashed* is filled with inspiring ideas and powerful practices that will transform your sex life. It might even change your life.

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Learn the healing power of touch with a new, up-to-date reference from *The Complete Guide to Modern Massage*. Massage is a natural method to relieve pain and reduce stress--and anyone can learn how to do it. *The Complete Guide to Modern Massage* offers an updated reference to learn popular techniques and feel the physical and emotional benefits of massage. From classic styles such as Swedish or Shiatsu to new favorites like Ayurvedic and Thai, this massage guide offers illustrated, step-by-step instruction to master techniques from around the world. Complete with massage practices for pain relief, you'll learn how to heal your family, friends, partners, and even yourself of common ailments with your own two hands. *The Complete Guide to Modern Massage* includes: An introduction to massage that outlines the history and basic principles of massage and how they relate to modern practice. World-famous massage techniques that include Deep Tissue, Reflexology, Tui Na, Cranial-sacral, Reiki, and more! Restorative applications for healing common ailments including headaches, neck pain, PMS, lower back pain, and more. Easy-to-follow guidance with illustrations, and simple step-by-step directions to master every technique. Give and receive rejuvenating massages with world-famous techniques and step-by-step instructions from *The Complete Guide to Modern Massage*.

In *Emotional Detox - A Woman's Guide to Healing and Awakening*, leading Tantra Healer, Mal Weeraratne, shares a fresh approach and insights on how to unblock orgasmic potential and achieve emotional liberation. Harnessing sexual energy rejuvenates and improves physiological, emotional, psychological and spiritual health. This book teaches women how to take control of the sexual energy within their bodies to remove trauma stored in the form of emotions using ancient knowledge and practices that are combined with new groundbreaking insights to create an engineered trauma-release

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technique called Tantric Tao Bodywork for Emotional Detox. Tantric - Tao Bodywork is a British pioneer technique intended to eliminate traumatic experiences at a cellular level in the body to start living a positive life. -- a biological cleanse and detox to experience joy and bliss. Having explored Tantra and Tao for 20+ years, Mal reveals how all women are capable of experiencing emotional freedom and ecstatic bliss. He provides readers with a unique understanding of how the female body may be activated to deepen ecstatic states. Prevailing negative attitudes in the West work against the natural capacity of a woman to realize her full sexual potential and ability to feel unlimited bliss and achieve deep orgasmic states. Among other alarming survey results, it is estimated as per Cosmopolitans Female Orgasm Survey, only 57% of women in the UK experience an orgasm when they have sex with a partner whereas 43% has never experienced an orgasm. This book is packed with practical advice and tips on how to harness sexual orgasmic energy. Readers will learn how emotional trauma can block pleasure and cause disease; the difference between soft penetration and deep sustained penetration, including how to avoid premature male ejaculation; the secrets and history of female ejaculation; techniques for awakening and yoni massage and so much more.

Have you noticed that passion in your relationships has subsided over the years, and you wanted to change something? Do you think you know your own and your partner's body well enough? How many erogenous zones do you know? You must read this book about massage for couples, to find out the answers to these questions and to awaken the former desire. Touch is the most intimate sense. Couple massage makes you understand each other without words on the most intimate level. Touch can carry passion and love, confidence, and empathy. It promotes relaxation

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and healing, is central to our erotic experiences. Touching the body of another person, feeling the skin of your loved one with your skin gives you much more pleasure than any other feeling known to man. However, oddly enough, even lovers rarely use this gift of nature to the full. This couples massage book is a kind of textbook in how to bring your body and your partner's body into a comfortable state through massage, so that it flies away, relaxes, recuperates, and experiences an unearthly pleasure. You will not need any massage accessories for couples, no couple's massage ball, couple's massage toys. Only music, couples massage oil or lotion, and incense will give your communication a special feeling. We'll tell you how to give your partner the greatest possible pleasure! This book is the result of more than a decade of practical experience in performing massage and years of teaching experience. Everything you read in this book is based on knowledge of anatomy, physiology, psychology, sexology, and various types of massage. In the book, there will be no useless information, only the most important practical knowledge about couples sensual massage. So if you want to know all of the secrets about excellent couple massage, and bring back your passion and desire. You should buy this book! Your partner will thank you!

mastering the art of vaginal massage

Do you feel disconnected from your partner? Do you feel that something is stopping you from expressing yourself physically? Do you want to add some spice to your sex life and improve your intimacy quotient? Do you want to learn about the different ways in which you and your partner can pleasure each other? Are you curious about learning about different practices of Tantra? If your answer is yes for any of the questions mentioned above, then this is the perfect book for you. In the course of this book, you will learn: The meaning of Tantric massage and its various benefits What

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are essential oils and how you can make your own massage oils at home The different techniques and essentials of giving a tantric massage Various methods used during tantric massage Various male and female tantric massages How to give an aromatherapy massage Ways in which tantric massage will help to reignite the spark in your sex life This book provides all the information that you will need to know about tantric massage and the different techniques of tantric massage that you can use. All the information regarding will help you to form a bond with your partner that surpasses the physical realm! So, what are you waiting for? Let's get started! Buy your copy today!

Like men, women also can ejaculate, enhancing and intensifying their sexual pleasure. In an open, positive style, Deborah Sundahl presents information about female ejaculation including scientific findings, anatomical illustrations, historical accounts, a chapter on how men can help their female partners to ejaculate, and women's and men's experiences collected during the past two decades. Do you suffer from performance anxieties or sexual difficulties that are restricting your sex life? Would you like to learn the secrets of male sexual performance and female sexual awakening known only to porn stars, escorts, and sex coaches? In [i]Sex Tips for Men[/i] Player Mastermind highlights the psychological techniques required for dependable male performance without pharmaceuticals and break down all of the most reliable techniques for female multiple orgasms, squirting orgasms, dirty talk to the point of orgasm on command, and hot kinky sex. This is the real-deal advice for men to keep the women [i]coming[/i] back again and again...

Includes a preview of *Mothering from Your Center*, the next book from Tami Lynn Kent. *Wild Feminine: Finding Power, Spirit, & Joy in the Female Body* offers a unique, holistic

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approach to reclaiming the power, spirit, and joy of the female body and to understanding its connection to creative energy flow. By restoring physical and energetic balance in the pelvic bowl, women can learn to care for themselves in a nourishing and respectful manner, heal spiritual fractures, and renew their relationship with the sacred feminine. Although the feminine body is an access point to the greater realm of the spirit, many women have lost their connection to this source. Author Tami Kent, MSPT, has an answer. Drawing from her experiences as a woman's health physical therapist who works with the physical body and female energy system, Kent provides a framework for healing the body and navigating the realms of feminine spirit. Through pelvic bodywork, healing stories, visualizations, rituals, and creative exercises, women can explore the deep and natural wisdom inherent in the female body. Wild Feminine reveals the amazing potential of the female body: the potential to create, to heal, and to transform the energy of a woman's everyday life. Journey deep into the heart of your body. Travel the terrain of feminine wounds. Go to your root place, the center of all womanhood and radically shift your relationship with your body and spirit. Wild Feminine gives you the tools to awaken and retrieve your ancient wild self, restore your creative energy, and reconnect to your sacred center.

Contains everything a man needs to know in order to be a good lover, based on esoteric traditions of sexual ecstasy. • Includes practical and easy-to-follow Tantric rituals and sacred sexuality exercises for a modern lifestyle. • Uses real-life stories of couples to show the benefits achieved with the practices. • Offers an approach to lovemaking that encompasses all dimensions--physical, emotional, and spiritual. • Written by the co-creators of The Secrets of Sacred Sex video Being a good lover isn't easy. With more freedom, knowledge, and body awareness, today's woman

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knows better than to settle for predictable, performance-based sex. Tantric Secrets for Men offers everything a man needs to know in order to satisfy a woman's physical, emotional, and spiritual yearnings. Employing the ancient secrets of physical ecstasy, men learn to transform rote sex into passionate lovemaking, pleasure into ecstasy, and partnership into union. From the expert teachings of a committed couple practicing and teaching ecstatic sexuality in a modern-day context, men will learn how to satisfy a woman on the levels of body, heart, and soul--and how to bring themselves to new heights of ecstasy in the process. The authors draw upon time-honored tantric and Taoist practices and modern sexology that will enable couples to make love more frequently, achieve higher and prolonged states of orgasmic intensity, experience lovemaking as a sacred endeavor, and deepen loving relationships.

Taoist techniques for replenishing our internal energy with universal cosmic energy • Shows how to transform excess sexual energy (Ching Chi) into self-healing energy • Presents advanced Cosmic Healing Chi Kung practices, which gather the limitless resources of Cosmic Chi for healing • Explains how opening of the three tan tiens to the six directions allows personal consciousness to connect directly to higher sources of energy Taoists consider our sexual energy to be the creative force that we can use to regenerate the body's internal energy, but we must learn how to harness excess sexual energy and transform it into chi, or life-force energy. When we circulate the sexual energy in the Microcosmic Orbit--a continuous energy loop that runs up the spine and down the front of the body--we transform it into self-healing energy that can be stored in the organs and the three tan tiens: energy centers in the brain, the heart center, and the lower abdomen. The Alchemy of Sexual Energy builds upon Microcosmic Orbit practices discussed in Healing Light of the

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Tao. The more we open the flow of our internal energy the more capable we are of connecting to the cosmic energy that exists outside ourselves in the universe. By learning to open the three tan tiens to the six directions, the Taoist practitioner combines mind power with extension of chi to draw cosmic energy into the body. This energy, too, can be stored in the three tan tiens and used as needed for healing. When we learn to flow in this way with the energy of the Tao, life ceases to be a struggle.

Make the most of your lovemaking with this bestselling guide to erotic massage. Massage is a simple way for couples to awaken their desire and bring more intimacy and passion to their love life. The Tao of Sexual Massage shows how to master the techniques that will make your touch both tender and titillating.

- Reveals how the sexual practices of the White Tigress can preserve and restore a woman's physical youthfulness and mental energy.
- The first modern guide to White Tigress techniques, the only sexual teachings exclusively for women.
- Reveals for the first time in English the hidden teachings of immortal Hsi Wang Mu, a White Tigress from 3,000 years ago.
- Provides Western medical correlations to substantiate White Tigress practices.

White Tigress women undertake disciplined sexual and spiritual practices to maintain their beauty and youthfulness, realize their full feminine potential, and achieve immortality. Revealed here for the first time in English are the secrets of the White Tigress that have all but disappeared from the world. Under the guidance of Madame Lin, the matriarch of a

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distinguished White Tigress lineage still in existence in Taiwan, Hsi Lai was given the privilege to study these practices and record them from a modern perspective so they will be forever preserved. The vast majority of Taoist texts on alchemy, meditation, and sexuality are directed at male practitioners. The Sexual Teachings of the White Tigress presents traditions that focus on women, traditions that stem from a long line of courtesans and female Taoists. Translations of the ancient teachings from a rare White Tigress manual dating back 3,000 years explain the sexual and spiritual refinement of ching (sexual energy), chi (vital energy), and shen (consciousness)--the Three Treasures of Taoism--the secret to unlocking eternal youthfulness and immortality.

In?tru?ti?n? f?r Yoni M????g? Tantra Book - Tantric Massage You're ?b?ut t? embark ?n a w?nd?rful j?urn??! W?uld ??u lik? to f??l m?r? int?n?? excitement th?n ever before? Ex??ri?n?? more l?v? f?r ??ur??lf ?nd others than ??u ever imagined possible? H?v? th? best ??x ever -- truly, b??u?? it'? n?t just ??x; it'? mu?h m?r?? If you ?n?w?r?d yes, get r??d? to be transformed, t? f??l fr??r, and m?r? ?nthu?i??ti? about ??ur??lf and ??ur lif?. I can m?k? th?? promises to ??u b??u?? I know it's possible and b??u?? I have ???n in??iring tr?n?f?rm?ti?n? h????n to m?n ?nd w?m?n ?f all ages, ??ung ?nd ?ld, when embarking ?n the ?x?iting j?urn?? ??u ??n

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What is this book. In this part, I'll introduce you to the concept of TANTRIC MASSAGE that started in the Eastern part of the world thousands of years ago but that was lost over the centuries until now. You'll learn how to bring things to a new level, ways to get more powerful energy of sexual nature through your body, how to harness your energy and your return, and all the benefits to get the best of the tantric path into deeper intimacy and higher states of consciousness!

Awaken sexual energy for radiant love and empowerment, healing of emotional trauma and chronic conditions, and celebration of each stage of a woman's life • Reveals how to channel sexual energy to experience the 3 kinds of female orgasm, clear trauma, and heal issues related to PMS, menopause, and libido • Details how to perform breast self-massage, jade egg yoga, yoni articulation, and Universal Healing Tao work such as the Inner Smile and Ovarian Breathing • Includes solo and partner practices for conscious energy exchange, intimacy building, unconditional love, and activating your multi-orgasmic potential Through the Taoist tantric arts, women can experience the full flowering of their sexual energy. Rooted in Chinese energy medicine, Universal Healing Tao practices, and ancient Taoist traditions from the Yellow Emperor and his three female advisors, these practices honor and celebrate each stage of a woman's life and allow women to awaken their

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genuine feminine sexuality--receptive, soft, sensitive, intuitive, and creative--rather than the masculine approach that focuses on strength, endurance, and control. In this comprehensive guide to Taoist tantric arts for women, author Minke de Vos reveals how to channel natural sexual energy to evolve the Divine within and heal deep-rooted negative emotions and traumas related to sexuality. She explores techniques from the Universal Healing Tao system, such as the Inner Smile and Ovarian Breathing, to cleanse the uterus of negative emotions and fill your creative center with compassionate vibrations. She offers sexual energy practices to prevent chronic conditions like cancer, depression, and osteoporosis and heal issues related to PMS, menopause, and libido. She explains how to experience the three different kinds of female orgasm and provides detailed, illustrated instructions for exercises such as breast self-massage for emotional transformation and jade-egg yoni yoga to strengthen the pelvic floor and stimulate inner flexing and articulation. She offers evocative meditations to connect with the Goddess within and embrace the innate sexiness at each stage of life. Including solo and partner practices for conscious energy exchange and intimacy building, Minke de Vos's detailed guide to cultivating female sexual energy allows you to ease the passage through the menstrual cycle, pregnancy, and menopause; harmonize your

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relationships; and merge your inner male and female energies into wholeness.

Shares tantric secrets for deepening relationships, intimacy, and passion, and discusses harmony, communication, and healing

A tantric massage practice for awakening and enhancing women's innate sensual, emotional, and spiritual energies • Provides emotional healing by releasing traumatic memories stored in the yoni •

Includes exercises that use sexual energy to cleanse and stimulate the chakras • Empowers women to draw strength and radiant vitality from the restored connection to their innermost core

“Yoni” is the Sanskrit word for the female genitalia, describing not only the anatomy but also encompassing the energetic and spiritual dimensions. While a yoni

massage offers women the opportunity to enhance their sexuality, Michaela Riedl shows that the effects of this practice are much more profound and have ramifications affecting every area of life. Long held

inhibitions in the West about sexuality and the shame and guilt associated with the sexual zones of the body have created deep-seated barriers that

prevent individuals from fully expressing themselves. The practices provided in Yoni Massage are designed to allow women to overcome these barriers and reconnect to their innermost core and deepest

feminine nature. Yoni massage is not simply a hands-on technique but involves the conscious direction of

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energy throughout the body through deep breathing and visualization. It provides women the ability to cleanse and energetically stimulate the chakras as well as achieve emotional healing by releasing the traumatic pain that often becomes seated in the yoni. The author explains that the relegation of this important spiritual and energetic center to a “private part” hinders the process of enlightenment. Once women are able to be in touch with their yoni energy, their connection to the entire web of life is restored to its rightful place.

Tantric Massage For Beginners! (Updated March 2016!) The Ultimate Beginners Crash Course To The Art Of Tantric Massage! Are You Ready To Learn All About Tantra? If So You've Come To The Right Place - Regardless Of How Little Experience You May Have! Here's A Preview Of What This Amazing Book Contains... An Introduction To What Tantra Is All About The Promises Of Tantra Tantric Breathing Techniques Setting the Tantric Mood Additional Tantric Preparation Tips Balancing of the Chakras Performing the Tantric Massage The Lingam Massage The Yoni Massage Tantric Positions For The Bedroom And Much, Much More! Order Your Copy Now And Let's Get Started Today!

After many years of exploration, Diana Richardson found that the ancient practice of Tantra, with its unique, intelligent approach to sex, had the effect of enhancing intimacy and deepening love. Here she

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has adapted Tantra for modern Western lovers in a practical, sympathetic way. Tantric Sex can transform your experience into a more sensual, loving and fulfilling one.

Yoni Massage Awakening Female Sexual Energy Destiny Books

From the One Who Made Squirt Hundred of Hollywood Goddesses. Prepare to become a Sexual Goddess Forever. Don't try to understand my advices but follow them. I promise you will reach your sexual nirvana. You will discover your most secret erogenous zones. You will learn to let go and have the best Orgasm ever. This book will teach you to have your first vaginal orgasm. If you are a Man, this book will teach you how to never miss her G-spot, make her squirt and soak the bed every time you have sex. It will teach you the perfect oral Sex technique. She will always wonder how you learn about "analingus" her biggest secret pleasure. She will know that you are the one even before you enter in the bedroom. It will teach you how to Penetrate her and drive her crazy. She will wonder how you discover the ultimate sexual power of her A spot or U spot. You will learn about the two vibrators that you absolutely need to drive her insane and how to use them. If you are a Woman it will give you the secret to welcome Sex anytime. It will teach you how to talk about sex and your desire before to enter in the bedroom. This is the only sex book you will ever need. To men and women those secrets will change your entire sex life forever. From the same author: Confessions of a Hollywood Tantra Masseur: The

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Untold Secret of the G-Spot Power.

DISCOVER THE ART OF INTIMACY WITH TANTRIC MASSAGE! Being touched by the hands of another is a fundamental human need. In this book, discover the ancient, practice of Tantric massage and how it takes touch to a whole new level. Through the ages, sensual massage has been a widely practiced form of intimate connection between those who know its secrets. With a long and fascinating past, sensual massage is found all over the world, it secrets delighting the initiated with a whole new level of touch. Tantric massage, especially, is an erotic font of mutual delight and ecstasy. Science is now proving that the need to be touched is a vital part of our ability to communicate. In fact, touch is a language that transcends all other forms of communicating. It needs no words. In these pages, you'll find out how your hands can learn to speak it with eloquence and sensitivity, by connecting with Tantric massage. In this book, you'll be initiated into the art of sensual massage and reading about: How the human sense of touch is the first we develop, in the womb. The sometimes colorful history of sensual massage. Touch as a communicative superpower. The secrets of ancient Tantric massage and the roles of Yoni and Lingam. The Japanese art of Nuru and other forms of sensual massage, today. Male and female erogenous zones. Some handy helpers to enhance your sensual massage experience. What makes the male prostate so super special. All about lubes and oils to make you Tantric massage experience even better. Discover the eroticism of Tantric massage in this unique exploration of its sensual wonders. Deepen

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your sexual IQ, by getting to know the wild world of sensual, Tantric massage; a world in which your fingers do the talking. Buy your copy today!

Among the various techniques of self-improvement and caring, I chose Tantric and Kashmiri massages to rediscover my body but also to experience an intensification of my sensations in order to get the most out of life. Nakedness, being touched all over our body enables us to renew with our prepubertal innocence, the innocence of childhood and the happy days when we were discovering tactile pleasure. We feel... alive again As I received various Tantric massages in the course of my research, I tried to conceptualize the different techniques used and the impulse which transmits love through the sense of touch. This led directly to my taking note of what the different Tantric and Kashmiri massages have in common. The 6 full body massage protocols I describe in my book provide a framework for the moves to be performed and transitions to be smoothed out, as well as tips and tricks meant to increase the fluidity of a Tantric massage. You may simply draw your initial inspiration from these and go on to massage freely with an open heart. Tantric & Kashmiri massages includes various solo exercises such as undulatory orbital breathing, chakra balancing, and the Who-Am-I or karsai nei tsang self-massage, as well as a number of easy twosome exercises associated with the Tantra. In an age when we are constantly bombarded with stimuli of every sort, getting in tune with our own sensibility and that of our partners and even renewing contact with the sacred through shamanism or the Tantra will strengthen our

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sense of rootedness shattered by stress.

TANTRIC SEX FOR WOMEN is the first woman-focused tantric sex book to be published in the US. It has an inclusive, empowering feminist approach that embraces all women. Written first for women who love women, it also explains how every woman, heterosexual, bisexual or solo, can use the information and exercises to suit her situation. Sex is an art that has to be learned. TANTRIC SEX FOR WOMEN encourages women to playfully engage in their sexuality and to cultivate their sensuality. The introduction gives the basics of "Tara"-tantra, a woman's tantra created by the author.

A Joy of Sex for the New Age, this treasury of Eastern and Western sexual secrets will help couples enjoy the best physical and spiritual relationship possible. Contains Tantric and Taoist techniques of sacred sexuality, guided meditation passages, and tasteful drawings by Allan Parker.

A tantric massage practice for awakening and honoring male creative energy and allowing a man conscious, loving contact with his own masculinity • Empowers men to expand and deepen their experience of arousal and sensuality • Demonstrates how deep relaxation is important to a strong and lasting erection • Shows how the lingam connects a man to his dynamic strength while the prostate is linked to his more receptive side Lingam is the Sanskrit word for the male generative organ, the penis. In India, the lingam is revered as an expression of Shiva's clarity, symbolizing the fine sword that differentiates between truth and falsehood. The goal of a lingam massage is to provide a man conscious, loving

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contact with his own masculinity. Western cultural expectations around sexual “performance” have created sexual difficulties for many men, including erectile dysfunction and premature ejaculation. Through loving touch, lingam massage provides the deep relaxation that supports sustained erection, putting a man in touch with less familiar aspects of his sexuality, including the energetic responses of his perineum, prostate gland, and anus. Lingam massage is not simply a hands-on technique but involves the conscious direction of energy throughout the body. It allows men to savor longer, deeper orgasms and teaches taoist and tantric practices for conserving sexual energy. Over time, as his consciousness deepens, these practices give a man complete control over his ejaculation.

Connect with your spiritual side through tantric massage
Your body is a temple and it is time to worship through the sensual massage of tantra technique. Increase your understanding of the pleasure centers of the male and female body through tantric massage and become a master of pleasure. Do you want to feel things you haven't before? Connect with your body? Get in tune with your partner? All of this can be achieved through tantra massage. Buy this tantric massage guide to: Find you and your partner's erogenous zones through sensual massage Ease your stress and worry less in the bedroom with tantra techniques View 10 sensual massage technique illustrations View 5 tantra positions to use with your partner Connect with your spiritual body through tantric massage Explore new boundaries and sensations with tantra massage Bond more closely,

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openly and honestly with your partner Ready to dive in and explore your body for ultimate spiritual pleasure? Buy this tantra massage guide to get spiritual in the bedroom tonight!

Tantric massage is a great way to provide erotic pleasure and sexual healing for you and your partner. Yoni (Vagina) and Lingam (Penis) are two of the oldest types of Tantric massage techniques in the world. This basic guide will give you an introduction to simple and easy to learn techniques that you can start using right away. Includes graphic and explicit detail of sexually stimulating massage. Do not read if you are uncomfortable with sexual massage techniques.

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