

TANTRIC MASSAGE

FOR BEGINNERS



DISCOVER TECHNIQUES FOR TANTRIC MASSAGE,
SENSUAL MASSAGE, AND LOVE MAKING
REVITALIZE YOUR SEX LIFE

EMMA NIXON

The Complete Guide To Tantric Massage For Beginners

*Learn Techniques For Tantric Massage, Sensual
Massage And Love Making - Revitalize Your Life*

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Introduction

I want to thank you for choosing this book, *The Complete Guide to Tantric Massage For Beginners – Learn Techniques For Tantric Massage, Sensual Massage, and Love Making - Revitalize Your Life*.

Most of us will have heard the term “tantric massage”

at one point of time or the other. But not many would know what it actually means and what it is all about. In today’s world where talking and learning about intercourse is not considered a taboo anymore, more and more couples are leaning towards discovering ways to improve their love life or to just satiate their curiosity about various topics.

Tantric massage is one such topic, which is being explored to improve and spice up the intimacy between couples. Tantric massage isn’t a new concept. In fact, it has been prevalent for hundreds of centuries, as you will read within the pages of this book.

Tantric massage finds its origins in the teachings of the east. The philosophy which supports tantra provides not just guidelines to draw out pleasure but also will help those who are practicing it develop a stronger bond which will surpass any physical attachment. That is it will help them connect on a spiritual and emotional level and a bond like this cannot be broken. Tantric massage is one of the more sensual forms of massage, and it will prove to be revitalizing for not just your body but also your soul. It will soothe your spirit and will help you discover the reserve of intimate energy that has been lying dormant within you perhaps for most of your life.

In this book I have given a detailed description about what tantric massage and tantric lovemaking are, what these concepts are all about and the procedure which can be adopted by couples to attain the ultimate pleasure, form an emotional bond and help to rejuvenate their life. I hope this book will prove to be useful!

Chapter 1: What Is Tantra And Tantra Massage?

Meaning

A healing technique that has been prevalent since centuries is Tantra. This ancient healing technique helps us soothe our bodies from all the minor physical and emotional bruises that we endure. In our society, Tantra has been and is being practiced in various forms like tantric yoga, tantric lovemaking, tantric meditation and tantric massage. Tantric massage uses the dormant passionate energy in the body to attain a superior state of consciousness. This energy, when awakened, is believed to have the power to unite lovers transcend the mental and physical pain of the body and enjoy an ecstatic experience. This emotional bond that is formed is unlike any other.

The word Tantra derives its origin from the Sanskrit word “tan” which translates into expand, show or manifest. One of the speculative theories about tantric massage is that it sets to release the blocked energy and lets it course through the body to awaken “kundalini”.

The mythical energy that lies in rest at the tip of the spine is kundalini. And when kundalini is jolted out of its inertia, it ignites the healing process by spreading along the spine and body.

Tantric massage is a great stress buster and helps the individuals involved in it to relax and find peace in their lives. This belief is based on the notion that sexually happy individuals are healthier in life. Tantra massage will help the couples performing it attain a greater level of pleasure and will also connect them on a higher level. This can be used as a medium to forge a bond of trust, love and intimacy. It means the couple would be closer in every sense of the word, which is in body, mind and spirit.

Many times there seems to be a notion imbibed in the minds of people that tantric massage involves intercourse/activity. Yes, it is a highly sensual form of massage and is indeed different from regular massage but it may or may not involve intimate intercourse between the parties involved. The outcome of this massage depends upon the couples who are participating in it. It need not necessarily be used as a means to have intercourse, it can be used as a method of

foreplay, or it can in itself be used as an invigorating sensual activity.

Difference between tantric massage and regular massage:

Tantric massage is an intimate form of massage, and it involves the person giving the massage to have absolute complete over the body of the person receiving it.

Tantric massage indeed is an erotic massage, and it involves the freeing of mind and spirit by using the dormant passionate energy. Whereas a regular massage is used to relieve minor physical and mental bruises. One of the main differences between a tantric massage and a regular massage is that in tantric massage every part of the body can be massaged. It is not confined to any particular body part. It is also a medium to traverse your energy. The strokes and touch used in tantric massage is more light and fluttering as compared to the strokes used in a deep tissue massage.

If you like experimenting and trying out new things, then tantric massage is definitely a must try. You will have an enjoyable and pleasurable experience because it arouses sensual feelings within you and your partner. With the help of tantric massage, you will offer much more than you ever did in terms of sexuality, sensuality and intimate contentment to your partner.

Tantra may sound simple and erotic, yet it should be treated as an art. It takes a few years to master the art of tantric massage, but I have listed certain techniques and essentials which when followed properly will ensure that you had a unique experience with no physical boundaries. It will make you feel like you are on a joy ride and help you attain a certain kind of bliss that you haven't experienced before.

Tantric massage is indeed an erotic and a more sensual kind of massage. The main goal isn't penetration. Though orgasms can be achieved through it.

Tantric massage will bring you and your partner closer on multiple levels. Not just physically. It is about love, intimacy and above all respect for one another. There seems to be a more than an obvious impact of tantric massage on a persons' love life. Because tantric massage helps in freeing all the dormant

energy trapped within a person, when unleashed the love drive, which seemed to be lackluster will make a comeback with great vigor.

The best way to go about engaging your partner in this is to start discussing the idea of tantric massage freely with them. Do not hold back on any of the

details. Communication is the key, especially for a successful relationship. When it comes to erotic pleasures, there is a dire need to be open to talk and hear what you and your partner expect and what would please the couple. Discuss as freely as possible. Not just the goals but also the apprehensions, doubts or any other reservations your partner might have towards this activity.

How we would suggest that you do this is perhaps by sharing this book with your partner, as this will open up their ideas so that they are thinking on the same lines as you. Choose your moment because introducing ideas such as this may seem a little radical to them and you need to choose a time when you are both relaxed and in the right frame of mind to talk about all things intimate.

The problem with introducing the idea at the wrong time is that you may give your partner the impression that you are unhappy with your love life, and that's not what it's about. It's about wanting to take it further, about wanting to give your partner an experience like they have never experienced before. It's about total giving. Tantric massage means selfless massage and perhaps up until now, you have made love as a couple, but you may not have explored this side to sensuality. If you are reading about it together, then you can both go into the idea with the same level of enthusiasm knowing that all you want to do is incorporate some age proven wisdom into the bedroom that will enhance the pleasure element for both of you.

Read through the history because you will find that this is interesting and shows you that this isn't a new found way of enjoying each other's bodies. It's something that has been established for centuries and with good reason. Tantric experience means opening up, and that means ridding yourself of inhibitions and being totally comfortable with your partner. Isn't that what every couple strives to achieve? Once you do, you will wonder why you did not discover it earlier.

It is the kind of experience that respects both the male and female of the species and gives equal pleasure to both, thus uniting the couple in a very special bond that is hardly likely to be broken. Once you experience your partner in this kind of situation, the closeness that comes as a direct result of tantric massage will indeed add to the pleasure of your relationship and deepen your understanding of each other.

So take a deep breath, relax and let it go. That is the only way to enjoy this! Forget about bedroom etiquette and think more about what you are giving each other because tantric massage is indeed a gift given from one to the other for the benefit of both parties.

Chapter 2: Rules

Like in any ritual, there are certain essential steps that need to be taken to derive maximum satisfaction and benefits for the parties involved. This particular form of massage increases the sex drive and thereby helps a person regain the lost vigor and carnal appetite. There are seven rules that you need to keep in mind if you want to obtain maximum benefits out of the whole exercise. These are helpful because they give you guidelines. As this is something that you have never experienced before, then guidelines are helpful. You become familiar with the rituals and are able to set the scene for perfect non-verbal communication between you and your partner. There is a lot that touch can say about the way that you feel for someone, and there is nothing more up close and personal than the touch that comes with tantric massage, as you are about to discover.

Rule 1: Essentials for tantric massage

One of the most obvious requirements for ensuring a successful result is the selection of an intimate space. Any object which would prove to be an unnecessary distraction should be removed. The space should be both appealing and playful, it should also be comfortable. Either a playlist of romantic songs or any other kind of soft music would be ideal to set the mood. Good quality non-staining scented or non-scented oil can be used for tantric massage. Also, keep on hand a few clean towels. Both the partners should be rested and relaxed, especially the massage giver.

In the bedroom, this means that your room should be devoted to lovemaking. Forget about having computers in the room or having anything that detracts away from the relaxation and togetherness of the experience that you are about to embark on. Your bed could be made up with wonderfully sexy sheets and plenty of sumptuous pillows. Remember, this is a place of relaxation and it's essential that both of you feel this and are not distracted. Keep your cell phones out of the room since these may prove to be too much of a distraction.

Rule 2: Create a magical ambiance

Ambiance has a direct impact on the 5 sensory organs. Therefore, the surrounding should be capable of igniting a sensuous mood. Fresh flowers and candles would be brilliant for starters. Besides this perfumes, scented oils and soothing music will help create the apt environment. Always ensure that the doors are locked, cell phones should be turned off or on silent mode. Avoid glaring lighting like bright ceiling lights instead opt for dim and sensual lighting like aromatic candles. Make sure that these are safely placed, so there is no worry of the hazard of fire. In the bedroom, the atmosphere should be warm and comfortable. If this means introducing colors that are bright and eastern in nature, then this can be a good thing. Many of the newer styles of bedroom incorporate rich color that really can spark off that warmth that you need to perform this very sensual type of massage.

Rule 3: Always communicate

Never stop communicating. Discuss the readiness of your partner towards the upcoming experience. If there seems to be any hesitation or mental block, try reasoning. The real reason behind a tantric massage should be communicated properly and always encourage your partner to communicate freely about any apprehensions. Even during the massage keep communicating with your partner about your likes and dislikes, this will enable the experience a more pleasurable one. To make it more interesting always exchange ideas about how you would like your partner to perform. If you are thinking of doing this as a surprise for your loved one, then it may be a mistake as the main purpose of tantric massage is that communication between two people which cannot be present if the experience is presented as a surprise. Remember, you cannot read your partner without this vital communication, and equal anticipation can actually enrich the experience. Thus, make ready for it together, sharing the preparation stages as well as celebrating each moment as it presents itself.

Rule 4: Mutual intimacy

Mutual intimacy is crucial for a successful Tantra massage. The positive energy generated between the parties involved during this will help in attaining a greater level of satisfaction and contentment. Establish a connection through eye contact, gestures and small talk with your partner. Look at the word mutual again and understand that this is not an action you can impose on someone. You need it to be completely mutual and for each of you to know what is happening and be aware of it because this isn't a singular activity. It's all about sharing something that is of mutual interest, and you cannot do that when one party is not interested or shows a lack of enthusiasm. That's one of the reasons that I said that it is wise to discuss this in advance with your partner and gain their ideas that can be put together with yours for the benefit of both of you.

Rule 5: Controlling the massage strokes

The massage becomes all the more exciting when slow, and gentle massage strokes are practiced. This is important because every part of the body should be given attention and it wouldn't cause you to accidentally hurt your partner. Also depending upon the climatic conditions and body temperature, you could vary the temperature of your hand.

The usual way to begin would be by stroking your partner's body from the back and then moving forwards to the shoulders, arms, buttocks, thighs, and calves using only your fingertips. Use light feathery touches to prolong the anticipation. Look out for signs to know whether or not your partner is sufficiently relaxed and ask if he or she wants to continue with it. You will usually know because these feather strokes will usually invoke a reaction and that's the nerve endings reacting in a very positive way.

Also, communicate with your partner about the state of undress he or she wants you to be in. Always maintain the connection and rhythm. Control the deep strokes using your body weight and not the strength of your hand. To perfect the gliding strokes bend your knees slightly. During the genital massage always maintain eye contact, and if at all it is broken then regain it by asking questions and conversing with your partner. One way that you can learn this is to talk to your partner about what he/she is feeling while you are massaging the various areas because this will give you clues as to what gives them pleasure and what does not. Use of start and stop mechanisms would enable you to push your partner towards an impending climax and prolonging it will just intensify the pleasure. Make sure that your partner is aware that this is part of the process and that you are not simply teasing them. This can be misinterpreted by some, and it's important that the communication between you during the massage are always kept at a calming and reassuring level.

Rule 6: Constant breathing

Continuous flow of oxygen through the body helps in the relaxation of both the body and mind. Therefore constant breathing is extremely important. And if you can control the massage strokes according to the breathing pattern of the person receiving the massage, it will prove to be an even more pleasurable experience. If you find that either of you are not relaxed and are having problems getting into a relaxed state, then it may be worthwhile having a relaxation session before your massage that gets the breathing rhythms regular. This helps those who are a little wound up from the day to get into the mood where the breathing is correct for the massage to take place.

It's very hard to jump from a hectic life into this level of relaxation, so having some kind of lead up to it that allows you to get into the right frame of mind may be wise for those who have trouble with relaxation.

Rule 7: Holding each other

Talking and holding each other after the massage will definitely help you both bask in the afterglow. And this intimacy of touch will have a positive impact about the whole experience. Also talking about your respective experiences during the massage will also enable you to identify what your partner appreciates more than the rest. Think of this a little like the courtesy extended to someone that you love after making love. Turning over and going to sleep is not on the agenda and the after talk is every bit as important as the foreplay. This shows a mutual respect for each other and helps to extend the experience for a while longer so that you can iron out problems or learn more about your partner's intimacy levels.

Rule 8: Don'ts

This type of massage is not recommended if your partner has skin problems, fever, swelling or any other inflammatory condition.

And always use a non-staining oil. Remember that your comfort levels are important and that health should always be given your first priority. Oils massaged into broken skin can cause inflammation, and this is not advised.

Keeping within these parameters will ensure that your experience of tantric massage gets off to a good start. Remember, it isn't just about you. Of tantamount importance is that you realize that tantric massage is about giving pleasure rather than receiving it, although, as a couple, you will both gain from the experience and be able to massage each other. The primary objective of the person who performs the massage is indeed to give his/her partner ultimate satisfaction and an unforgettable experience of closeness and intimacy.

Chapter 3: Benefits of Erotic Massage

Giving and receiving erotic massages will not just revitalize your love life but will also have a positive impact on your body, mind, and soul. The benefits of erotic massages are as follows.

Cleansing your mind

Tantric massage has a very powerful impact on the human body because it helps you access and harness your natural carnal energy that is in the dormant state. The furious hustle and bustle of everyday life where our minds are in constant motion creates chaos not just in the thoughts but also in the body and soul too. Tantric massage is an effective way to restore the lost inner calm. The strength of this massage lies in building mutual trust because the recipients' attention is on the pleasure that is obtained because of the movements of someone else's hands upon them. And this energy so generated during this massage has the power to cleanse the body, soul and mind of all unnecessary thoughts and will help to concentrate on feelings of harmony, synchronization and orgasmic pleasure instead of chaos.

This is very similar to the way that the mind is honed during meditation in that your sole concentration is on the pleasure factor of what is happening and is thus taken away from worldly troubles. This helps your mind to feel restored. Even for those who do not believe in the power of the soul, the actual mind cleansing will be enough to convince them of the good of this kind of massage and the relief that it gives the mind from worldly thought and worry.

Improving your health

Massage will not only make you feel mentally relaxed but it will also make you feel physically supple and light. It improves in stimulating the circulation of blood which helps in regulating and improving the flow of blood to various other organs in the body thereby making the recipient feel energized. Using certain techniques like drumming on your partners' skin, cupping, and any of the gentle strokes will help release fluids in the body by flushing out the accumulated toxins under the surface of the skin.

If you practice the kind of deep breathing that is done during meditation at the same time as massage you find that your heartbeat slows down, your blood pressure decreases and that you are much more relaxed than you would normally be. This is indeed extremely beneficial to the body and allows it to generate all of the hormones that come into play in the healing process that is normally associated with deep sleep.

Relationship booster

The intimacy which you share while massaging your partner helps to foster trust and love because of the time spent. You will also be able to decipher which body part of your partner responds the most to the intimate touches, thereby increasing your knowledge of what your partner appreciates. It is beneficial in other ways too because increased trust will be transferred to other activities within your lives. You will have shared something extremely intimate, and that kind of intimacy is rare. People often associate intimacy with intercourse, but it's not about intercourse. It's about being in the same bubble as someone else or letting them into your bubble so that there are no limits to the trust you are putting in that person or they in you. Thus, relationships which are built on this level of trust will provide a longer foundation for a longer lasting relationship.

Set Ground Rules

If you are trying tantric massage for the first time, it is essential to set some basic ground rules. Ground rules will provide you clear guidelines as to what your partner likes and doesn't like, and this will act as the safety net to provide confidence for trying out new things.

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Pay close attention to your partner's reactions. If he or she enjoys any particular touch on any specific part of her body, then take some additional time and shower your partner with more attention. This would be your way of showing respect and honor towards your partner. In the same way, your partner needs to be aware of your sensitive areas and sharing this instead of simply taking that pleasure makes it a lot more satisfying for your partner as well as for you.

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Ensure that the primary goal is to satisfy your partners' needs. Your needs should be secondary. This is the whole basis upon which tantric activities are performed. They are not selfish needs being fulfilled. They are all about giving. Once you learn this and your partner learns this too, you will find that your intimate contact with each other will be a lot more thoughtful and will please both of you.

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Do not try to maneuver your partner towards any such goal that wasn't discussed beforehand itself, because that is not the main aim of tantric massage. There may be areas of the body that your partner is uncomfortable about having massaged, and you should learn from your partner as you go along which parts of the body are going to cause difficulty and respect the limits that your partner sets for you, as well as expecting your limits to be respected.

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Do not get distracted by anything during the course of the massage. You should be one hundred percent attentive. That's the point of tantric massage. It is

giving your attention fully to your partner's needs. Nothing should stand in the way of that, and you should never try to perform tantric massage if you know that you are likely to be interrupted.

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If at all your partner shows discomfort or has a negative reaction towards any particular thing, then desist from doing that immediately. And do not create a commotion over it. In ordinary erotic activity, people have hang ups, and they have their own reasons for these. Thus, you would never force your partner to perform oral sex for example. The same is to be respected when it comes to tantric activities.

Remember the activity is not for your own satisfaction, but for that of your partner. Thus, you must respect their boundaries. Lack of respect for boundaries could end up spoiling the whole experience for both of you.

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And avoid unnecessary talk. Try to relax your partner as much as you can. Get your partner intimately aroused. This is the time to tease and make sure that your partner also loves every moment of it. Let go of all your inhibitions and just go with the flow. The talk that you have during this activity should concentrate on the activity, so that you learn exactly what turns your partner on as the whole intention of this activity is to give your partner pleasure.

Like I have already pointed out earlier, this massage can get as steamy as you want it to be, or it can be all about some plain and clean fun. Do not try to do something your partner isn't comfortable with. You will find that the massage evolves and that the more you do this, the more adventurous you will become.

It's wise to protect your sleeping space as oils can stain linen and that way you don't have to be concerned about it. A protective mattress cover can be used to stop the oils getting through to the mattress, and the most sensuous ones are those that do not make a noise when you move on them. When buying this, see if you can scrunch the cover in your hand without it making a rustling sound as this can be very off-putting during the course of something as erotic as tantric

massage.

The benefits of this type of massage will really begin to show themselves even after the first time that you share the experience with your partner. You will find that there's a deep, meaningful closeness between you and that you are much more relaxed together. If you have been in a relationship that is stifled by shyness, then this may be a good way to overcome that shyness at least in the company of your partner. Massage strengthens the bonds between you and makes you feel very whole when you are in the presence of your partner. It also makes you a lot more relaxed about life and the thoughts that linger on after the massage has finished can be sufficient to give you a great night's sleep and wonderful dreams.

Since your body needs sleep in order to heal from the stresses of life, this has to be one side effect that really will make you feel very well indeed. As you can see, there are various reasons to indulge and to help your partner to gain maximum benefit from this type of massage.

Chapter 4: Tantric Massage-Methods

Different methods:

The goal of tantric massage is to help you transcend and go beyond your physical nature to attain total consciousness of your body, mind, and soul. And therefore, the methods used in this oscillate between massage and movement (falling under the category of dynamic activity) and peaceful silences. These two extremes will help the participants, both the massage giver and recipient to enjoy fully the experience of tantric massage.

The end result of this massage is that you will feel rejuvenated as a whole, not just physically and emotionally but also spiritually. Therefore, Tantra true to its meaning connects the couple on a level higher than any other. And this result is obtained in a way that increases the intimacy you share and is also very safe to perform. Tantra is all about living in the moment. Try experiencing the complete feel of being in control and surrendering control. Ignore any of the mind generated thoughts of immediate satisfaction, instead, focus on delaying gratification. If you try, the following mentioned three rituals you might be pleasantly surprised with the results. And don't forget the main goal of tantric massage. Orgasm might just be an added bonus, which is more than welcome, but it shouldn't be the driving force.

One of the most important concepts on which tantric massage is based on "chakras". The entire tantric philosophy is based on the existence of chakras in the human body. Chakras are nothing but the vortices for entry and exit of the flow of energy in our body. The human body consists of seven chakras aligned along the length of the spinal cord. When all the seven chakras are aligned, it is believed that it will bring us close to enlightenment. Our chakras, when aligned, allow us to connect to the Divinity or the Cosmos. When your chakras are well balanced, you feel contentment and peace.

When your chakras are aligned with that of your partners, you both will feel connected on a physical and deeply spiritual level. This massage basically works to wake up your dormant chakras and help you feel alive and energized. If you want to make the most of the massage, then you really do need to become familiar with the chakras as this will help you to aim your massage in the direction of those chakras that you believe to be blocked by life. The chakras really are important to the balance within your life and other things that will help them are the positions that you use during the massage process. Make sure that

you and your partner are comfortable and that his/her back is well supported during the massage, and this helps the chakra at the base of the spine, which is a very important one. Get familiar with the different chakras and what they do. It may even be worthwhile reading up on the chakra activities so that you know what each of the chakras controls and can get to know your partner sufficiently well to know where to massage for maximum benefit.

To help you with this aim, I have added [a link](#) to a website which explains what the chakras are and whereabouts in the body they are located. If you are reading this book in printed format, then the address is www.chakras.info, and you will find that this should help you to understand how these energy centers work to make you feel more balanced and happy within yourself.

Positive Pole Massage

The positive poles in our bodywork like the poles in a battery, to send and receive energy. Positive poles massage concentrates on these poles. These poles are responsible for making you feel both sexy and alive when charged, the massage accomplishes this. The following are the steps to be followed for this massage: Let the man lie on his back and the woman massages his pelvic region, including his genitals. But there is no need to rush towards his orgasm. Keep him leaning towards the edge while promising release at a later time. Talk to him. Let him know that you are making him wait and that the wait will be worthwhile. Tease a little. It will heighten his eventual pleasure.

While keeping the energy generated within his body. The second step is to massage his third chakra (upper belly and solar plexus) and along his lower ribcage, shoulders and collarbone. To facilitate a smoother movement of your hands ensure that you are using plenty of oil.

This should be fun for you, but for him, it will be very pleasant indeed, especially if you have chosen the oils together and they are perfumed in a scent that is pleasurable to both of you and slightly warmed.

The third step is to massage his fifth chakra (throat), neck and shoulders. Keep in mind to use only your fingertips while massaging the sensitive skin around his throat and neck. Massage that is too deep and heavy in this area may feel like choking and is ill advised.

To make your partner feel the dormant carnal energy race through his body, place one of your hands on his forehead and the other on his genitals.

Now trade places with the woman so that she is lying face down and this way both the partners get to experience the bliss generated through this massage. Massage her lower belly, which is her second chakra and make sure to include several slow and gentle circular strokes in a clockwise direction. Her back should be straight and will arch a little with the pleasure that you are giving her.

Massage her chest area including her breasts.

Make sure that you massage the region above her heart too. This improves the circulation of blood. This region is very sensitive and will pleasure her.

The third step is to place one finger on the bridge of her nose and gently

stroke up towards her hairline, which is the location of her sixth chakra. This can feel very sensual although when you do this, turn her over so that she and you meet and lock eyes. Part of the massage process is to look into each other's eyes while you are massaging as this sends a message of pleasure but also gives you an opportunity to learn from your partner's eyes what things are giving him/her the most pleasure and that's a good learning experience for the future.

Fusion Massage

Fusion means merging together as one. One of the main philosophies of Tantra is that our bodies comprise of bioelectrical systems. And we are designed in such a way that we can merge our energies together. And this phenomenon is explained in detail here. Sit opposite your partner with your palms touching the others and gently hold onto your partner's wrists. After this place your middle finger of your right hand on your partner's heart chakra. Let your partner reciprocate the same. And now take turns to caress each other.

The partner receiving the caress should sit still, and this helps in building the anticipation. Now shift to the yab yum position. The man should sit cross-legged, and the woman sits in his lap and wraps her legs around him. Continue lightly caressing each other. Stay in this position for a few minutes. Then shift into the star position. Where you and your partner are both lying on your backs, such that your hands can touch your partners feet. The point of touch in this kind of massage is gentle and makes the nerve ends tingle in a very pleasurable manner. Thus, it is more for the sensation of pleasure and connection between the two of you than it is for erotic satisfaction. This may be a good way to start your massage before you go onto other more sensual massage processes. It's a great opening to a tantric massage session, and you will both learn a lot from it.

The benefit of this position is that it will relax and calm you down. And when you can touch each other's chakras the window for creation of psychic connection opens up and enables you to connect with your partner at an emotional level. The best thing about this position is that it is an introduction. It's a coming together and sets the mood for further massage of a more intimate nature. It plays down the mood of the day and gets you ready for the mood of the moment that will be extremely sensual. Thus, never under-estimate this massage, even though it may look tame. It certainly isn't, and it's a very rich experience for both parties and could be a good introduction to tantric massage to get your partner interested in the process of massage as a stimulator of pleasant feelings and expressed emotions.

Chakra Massage

All this talk about chakras might seem a little complicated. But to put it simply chakras are our doorways to connect with the Cosmos. And it is essential for your chakras to align with that of your partners because it will make you compatible as a couple not just on a physical plane but also on the emotional and spiritual ones. And this exercise, the last of the three will help you relax, and it will also heighten your senses, thereby increasing your ability to seek greater pleasure and to experience in a magnified way. And like I have mentioned earlier it will make you both come closer to each other. What you are supposed to do in this massage is to massage all the six chakras present in the human body.

The first thing you are supposed to do is ensure that your breathing is in sync with that of your partner. With two of your fingers start massaging your partner's pubic hairline for a couple of minutes. And the rest your hand flat at that point for a minute or two. The second chakra that is located near the lower belly should also be shown the same treatment as the first chakra. Ensure that you have used sufficient oil so that your fingers will glide smoothly over your partners' body. Massage the third chakra also in the same fashion.

Third chakra is located right at the solar plexus that is at the top of the stomach just below the rib cage. Continue with the same till you have covered all the chakras. This circular motion used for massaging each one of these chakras will open up the flow of energy. And while massaging the erogenous zones of your partners' body ensure to take extra care and shower it with more attention. This will build up the level of anticipation and excitement. The feeling will that of being grounded but alive with sensations, both at the same time. Teasing is the way to go. The promise that there is something more interesting waiting for them just around the corner, this anticipation will palpably increase the carnal arousal by this stage.

Disclaimer:

Do not try massaging your partner without the use of any oil or lubricant because this might just be extremely uncomfortable and the friction might also cause a burning sensation. Neither of these would be pleasant for your partner to endure. Do not try massaging your partner if they are suffering from any particular skin condition or rash or any allergic reaction. This is important since the oils used could cause stinging and prolong their skin condition problems.

The course you would like this massage to take will depend upon you and

your partner. It is not necessary that the massage should conclude with passionate intercourse. Start this massage with an open mind. Do not zero in on any probable conclusion. You and your partner might as well just cuddle and lie together.

Even that would feel wonderful. If you are going to use warmed oils, make sure that the oil is at a temperature that is comfortable for both of you. It should never be hot. One of the best ways of warming up the oils is to use a bain-marie of hot water in the tub and place a dish with oils in it so that the heat from the bath is taken in by the oil. This should bring it to a very pleasant temperature.

Guide to Master the Techniques

The movements that are used in massaging can be broadly classified into old methods and new methods. The usual trend is to combine the two and develop newer methods. The movements used in massages are known as manual techniques. As the name suggests, they are done manually. The aim of the therapists who have developed these techniques are to please and surprise the customer with not just the complexity of the technique used but also the diversity.

The massage techniques have been named according to the kind of movements that need to be made or the tissues, which they influence. Let us take the example of the massaging technique known as softening. As the name suggests the movements used in this technique are gentle and soothing.

One of the ways in which these techniques are classified is according to the effects they have on the body. So they are divided as follows into two broad groups:

1. Main or fundamental techniques
2. Secondary or completion techniques

Main or Fundamental techniques

As the name suggests these techniques form the basis of any massage.

That is a massage would be indispensable of these techniques. The characteristics of the massage might not be similar, but nonetheless, these techniques are used in it. These movements go in a methodical fashion. One after the other from working on the soft parts to the superficial layers, gradually increasing in depth.

The five fundamental techniques that form the base for any massage notwithstanding the type of massage, are as follows: 1. The softening

(effleurage)

2. The friction
3. The kneading
4. The battement
5. The vibrations

Start with the softening

This technique is used to improve the flow of blood in the capillary blood streams. Capillaries are tiny vestibules for the transport of blood to all our main organs. And this massage helps in improving the flow of blood in these blood vessels. This technique demands the massage giver to be gentle and slow in his movements. The movements made should be gentle and languid. The rhythmic way in which you need to effortlessly glide your hands on the recipient's body will relax the tensed and bunched up muscles. Apply pressure gently using the either your palms or the back of your hands. It may take you a little time to get accustomed to this very soft massage style, but it's essential. When you are making love, or your massage is a prelude to making love, the opening up of the blood streams and the awakening of the nerve ends really is a sensual activity and it helps you to learn where these areas are on your partner so that you can use these to heighten their pleasure during the experience.

Continuing the rhythm of movements

Every massage starts out at a slow pace. The softening technique is usually the opening act. It helps the recipient relax and also sets the pace for the session. The massaging strokes used in this technique range from long, languid and leisurely strokes to the more insistent, short and vigorous hand movements.

In this process don't get too worked up about the length of you strokes. Because it is supposed to be an erotic massage, so try and not make it like a regular massage for your partner. Start off slowly and then gradually you can increase the massaging strokes it in intensity because these movements are highly stimulating. The primary goal is to create anticipation and eagerness in the mind of the recipient about what is in store for them. And this building up of suspense will just add to the recipient's pleasure quotient.

Ideally softening should be performed at the beginning and also at the ending of a massage session. The calming and relaxing effect increases when the rhythm and intensity of the strokes decrease. For the final softening reverse the movements which you have used initially. Instead of starting the massage with long and languid strokes, use short and vigorous movements. This will make the recipient relax.

Always remember to start and end the massage with the same technique. For

instance, if you begin the massage with softening, then you should also end it with softening. The massage should always go in a cyclical fashion. This is done to ensure the maximum satisfaction and relaxation of the recipient.

Keep this one point in mind if you want to make the massage more effective. The pace at which you glide your hands should be comparatively faster than the pace of flow of blood through the veins. When the blood flow improves, the relaxation quotient also goes up.

This will also make them anticipate your next move.

The gliding movements on the arms and legs will start from the tip of the fingers and toes respectively till the point where the limbs merge with the torso. And now on the body, the movement should follow the veins. That is it should move downwards, towards the heart. The movement should be from head to shoulders while massaging the neck and throat.

Your hands should always be clean when you are massaging and taking a shower together before a massage may help to make you feel comfortable with each other's nudity, such that you go directly from the shower into the room where the massage will take place.

This means that your bodies are already warm and receptive to the oils being introduced, and that's a great start for your massage.

Explanation of the techniques

Like I have mentioned above, softening technique is used to set the pace for the massage and also to prepare the recipient for the same. This technique can be performed in two manners. The first one is by using fingers-only your fingertips should be used to do this.

And the second manner in which this can be done is by using your palms or even the back of your hands. You can either spread your fingers or closely hold them. This technique is suitable for plain and straight surfaces like your back.

Do not exert too much of pressure, also ensure that the movements are superficial and should be applied only on the nerve endings and vessels of the skin. If at all you want to give a deep tissue massage then you should make use

of techniques that require more strength like the ones performed by using your fists, outside of hands and your hands.

According to the

requirement of the recipient, you should vary the pressure applied. Keep reading your partner's body language to get a better understanding of what are the recipients likes and dislikes.

Impact of softening

It affects the circulation of blood in the capillary and superficial blood vessels, as well as on the lymphatic circulation system. This is probably the most important effect in which massaging effects the human body from a biological point of view.

Secondary or completion techniques

The above mentioned were the primary techniques or movements. The ones I shall discuss now are the secondary or ancillary techniques to the primary ones. These are equally important as the fundamental ones because they both are entwined and only when used together do they deliver the much-needed impact to enhance the satisfaction quotient of the recipient. These being ancillary to the fundamental techniques have their roots in the primary techniques.

These are actually used as a means of closure of the primary techniques. These are also known as completion techniques because they help in the completion of the massage that was started using the basic fundamental techniques.

They are the continuation of the fundamental ones and are not actually any newly derived techniques. With that clear in our mind let us take a closer look at how to perform these techniques.

Some of the most imperative secondary techniques are:

1. Sifting and rolling
2. Pressures
3. Traction and tensions
4. Shaking

5. Pinching

Procedure: simultaneous or alternative movements In the case of

alternative movements, the name itself suggests that these movements are done by alternating between both the hands or putting to use only one hand at a time or even turn wise. The motion of gently gliding or moving your hands on the surfaces that need to be massaged can be done either through alternative movements or simultaneous movements.

The movements that are usually applied along the length of the body are generally longer movements and are known as simultaneous movements. In this, the usage of both the hands is required. And are best suitable for limbs (arms and legs) and back.

The alternative methods are carried on in three directions, and are divided into:

Long alternative movements

Like the name suggests these movements are made in an alternate fashion. That is one hand is used to massage at one point of time, and the other is dormant. These are very similar to simultaneous long movements that are done at the same time.

Medium alternative movements

Medium alternative

movements fall right in the category between the long and short movements. These movements are not longitudinal, but these are slanted or oblique. These movements are best suited while massaging the limbs and backside of the body.

Short alternative movements

These movements let you navigate the body of your partner, with sensual strokes that are short. Like the movement made while kissing or pinching gently. Such movements are short alternative movements. As the name suggests these

alternate movements are to be carried out one at a time.

As the rhythm of the short movements increases the long and languid movements momentum decreases gradually. The short movements tend to be more alert and have increased pressure when compared to the longer ones. These movements are used to not just help in relaxing the body from the very depths but also in the treatment of nodes and also for the infiltration of the deep tissues.

As you can see, there is a lot more to tantric massage than simply using one kind of pressure. You need to practice all of these and talk about them with your partner. Practicing together can be great fun, and if both of you are working toward the perfect tantric massage, then it pays to discuss the pressure that you are applying to see how your partner is reacting to it. While soft tingling pressure is only needed in some positions, you need to put more energy into your deeper massage. That's why it's good to go over the basics and learn together. It doesn't just happen.

Practice enables you to give your partner, even more, pleasure and for them to do likewise for you.

Chapter 5: Tantric Lovemaking

Meaning

Are you looking for ways to spice up your love life? Or do you just want to try something new? You might or might not have hours to spend in the bedroom? Are you simply bored of the same old ways of lovemaking? How would you feel if I tell you that there is one hassle-free way to tackle all your problems head on? Well, look no further. Tantric lovemaking might just be the perfect solution to all your problems. This is one of the easiest ways to sensualize and eroticize your lovemaking.

In this part of the book, I will explain what tantric lovemaking is all about. Its history, meaning, why should a couple try it, how to go about it and the various exercises.

What is Tantric lovemaking all about?

The concept of tantric lovemaking isn't some new age discovery. But it has in fact been around for over 5000 years.

Tantric making does sound exotic and mysterious, doesn't it? But it derives its meaning from the old Sanskrit word, and it means "the weaving and expansion of energy". Now don't fret that it sounds all technical. It actually isn't that complicated form of love making at all. It stresses on going slow. That is it is a form of slow sex. The main aim is to form a bond that can surpass the human nature of physical attribution and achieve an emotional and spiritual connection. The mind and body connection that has so been formed can help you and your partner to achieve mind blowing orgasms. Tantra is all about bringing you closer to the Cosmos, and the physical aspect of deriving pleasure is combined with the spiritual and emotional aspect of forging a stronger bond with your partner.

Tantric lovemaking, which is simply referred to as Tantra, doesn't need any specialization or anything like that. All it needs is some determination and curiosity to try something new that will revitalize and give your love making a different avatar all together.

Does all that sound confusing? Let me make it simple and explain it in an easier way. Quickie sex can be compared to the quick takeaway option at McDonalds. Well, tantric lovemaking would be the six-course meal served at a Michelin-starred restaurant that is created by a chef from Cordon Bleu. So all I mean to say is, in the case of tantric lovemaking, the leisurely fashion in which it is carried on will ensure that you reap sweeter fruits for your efforts.

Why Tantric Lovemaking?

One obvious reason is that it has been around for over 5000 years. If it isn't any god, do you think it would have survived the ordeals of human nature? I don't think so. According to the tantric experts, the time and effort you put into your process of love making are directly proportional to the satisfaction or the ecstasy you shall receive. Therefore more the time and effort you put into the act of having intercourse, the greater shall be the ecstasy you receive. So it will be a much happier ending than usual.

And if we are to believe what some of our beloved Hollywood biggies like

Tom Hanks and Sting have got to say about tantric lovemaking, then maybe you should try it out before striking it off the list. There's a lot to be said for getting this close to someone, and when you do, you may wonder why you never thought to try it in the past. Some couples will already have tried massage to a certain degree, but tantric massage leading to tantric lovemaking is something entirely different and will lead you to a state of ecstasy. Since many women never experience true orgasm through their passionate encounters with their partners, this gives them a chance to even up the balance and the men who take the time to give their woman pleasure to this degree are certainly keepers.

How to go about it?

Well everyone out there who is worried about tantric lovemaking, this might be a breather for you to know that it is not goal oriented. That it is not started while having the goal in mind.

So this should reduce the pressure on your mind by taking off your concentration off orgasm and instead you can focus all your energy on extending the foreplay and letting nature run its natural course of action. So this will make the experience a more pleasurable one.

Tantric sex involves the process of delaying gratification. That is putting off your orgasm on hold and using various techniques to delay it. Like meditative techniques, breathing control and even massage will help to delay the eventual climax and make it more intense. The reason your orgasm is more powerful after having tantric sex is because of all the stimulation and delay in gratification. That's why you tease to a certain extent and why you accept teasing because you know that this is leading somewhere and that the orgasm that will be experienced at the end of the day will be more intense and more powerful than you would ever experience just by taking part in satisfactory intercourse. Tantric lovemaking opens up channels for you to enjoy something to such a depth of intensity that you will feel yourself coming toward climax and will also feel your partner withdrawing that climatic experience knowing that when it is prolonged in this manner, the end result is far more dramatic and memorable.

Get your partner involved

You are intent on trying Tantra but aren't sure how your partner will react? Talk about the various benefits of Tantra. Discuss the possible outcomes and also mention the spiritual side of Tantra. If none of this works, then make your partner try out the things that he/she seems to be comfortable with. Slowly build on that trust. The hesitation and shyness are bound to disappear once you both establish the rapport and pace. The only way to get your partner involved in this is by communicating freely and fully without any inhibitions.

The best way to get your partner involved is to read parts of what you have read in this book and to explain that you would like to experiment. By talking about the different methods and asking your partner for his/her input, you may find that your partner is more interested than you may have imagined. The problem is that in this day and age, we tend to put up barriers because of what's acceptable and what's not acceptable to such a degree that women will turn the light off in the bedroom if they feel that their body is slightly off shape, and they want to hide it. However, with tantric lovemaking, this is an open celebration of the body, and this invites your partner to let go of embarrassment and shows her that her body is not only acceptable but is worthy of adoration to such a degree that you want to experience a tantric experience that both of you can benefit from.

Tantric tips

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Keep your breathing slow as you approach an orgasm

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This tip is for a woman who wants to make their orgasm last. Do not tense up and instead, relax your tummy and take deep breaths.

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And this tip is for men.

Be patient. The result will be worth your wait.

Try it when.....

- You are willing to experiment to spice things up in the bedroom
- You want to forge a bond with your partner which is both spiritual and emotional
- You are trying to reconnect with your partner and to revitalize your life.

Give it a go!

If you are still apprehensive about trying out tantric arts of love, then maybe you should try following the easy steps that are stated as follows. They aren't complicated and will help you get a clearer understanding as to what it is all about. So here are the steps that you can follow to attain better results:

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Set the right mood by opting for dim lighting instead of bright lights.

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Your body should be pliant; it should be relaxed and loose. The best way to loosen your body is by shaking your limbs; this will help you in unblocking your system and will also energize you.

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Try staying off the bed. Getting too comfortable on the bed might just hamper your thoughts of engaging in tantric love.

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Now you need to get comfortable with your partner. To do this, you should lie down beside your partner on the floor after undressing and then you both should slowly start touching each other. Take all the time you need to caress and tease each other.

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If you are hesitant about how to touch your partner. Then take a deep breath and channel all the nervous energy out of your body experiment with a variety of touches till you find the perfect touch that excites you and your partner. The touches can be feathery or firm or even light sensual touches. The main aim here is to heighten your senses that will, in turn, heighten your arousal. If you do this in the right way, then you can prolong intercourse and, in turn, your pleasure for hours. You are supposed to build the anticipation and the momentum without giving yourself in for temporary satisfaction.

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Try not to get distracted. If you think your mind is starting to wander then concentrate on your breathing. One simple technique would be to exhale when your partner inhales and vice versa. This will help you re-establish the wavering connection between you and your partner and it will also help you focus your thoughts and energy again.

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The most essential point to be kept in mind while trying out tantric lovemaking for the first time is to not give up. It is all right if you don't last for a while. Because tantric lovemaking takes a while to get it right. So don't fret and don't give up. Because practice is all you need. Because you start off with the notion of having sex, you might end up following your routine path. So instead, fight off this urge and try to make it last longer. So patience and practice are the only tools you will require to master the art of Tantra.

If you follow the above-mentioned steps, the results might pleasantly surprise you. Tantra might just sound scandalous to a few, but it is anything but that. It might just be a life-altering experience for a couple who tries it out. It is quite simple, doesn't require much of learning and can be easily accomplished. Something this simple is bound to be fun.

Chapter 6: Tantric Lovemaking Exercises

Tantric lovemaking is all about intimacy. It is about heightening your passionate pleasure. The following are a couple of tantric lovemaking exercises which will help you get a good understanding what tantric sex is all about:

1.

Try matching each other's breathing. To do this, stand facing one another and look into your partner's eyes. Now place your hand over your partner's heart. This way you both will be able to sync in your breathing.

2.

Sitting face to face will help. It works better if the woman is seated in her partner's lap. Now wrap your arms tightly around one another and let the innermost recess of your body be flush against that of your partner. This position will help improve your intimacy.

3.

Move and breathe slowly while having intercourse. Try avoiding those positions that would help you orgasm quickly. Try working in a manner that will prolong the build up and reduce the chances of immediate satisfaction.

Yoni and Lingam Massage

Trying is the key to success. Try out various new positions, techniques and even toys. For those who are really inclined towards trying something new and who want to experiment with various techniques, then they should give the yoni or the lingam massage a try.

Yoni is the Sanskrit word used to describe the vagina, which when translated stands for a “sacred temple”, now, on the other hand, lingam is the Sanskrit word which is used to describe a penis that is loosely translated to mean “wand of light”. The lingam or yoni massages would be one of the best tantric techniques used to forge a stronger bond based on intimacy and trust. This is different from regular penetrative intercourse because it will enable you to get acclimatized and familiar with your partner’s body.

It might be a pleasant experience to completely surrender yourself to your partner both mentally and physically. This massage grants access to the inner most recess of your body, your partner can touch, caress, fondle, and taste those parts of your body that will make you feel vulnerable. An act this intimate is bound to forge a bond of intimacy like none other. And this is possible because the primary goal of this exercise is not to achieve an orgasm.

Following are the steps that you can follow while giving your partner a yoni/lingam massage that will make them writhe in arousal.

Lingam Massage

The primary object of this massage is not to achieve an orgasm; orgasm is, in fact, an added bonus that is more than welcome. The primary goal of this massage is to get him to surrender truly to a form of pleasure which males are generally used to. This would serve as an appetizer.

To build up the anticipation about what lies ahead. It is but natural for a man to take up a more dominant role because that is how they have been conditioned. This massage will help you embrace your submissive and recipient side, the one where you will also attain pleasure from a not so traditional a source.

This massage is in fact actually quite simple. The recipient-the male-he lies on his back, with a pillow or a folded towel under his hips to provide support. Ensure that his legs are spread apart to provide the massage giver with easier and free access to his lingam.

The giver can use a little bit of the aromatic or scented oil. Pour a few drops of oil onto the shaft of his lingam and start by gently massaging his testicles.

Since this area is quite sensitive, ensure that you don't cause him any pain. Be very careful, gentle and deliberate in all your strokes and movements. Rub your hands in a slow and deliberate fashion over his scrotum, the pubic bone, perineum and the anus. Try regulating the speed of your movements according to the reactions you receive from your partner.

If you think that your partner is close to ejaculating, then give yourself and him a moment to regain composure. And allow his excitement to die down a little before you go any further with the massage. The deep breathing exercises mentioned above will help you enjoy this experience to the hilt.

Keep in mind that the end of this massage might or might not end with ejaculation. Let your partner decide this. Your partner might choose to reciprocate this gesture in the form of a yoni massage.

Yoni massage

Focus on receiving the utmost amount of pleasure as you can, instead of trying to focus on the need to achieve an orgasm. So just relax, lie back and enjoy the experience.

The first step would be for the woman to lie on her back, with her head slightly elevated by means of a pillow, so that she can maintain eye contact with her partner. Ensure that your legs are parted, while your knees are slightly bent. This will allow your partner to gain greater access to your vagina. Focus on your breathing and take deep breaths. In fact, before you even begin, you may wish to do breathing exercises that put you into that relaxed state, which is where you lose inhibitions and are happy for your partner to examine your body. This relaxed state is a great state for tantric love because there is no tension between you and thus you are able to share a very satisfactory experience without having to worry about hang-ups that may otherwise have been there between you.

Use water based lubricant because at times oil might increase the chances of

contacting infections, especially near your vagina. Pour a few drops of this massaging lubricant on the mound of her vagina (yoni), so that it gently drips down on her outer lips.

This sensation alone might arouse her deeply. Use gentle and slow strokes. Do not rush. Let her savor every moment of this massage.

Try squeezing the outer lips by trapping it between your index finger and thumb. Increase the pressure and vary your strokes according to your partner's body language. All this while, do not break eye contact with her. Because there is something unabashedly erotic about watching your partner squirm in pleasure under your ministrations.

Slowly but steadily make your way towards one of the most sensitive parts of a woman's body. Her clitoris. This little organ, which is no bigger than a bean is more sensitive than any other part of her body. With more than 7000 nerve endings over here, even the slightest touch could make her gasp. Start by stroking her 'clit' in circular motions, before squeezing it gently. No doubt this will increase her breathing. So keeping your partners body language in mind slow down your ministrations if you think she is nearing her orgasm. And let her regain control.

The next thing to try would be to insert the middle finger of your right hand into her yoni will massaging her clit with your left hand, simultaneously.

The choice of hands would depend upon your convenience. Explore the inner walls of her vagina with your finger. One of the best techniques to do this is by curling up your finger upwards in a "come hither" gesture. Soft spongy tissue which you will encounter just under her pubic bone, which will reduce her to a mumbling mess, is the notorious G-Spot. If you think she is about to climax, either back off or gently hold her while the waves of her orgasm wash over her.

Remember that the end of the massage would be dictated by the recipient and not by the giver. Therefore, respect her wishes when she wants to stop or keep going if she wants you to continue. Do not forget to bask along with her in the afterglow. This would be one of those moments where you form a stronger bond with your partner.

To put it mildly, the above-mentioned yoni and lingam massages are both more than a little arousing. And it tends to develop a stronger mental and emotional bond between the partners.

There is another tried and tested, age-old method of post-coital cuddling which is as good as any other massage to forge a stronger and intimate bond with your partner. So all the couples who want to try tantric love or any of the other forms of erotic massage, there is only one advice that I can give you. You need to be calm and patient. Don't rush into things. Remember, this is not a quickie. It requires the same effort as any other carnal activity you might want to engage in, but the amount of pleasure you can derive from it is far more superior to any other. So don't get disheartened if it doesn't work out perfectly the first time you tried it. Keep practicing. That's all the training you will ever require to master the erotic art of tantra.

If you need to practice your breathing, this exercise will help you to set the mood for your tantric experience. Sit with your back straight and close your eyes so that you are not distracted or influenced by things around you. Breathe in through the nose and feel all the energy surging through your body. You should feel your upper abdomen rise as the energy force enters your body. Then hold the breath for a moment, because this helps you to slow down and relax. Then breathe out through the mouth and make sure that the outward breath is longer than the inward breath. This allows you to stabilize the amount of oxygen that reaches your lungs and helps you to feel very relaxed indeed. If you practice this for a short while before your massage or your tantric sex, it sets you up for the perfect experience.

If you practice the breathing exercises with your partner before the massage then what you are doing is allowing all of the problems of the world to remain

outside of your bedroom, and allowing yourself to be receptive to all of the attention that will be lavished upon you. That's important because if you are still conscious of all the problems you have left outside your bedroom door, you are not likely to have the same level of susceptibility to the sensations that you are about to experience. Thus, this helps you to let go of the outside world and start your experience in the right frame of mind, so that the eventual intimate experience that you encounter is not spoiled by outside influence.

In today's world, people have forgotten what real indulgence is. They believe that this comes in the form of material things.

When you start to experience tantric massage and are able to feel all of the emotions that go with the experience, it's mind blowing. It leaves all of those material things behind and lets you experience something that is so basically part of human nature, but that people today have forgotten to celebrate. That closeness that you experience with your partner opens up whole new channels of communication and warmth, togetherness and intimacy and perhaps that will make up the gap that life seems to have taken away from your experiences together. That's when you know that you are performing tantric massage or tantric sex at its best.

Chapter 7: Tantric History

Tantra is an ancient spiritual belief from Asia that originates far back in history. It consists of a traditional set of ancient beliefs, concepts, rites and techniques for creating a conscious life.

This can be applied both outside of the bedroom as well as inside, although the western world appears to be far more interested in what Tantra has to offer beneath the sheets.

Tantra can be found in several Eastern religions that include Buddhism, Taoism, and Hinduism, as well as being the origins of Yoga. It is believed that Tantra is at thousands of years old, which makes it one of the oldest religious or spiritual beliefs in the world. It appears that human curiosity has always been around, speculating and appreciating the human body and the power sexual desire has over our lives and understanding this can help us in many ways.

Before we look into the origins and the history of Tantra, and Tantric lovemaking, let us understand it a bit more.

Tantra is quite an exceptional philosophy compare to other religious and spiritual concepts. Tantra is famous for its honoring of love and the life-force energy that comes about with this sacred union between a man and woman. By coming together in this sensual and sacred act, a couple can produce a powerful energy and help lead them on the true path to oneness. It is at that point when we feel connected to the energy around us and inside us, when we don't feel lonely or incomplete, is when we experience Bliss – it is at this point that sex, the soul, and love all merge together. The ego is swallowed by love and the heart, but it does take quite some practice and bravery to achieve it.

Tantric History

Tantra originated in Southern Asia, although its specific origins and timeline are still hotly debated about. It concentrates on the relationship between sensuality, physical well-being and the higher consciousness. Participating in Tantra Yoga allows you to undergo a passionate journey, through a specific structure of rites and practical methods that stimulate and uses the immense creative forces and energies within both our physical bodies and our minds – sexual enjoyment – in order to thrust ourselves into the next state of consciousness. This energy gives a couple the capabilities to come together and create a new life through it.

When Tantra and Tantric lovemaking was brought over to the western world in the 1970s, it has been presented in numerous ways which has largely depended on who was presenting it, from the academic to the disrespectful and perverted.

There are four main forms of Tantra.

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White Tantra – a mysterious and obscure version of Tantra where a person works on their own through breathing exercises, visualization practices and using passionate energy via mediation to search for Oneness.

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Red Tantra – With another person, Red Tantra is where erotic methods are used in tantric concepts.

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Pink Tantra – Pink Tantra is the most popular version in the western world and consists of both red and white methods, concentrating on a couple's relationship and the passionate energies from the heart.

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Black Tantra – Not very popular nowadays, Black Tantra is where the individual utilizes passionate energies to create change, not just within the

individual itself, but in others and the surrounding environment.

When most people hear the word Tantra, the mind automatically focuses on the physical aspect of it. However, do not start getting lewd pictures in your mind as Tantra can be an incredibly encouraging and constructive practice to incorporate into your relationship.

In the western world, many people do not know much about it, and if they do, it's usually conceived as a perverted thing. However, Tantra is much more than simply a sexual aspect. Indeed, it is a completed and advanced system of rites, self-controls, and traditions that has been used by Buddhists and Hindus for thousands of years. In this, sex only plays a small role, being just one aspect to aid an individual in overcoming the physical and accustomed reactions to the material world, instead of simply indulging in passionate and stimulating parts.

However, this side of Tantra gets more negative attentions due to the lack of understanding and comprehension of either the presenter or those hearing about it.

However, this does not mean to suggest that a western teacher cannot teach or even understand Tantra. Despite it being wrapped in a blanket of mysterious energy and over 6,000 years of history and freedom, the majority of Tantric beliefs come down to this – do not go straight into intercourse or hurry for orgasm.

Instead, Tantric traditions say that you should concentrate on forging intimacy via verbal communication, stroking each other's skin, general touching, eye contact and enhancing each other's carnal enjoyment via non-sexual techniques and via foreplay. Instead of taking ten minutes or so for a quick, hurried act before carrying on with the rest of the day, set some time aside from the outside world and indulge in some passionate and connective time with your lover.

The Origins of Tantra

For a number of decades, scholars have been debating as to the origins of Tantra in both Hinduism and Buddhism, ever since these ancient beliefs came to the attention of western scholars during the colonial periods. Even the term ‘tantra’

has been hotly debated over for years, but it is generally accepted that tantra refers to a ritual and philosophical custom that is believed to have originated in Southern Asia in the mid-first millennium CE. The word ‘tantra’ has its roots in the Sanskrit word for ‘weaving’ and/or ‘exposition’ which incorporates several distinctive characteristics which includes the universe being made up of male and female energies, a guru initiating one into Tantra, utilizing mantras for specific functions, ceremonial sexual acts, visualization methods, a complex pantheon, and practices which transgress the principles of law, along with many other characteristics.

At the moment, academics are still uncertain as to whether Tantra first emerged in Hinduism or Buddhism but the earliest western writers called it a corrupted and tarnished version of Hinduism and Buddhism since it used erotic and transgressive techniques.

When late Victorian academics started to present Tantra to the public, most notably Sir John Woodroffe, they would ‘clean it up’ or ‘decontaminate’ it in such a way that it was easier or safer to present to the public. It has merely been the last twenty or thirty years that worldwide academics have been studying the ancient tantric texts and undergo training within tantric cultures in order to understand more fully the varied tantric traditions. These include the Saiva Kaula tantra tradition where sexual fluids are used in their rites. The Srividya tantra tradition was deciphered in a way that the rites and practices which would be considered too far over the limits for Victorian households and so only the inner visualization methods were believed to be ‘safer’ for the Hindu households.

However, from the 1950s onwards Tantra was incorporated into the Western New Age culture, where it would be transformed into a new version of tantra that fitted the circumstances in which it found itself. This new version emphasized passionate practices along with other spiritual concepts in order to

become more appealing to the western buyer. When compared to the tantra referenced by academics and scholars, there is quite an immense difference, and it has been referenced to by art scholars, religious academics, archeologists and historians alike, offering a wealth of historical and social material. Today, online resources have made tantra, even more, accessible than ever before, but a high number of which could be classed as pornographic. However, there are numerous online websites that offer academic resources for those interested in tantra.

The Earliest Days

It was around the late fourth and early fifth centuries CE that there was a significant shift in Goddess worship in India. The feminine form of the god was Shakti and is quite different to that of Tantra. When looking at Tantra, there are similarities to the Puranas. In theory, the tantras contain knowledge, Yoga, ceremonial rites, and the manner of how one should act during religious observation and practice in the community. It is the latter two aspects in which ancient Tantric texts discuss more frequently, with Yoga focusing on the mysticism of mantras that summarize the arcana dogma. In its early days, Tantric beliefs appeared to be a combination of Sankhya and Vedanta beliefs with occasional prominence on shakti, the deity's function. The Tantric scriptures are typically categorized into three classifications: the Shiva Agamas, which relates to Shiva's adepts; the Vaishnava Samhitas; and the Shakta Tantras. All three features the notion of worshipping the goddess.

Although historians are still as to whether Tantra emerged initially in Hinduism or Buddhism, the earliest texts appear to be Buddhist.

Hindu texts on Tantra appear to be much later in date, but the earliest Tantra centers were in Bengal and Assam.

Shaiva Agamas

The first Tantric texts stretch over a long period of history. Those who were part of this sect would live and participated in religious activities according to their own unique canon. The scriptures appear to be a mixture of Shaiva-siddhanta and the Virashivas. It can be a little hard to accurately date these scriptures but since the first form weren't believed to be collected until after the eighth century CE, it is most likely to be after this time. The scriptures claim that Shiva is the representation of the cosmos and his power or force, known as shakti, was the feminine representation of restraint and freedom. The three aspects are called a triad, or trika, since it consists of Shiva, Shakti, and the spirit. The earliest Virashaiva scriptures appear around the middle of the 12th century in the *Vachana* (which translates as 'Sayings'). The social caste system is not recognizable in this sect, so anyone was free to worship Shiva, and had its own religious buildings and gurus.

Vaishnava Samhitas

The Vaishnava Samhitas can be further divided into two sub-categories –the Vaikhanasa Samhitas and the Pancharata Samhitas. There are a total of over two hundred scriptures within these sub-categories, although the sanctioned number is just under 110. Initially, it looks as though the Vaikhanasa Samhitas were the first religious scriptures of adepts of the god Vishnu but towards the end of the 11th and beginning of the 12th centuries, they had been superseded by the Pancharata Samhitas. The works of the Pancharata Samhitas focus on the universe and appear to have been motivated by the notions of Yoga and Sankhya. Within the Lakshmi tantra is the belief that one should give oneself over to Lakshmi in addition to Vishnu in order to experience redemption. This is represented by a ritual on which the worshipper gives the male and female deities their encumbrance of the redemption and in return is presented with a new name and marked with the symbols of Vishnu on the tops of his arms.

The concept of shakti first appears in these texts, but they are especially significant for our understanding of the temples and the religious rites. These scriptures claim that the deity Krishna appears in four *vyuhas*, signifying the various states of creation, and in turn, are represented by four followers before the main conception is commenced by the shakti, represented by a female.

Shakta Tantras

The Shakta form of Tantra was one of the earliest forms and has been around since the mid-seventh century. Indeed, within an eighth-century play by Bhavabhuti and the seventh-century work of literature by Bana, there are numerous references to the rituals and rites within Tantra. Unfortunately, there is no one singular reference to the various Tantra scriptures but there were countless.

In its simplest form, Shakta Tantra appears to be a combination of Shaivism and the worship of a mother goddess. In their philosophy, Shiva cannot be a living being without Shakti. As such, Shakti is both created and creator. Similar to the notions within Yoga, it was believed that there are small vessels within the body that transport mystical functions throughout the physical body and attached at the base of the spine where Shakti dwells in a coil, known as kundalini. When an individual coaxes her to the very top of the body, one will experience freedom from samsara. The most significant Shakta Tantric scriptures are the Ocean of Tantraism, giving us great insight into the ceremonial rites, especially that of the

practices of its followers; and the Crown Jewel of Tantrism, again, which gives us a great deal of information concerning rites.

Tantric Ritual and Magical Practices

Tantra, also known as the left-handed Tantra, features a range of practices and rituals that would violate the normal, conventional beliefs of Hinduism. In conventional Hinduism the five elements, known as tattvas, were then replaced by the tantric elements – mamsa (flesh), matsya (fish), madya (wine), mudra (gestures) and maithuna (intercourse). The last element, in particular, was seen as a violation of conventionalism as forbidden women – such as a married woman or a woman from the lower castes – were associated with the Goddess. Tantra also used menstrual blood in their rituals when such a bodily fluid was firmly forbidden in orthodox Hinduism. It is these practices, in particular, which made Tantra infamous. Although these rituals and practices were written in various texts and scriptures, they were most likely only performed on occasion and only by expert professionals.

The traditional Tantric ceremonies were more representative and undoubtedly demanding compared to conventional Hindu ceremonies.

The

tradition of the Shaktas is founded on the belief that the practice of redirecting the biological desires to preserve and recreate life. Those who practice this form of tantra are educated in directing every ounce of their energy in order to overcome the Eternal. Through

intercourse and eating sacred meat or wine represents the realization that the flesh and the soul, the human and the divine, are in unison. They are not believed to be bad, negative or sinful things; instead, they are considered to be a way of redemption. Ceremonial intercourse, either through physical or symbolic actions – is a way of representing both an individual's and couple's involvement in the cosmological and divine development. It is this experiencing of both flesh and soul, this harmonious balance of physicality and spirituality, of the seen and unseen, which makes up the enigmatic and allure of the Shakta tradition.

The

extent to which the practices and rites of the Shakta tradition is varied

depending on who is presenting the information. Devout Shakta sects are believed to perform secret rituals of the shrichakra ('the wheel of radiance') throughout the night. However, the majority of Tantra practitioners will typically discard everything except the oral rites.

It is especially important that Tantric practices and Yoga, both individually and collectively, are upheld on a daily, fortnightly and a monthly basis for the benefit of the deity. Participants undergo an elaborate purifying ritual first (they must have been initiated into the group firstly) before presenting the goddess their offering, worshipping the goddess appropriately and chant the right mantras. Once they recognize their own divine being, they are then allowed to come together in a sexual union with the goddess. At particular points, should a woman be considered as a sexual being, the Goddess is summoned into her first. No one is allowed to sexually join with the goddess in human form until they are pure of thought and have become divine themselves. In Tantra, a woman married to another man is actually more preferable, as it is more difficult to get and there are no certainties with it and the desire resulting from the departure of the couple is much more powerful. As a result, this is known as pure love, or preman. The ancient Tantra scriptures state that the uninitiated should not attempt these practices as they are extremely dangerous; without the divine in their minds or hearts, those uninitiated who do attempt it are most likely to end up in one of the hells.

It was in the 16th century that the mysterious Vaishnava-Sahajiya sect emerged in Bengal, another sect that tried to unite both the flesh and the soul. Paying no attention to the social norms of the day, its participants use the natural 'sahaja'

(which translates as 'born with') abilities of the senses and emphasizes the sexual allegory of Bengal Vaishnavism which was a new way of explaining the myth of Radha-Krishna and looked for the continual experience of heavenly pleasure. Using this explanation of the myth, participants of the sect believed that once they had completed demanding exercises and preparation that they could comprehend real love since the deity's true character is love. Men were considered to be representations of Krishna and women were seen as guides on their journey for awareness. Once participants have attained this level, then they will forever stay in this pleasure and don't have to participate with the gurus and the ceremonial rites.

Tantric and Shakta moral and societal principles

Whilst Tantra may initially seem focused on lovemaking, there are a number of moral and societal principles that emerged throughout its history. There is a much more sense of freedom than in conventional Hinduism; family values are emphasized, and a tremendous respect for a woman (especially as a representation of the Goddess) is seen; travelling was far more acceptable in Tantra and women were allowed to remarry. What Tantra offered, right from its early days from the third and fourth centuries was a freedom to worship the gods in a ceremonial way despite their lower castes or other socially restricting boundaries.

Looking at the ancient Tantra rites and rituals from their arcane literature, we can see that much of it is intertwined with conventional Hinduism which makes it a little confusing when looking at it from a historical perspective. Some of the earliest material emphasizes a relationship between the spirit and the universe, highlighting the internal manner of the universe instead of the freedom of the spirit to its usual shape of harmony. The physical form is tangible, not simply because it is the formation of the god but because it holds the god itself, along with the cosmos. The spirit does not join with The One since it is The One.

Although the philosophy of Tantra is ancient in itself, it appears to be quite a modern notion. In the 19th century, the guru Ramakrishna compares the Tantra belief of the conscious as a snake which, when it wakes up, slowly makes its way through various levels and rests within the heart. When the brain becomes aware, it sees a great brilliance. He states:

“When [the serpent] is awakened, it passes gradually through [various stages] and comes to rest in the heart. Then the mind moves away from [the gross physical senses]; there is perception, and a great brilliance is seen. The worshiper, when he sees this brilliance, is struck with wonder. The [serpent]

moves thus through six stages, and coming to [the highest one], is united with it. Then there is [samadhi](#)...When [the serpent] rises to the sixth stage, the form of God is seen. But a slight veil remains; it is as if one sees a light within a lantern, and thinks that the light itself can be touched, but the glass intervenes...In samadhi, nothing external remains.

One cannot even take care of his body anymore; if milk is put into his mouth,

he cannot swallow. If he remains for twenty-one days in this condition, he is dead. The ship puts out to sea and returns no more” (source: Britannia).

Tantric and Shakta interpretations of nature, humankind, and the revered

From the earliest days of Tantra, it was occasionally intertwined with Shaktism, in which several shaktis were present. These shaktis were conceived as original energies that originate from the deity and could be represented as goddesses. Shakti had the overall say in whether an individual was worthy of redemption and in the development of the cosmos, was believed to be his wife since she acted through his energies. Her roles in Tantra differ greatly, from being a principal character, an enigmatic being, a demonic queen, a mother goddess, a heavenly ruler and many other forms.

Vishnu is always seen as reuniting with his wife, Lakshmi, and together their myths have been retold and altered, always so that they were the epitome of divine love and sacred. In this then, both Vishnu and his shakti are connected and cannot be separated. She begins with being created and then transforms into her role as the judge of the individual. In this, Shakti is the female ruler of the cosmos.

Conclusion

Thank you again for choosing this book!

The philosophy, which forms the basis of tantric massage and tantric lovemaking, is that these forms are not just means to seek pleasure but are also forms of worship and love. When I use the word I do not mean that from a religious viewpoint, but the literal one. Worship here means the attention you shower your partner with and the homage you pay your partners body. The intimate high you will experience from this will be like no other. Your time will be well spent.

In tantric massage, you connect with your partner and also the Universe. All your five senses will be loaded with such feelings you have never experienced before. There is nothing better than feeling your partner's pleasure and lying beside your partner to bask in their afterglow. You become the reason that gave your partner such immense pleasure.

The one thing you offer your partner is your own self. That is the greatest gift you can give your lover. Yourself, your mind, body and soul. There is nothing better than feeling your heart beat in sync with that of your lover, of gazing into each other's hands and holding your body close to that of your lover.

Tantra is not about just the physical attributes. Tantric massage will bring you closer to your lover in ways you did not seem to think were possible before. And this will also have a great impact on the process of your lovemaking. From monotonous it can become sensual and exciting. When you discover the power you have over your partner to bring him/her immense pleasure, that high is unlike any. To feel like you are in control and have also completely surrendered yourself, body and soul to someone else is truly precious. Do not be hesitant while trying new things. Keep your mind open to all the possible outcomes. You never know what might just surprise you.

I hope this book provided you with clear details on how to practice tantric massage and how to use it to not only double your pleasure but seek higher enlightenment too! All you need to do is try.

Thank you and good luck!

