



Tantra Teacher's Guide (and Student's)



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One of the purpose of this book is:

- to introduce future teachers to our methods so they can make decision to join our Tantra Teacher's Course, <https://www.tantramovement.com/tantra-teachers-course/>

INTRODUCTION



Let me start this book with a prayer...

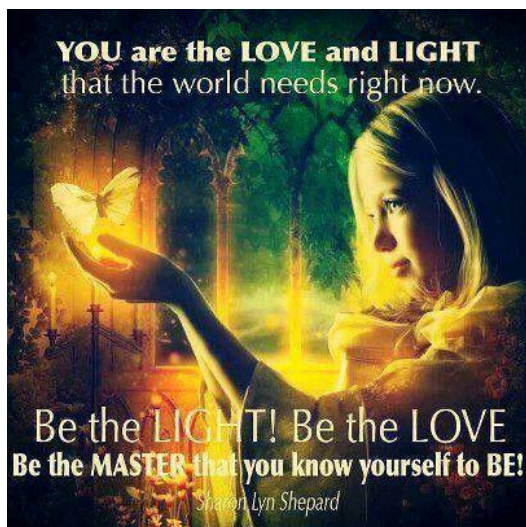
We ask the beautiful energy of unconditional love to flow through us and to guide us. We ask this energy to allow us to be a channel through which the love of the Universe flows through those words to you.

We share with you as much as we could give, as much as you're ready to receive.

Let the energy of Love flow.

From the Universe to you and then back to the Universe.

In all possible ways, through all levels, bodies and dimensions – Tantra



Fairness note for Tantra Movement Teachers

If you got inspired by Tantra Movement School teachings and you would like to share it further, that is truly wonderful.

Before you start, please remember to follow our guidelines.

It will be highly appreciated if you donate 10% of your future profit from teaching to Tantra Movement School. That will allow us to invest into development as well as marketing and spread the love further.

Also please remember to spread the word and inform your students from where you got information, inspiration and experience.

Attaching links to our social media and info about us at your webpages, leaflets, posters and social media is also highly appreciated and we would be honored and grateful for that.

The most important rule is NOT to teach AGAINST our main principles which are:

- transferring energy upward (instead of losing it during peak orgasm),
- sharing unconditional love,
- educating students to go deeper into love, friendship and compassion.

It is not only about compassion towards other people but towards every living creature, the whole Universe and Mother Earth with its beautiful nature and animals.

As follows during our retreats we always require our students to eat only vegan food and we encourage you to apply this rule during your workshops.

You can learn more about our principles as well as our vision when you meet us in Tanta Movement School.

Use your heart and common sense.

May the love grow in all of us.

Thank you for existing.

INTRODUCTION

Why am I writing this book?

Out of love.

Towards myself, others, animals and nature...

Out of love towards all living beings.

We live in the times of big changes and that requires big transformations.

We face ecological, economical, social, mental and relationship crises on a daily basis.

During the last century mankind brought the planet into a terrible state. We are starting to ask ourselves: "Would our children have a future?", "Would we witness the biggest extinction of life in all its forms due to our ignorance and destruction?", "Is it happening already?"

Misinformation spread by mass media turns us into unaware blind consumers, disconnected from their own nature.

We need the most efficient solutions to bring humanity back to love and back to nature.

Tantra as a path of transformation may help us to change those challenges into the opportunity to grow. It can make us rise in love, freedom, peace and consciousness.

When I have great conversations with my daughter, when I'm proud of her do I want all life to vanish?

When I walked through amazing beautiful Transylvania mountains, full of forests and wild nature, when I snorkeled in Maldivian Coral reefs, full of colorful fish and exciting natural diversity, when I sit here, under coconut palms, observing wildlife while I'm writing this book, do I want the world to end?

When I go deeper into the love making with my beloved, when we are discovering new ways of blessings - do I want this to be finished by some atomic bomb, tsunami, earth shake or any other catastrophic scenario caused by an unconscious way of living?

No.

I don't.

Nobody who follows common sense does.

I love my life. I love my family, people, animals and nature. I feel they're part of my life, they are part of me. They ARE me.

It feels good to take care of them, love them truly,
stay connected...

For me, for them, for everyone and everything I
feel that each one of us should use their full
potential and do everything that situation requires.
Here and now, for a better future, for all of us. For
a conscious world, full of unconditional love,
sacred sexuality and respect to Mother Nature.

I have experienced Tantra for more than 9 years
already. About 4 years ago, I started to teach. I
became a teacher because thanks to Tantra I've
experienced one of the biggest transformations in
my life and I believe that everyone should be given
a chance to achieve it.

Before Tantra I was addicted to sex.

Like with all addictions, you need stronger and
stronger stimulation (dose) to become satisfied.
There is no end on the path down.
I started to do things against my own ethics.
I was dishonest to myself, to my wife and others.
I was falling deeper into desires, dissatisfactions,
frustrations, guilt and shame about things I did but
I was unable to stop.
I was driven by sex.

And then everything changed when I was blessed
to experience Tantra for the first time. Obviously it

didn't happen immediately. It took time and a lot of practice to heal from the addiction. But thanks to my beloved ex-partner, who introduced me to Tantra I started healing myself step by step.

As someone said: "Sex can be your way to hell or to heaven. Choice is yours."

The moment I met Tantra I had a choice.

Unfortunately the majority of people don't even know that they may have a choice.

Love is the most important power for all of us. Unfortunately, there is a lack of knowledge about the steps that one can take to experience love. The painful paradox is that while there are many other disciplines that one may learn while at school, this type of knowledge does not have a place in the conventional educational system. One is rather fortunate if they experience unconditional love from their parents.

Tantra gives an opportunity to fill this gap.

During my tantric practice I met many sexually abused people. During their healing, I felt their pain and I was happy to support them. In the times when porn is more and more accessible I have a concern that abuse rate, disrespect (especially but not only) towards women may increase like never before.

That's why promoting a lovely and healthy approach to sexuality is crucial nowadays. That's why the healing aspect of Tantra becomes more and more important.

And how to use this book?

You can read it to get familiar with our methods and join us in Tantra Movement School as a student or as a future teacher. It is also a great manual for our graduates.

So if you join us as a student and the workshop weekend is over and questions appear: "Is that all? Do I have to wait another month or year to see the people with whom we shared so much? Shall I just come back to my normal life? What's about love, connection, energy, friendship and everything, that was between those magical moments? Is that over?"

Well it doesn't have to be!

In Tantra Movement we are open to share, celebrate and connect. You can contact or visit us any time (contact details to be found at the end of the book).

During workshops we work a lot on intimacy, energy of love, communication, contact, sacred sexuality. Sometimes we share with each other

things that we weren't sharing even without best friends.

How to keep it, how to not lose it but use it?

Well. The same way as during love-making we have to transfer sexual energy upward, we have to transfer the energy of the workshop into our daily lives.

How?

I have some ideas:

Let's keep in touch with each other, support each other in their processes.

Let's meet regularly - share eye gazing, melting hugs and tantric communication.

Let's practice and connect.

Let's bring those practices into your daily life - implement some of them at work and home.

Let's implement the experience and wisdom into daily self-love rituals, making-love rituals and daily life rituals.

Let's make changes in our lives to keep the energy high by for example:

- looking into each other's eyes during conversation (no escapes any more),
- eating less meat or become a vegetarian,
- recycling,
- buying less and being happy with what we have,

- making a choice, making a change,
- giving melting hugs to our lover or friends every time we see them.

Use the strength that you gained during the workshop and go with the flow.

Create community.

Any ideas, suggestions, interests etc. are more than welcome.

During the workshop we expand, when we are back to “normal” we may notice that we do not fit there anymore. Confronting our deepest truths through Tantra may require radical changes for better. Sometimes it seems difficult or painful but remember that real changes are happening when we go out of our comfort zone. If you are not 100% ready for it - work on that readiness, otherwise you may suffer from the stagnation.

Let it go! Let it be!

Usually the healing process happens during the workshop but it may also happen after. During or after you can experience unexpected sadness, pain, fear, joy, physical sensations, past memories etc.

Whatever it is - do not suppress it back.

Take the opportunity to feel as much as you can bear and let it go.

Otherwise you would have to carry that for your whole life or at least to the next occasion of a healing moment.

When healing happens - observe, breathe into it,
shout it out, cry it out, laugh it out, fear it out...

Let it all go!

Once and forever.

If not here and now then when?

Afterwards - believe me, you would become more
light, free and happy. No more unnecessary
heaviness on your shoulders.



If you join us as a future teacher, please take a look at the best qualities of a Tantra teacher according to Tantra Movement School:

1. Good teacher is your good friend, he/she is always there for you.
2. There`s unconditional love flowing between you.
3. Good teacher is there to empower you. To liberate you. To support you to find a real guru, a real master, a real teacher, a real god/goddess in yourself.
4. Good teacher is always a student himself/herself. During every workshop, retreat, lecture he is not only teaching but he is learning, practicing, exercising and improving his/her teachings.
5. Good teacher is always a student himself/herself. To keep the balance and stay updated he/she constantly studies, develops new things, reads a lot because he/she wishes to always provide you with the best answer and best guidance.
6. Good teacher is always honest and authentic. When he/she doesn't know something he/she is willing to find it out for you or guide you so you can find it yourself.
7. Good teacher is always honest and authentic. When she/he is in the process (emotions) himself/herself, he/she doesn`t suppress it. He/she allows himself/herself to

be a human being and be seen like this.
This encourages students to be authentic themselves as well.

8. Good teacher is a shining example of her/his teachings. When she/he teaches something that she/he still hasn't achieved, at least she/he is very frank about it.
9. Good teacher always allows you to have your own opinion, your own way.
Sometimes she/he may encourage or even provoke you to disagree. He/she doesn't pretend to be always right and he/she is willing and happy to change her/his mind.
10. Good teacher gives you guidelines, not rules. He/she is showing you direction but you have to choose. He/she is giving you the path but it's you who have to take the steps. He is not always holding your hands. He allows you to fall and make mistakes without feeling that you did a permanent job.
11. Good teacher has the ability to listen and reflect on it, even beyond the lines.
12. Good teacher is happy when their students become better than he/she.

Some more advices for Tantra Teachers:

The most important thing is energy. Rest are details which are important as well but only when they are supported by energy. When you focus on details not on energy you miss the point. When you make love, techniques are supposed to support the energy not distract it, when you give workshops details should do the same.

Sharing Tantra is like love-making. The energy is most important. When details, techniques are not perfect enough, during a workshop (act of love) it's not the time to focus on that. This will only take you away from the energy flow. Your teachings, your love is the time to be focused on energy. You may improve details and techniques later - in the classroom.

I focus on that because I saw energy broken by stress of songs not playing correctly, someone being late etc too often.

Requirements to become Tantra Movement Teacher, Masseur/Masseuse, Practitioner or Assistant

Good teacher should always set an example for others. The most powerful teachers in my life are those most authentic ones.

If you want to become a healer, heal yourself first.

Requirements are not demands.

There is no place for goals in Tantra. We put our intentions and as far as we remember about them we are thankful for whatever happens next.

As the main reason for Tantra Movement School's existence is to spread unconditional love as wide and as deep as possible, we would like to train you to become professional assistants, masseurs(-ses) teachers...

We are aware of the responsibility of our mission and bringing tantra to others. To keep it safe, comfortable, healing and liberating for you and for the society we would like to apply some very important standards:

1. To get your final diploma you cannot be addicted to sex (counts more for the man than for the woman).
2. Your main blockages have to be removed so that sexual energy is able to flow in you in a healthier way (counts more for the woman than for man).
3. Attitude of unconditional Love is base.

AD 1st

More about the first requirement: being free from addiction to sex.

We are living in a society where each of us is conditioned to suppress our emotions instead of releasing them straight away like all other animals do in nature. Very often people release this energy through sex, through peak orgasm (for man peak orgasm is ejaculatory orgasm, for woman clitoral). After peak orgasm both woman and man lose a lot of energy but man much more than woman which makes him more prone to sex addiction. Tantra offers us great alternative for peak orgasms. Instead of losing energy during courses and workshops in Tantra Movement we guide you how to transfer energy to higher parts of your body:

to your belly – you will have more sensual pleasure, more health

to your solar plexus – you will be more powerful, more sure of yourself...

to your heart – you will be more loving and more connected

to your throat – your communication would improve, you will express your inner truth more easily and more understandable.

to your third eye – you may find your vision, your intuition will improve

to the crown – you may connect with universe,

...you may experience cosmic orgasm, full body orgasms, multiple orgasms etc....

All of them are healing, energizing, liberating, making you grow spiritually, energetically, sexually... on all levels and dimensions.

Why would you stay on the first step of the ladder, in kindergarten for your whole life while everyone has potential to claim much higher, to go straight into the university? Why shall we stay addicted to sexuality, to the peak orgasms when each of us may grow beyond?

AD 2nd

Now more about the 2nd requirement (btw. they're connected and they're supporting each other).

Your main sexual blockages have to be removed so that the energy is able to flow in you in a healthier way.

Throughout our life, we are conditioned that there is not "us" anymore. We put the mask on our face before we leave home. At work, we are forced to obey the rules that we don't like. As early as in schools we are forced to sit for hours on the chairs while we are full of energy to play. We often forgot to ask why? We often forgot how to say "no". TV gives us all the answers. Often we believe without questioning. Do we have a choice?

Very rarely people live their passion to its full potential. Very rarely people go for THEIR dreams. Too often they are not able to fight for that. Too often they do not want to risk and give up their "comfort".

What is the reason?

Very often the energy is lost on things that put us down and make us not want to grow, things that don't give us real energy. The energy flow is blocked, doesn't flow freely, doesn't circulate. We either lose our energy or we make it stagnative, which is later manifested in pain, weakness and diseases. Sometimes we have outbursts of emotions that we can't handle any more.

Tantra Movement School will guide the energy to flow not only in you but also between other people with whom you work.

In Tantra Movement School, we will provide you with techniques that may remove blockages, that may heal, that may make you live to your full potential.

We teach how to live comfortably with ourselves, how to love our bodies and be comfortable and free with sexuality.

AD 3rd

Attitude of unconditional Love will grow in you.

Tantra, it is one of the most powerful ways of living. It lifts you up in a very intensive way. It uses our sexual energy in the most efficient ways; and sexual energy is the strongest energy that people

may use. Tantra works in all bodies on all dimensions in all possible ways. It means that you have to be very careful of what you do. That's why we always ask: **We ask the beautiful energy of unconditional love to flow through us and to guide us. We ask this energy to allow us to be a channel through which the love of the Universe flows through those words to you.**

We always do Tantra out of love and not out of selfish reasons. When you mess up with this energy it may hit you back very strongly.

Remember about always. Always.

To be a good assistant, masseur(se), teacher you have to learn to connect beyond the genders, appearance, jealousy. possessiveness. You give yourself, your students and partners as much love as possible, as it feels comfortable for both of you. You do everything to support their and your process of growth. You do it always out of love and not for selfish reasons. Tantra is Love.

Video:

https://youtu.be/9ZNPnQ0uhBc?list=PL8M5t5cY3pla6ebibcmKKVIR7p_RjVnbL

[Unconditional love - acceptance, best advice for Tantra teacher reflection](#)

Taking care of students

I am fortunate to have one of the best teachers in my life, Hari Kaur van der Zwan, who gave me an individual Kundalini Yoga Teacher Course.

During the first class she told me: "Now you are my student so I take responsibility for you. You may count on my support any time. Even if you have an issue in the middle of the night if you ask for help I will be there for you."

And it was really like this.

I could really count on her as my best friend.

Sometimes instead of theory classes, we had my "private counseling sessions" I could speak with her about my family, my emotions and all other kinds of problems, she never judged me or put me down instead she widened my perspectives, showed me other points, other angles of the situations and other deep insights of wisdom.

After her full of deep insights coaching I felt

uplifted, sure what to do next and knowing how to stay aligned with the universe.

Thank you Hari Kaur

If you want to become a great teacher you may learn a lot from Hari's attitude.



My best teacher

For me the best and most efficient teacher was the love I feel towards my daughter. I've changed and grown so much for her. Thank you again my beautiful, wise Magda. The biggest challenge in my life, the hardest and the longest work I ever did (I still do) but at the same time the biggest happiness in my life, the best experience that happened to me, the longest relationship that I have beside one that I have with myself and my parents.

I realized that this unconditional Love that I have for my daughter made me grow so much, change so much, learn so much. She never had the role of the teacher in my life, rather opposite of course, but this presence of unconditional Love made me learn so much.

Thank you universe!

And it reflects on my view of how to be a good teacher.

The more unconditional love and acceptance there is the more peaceful and effective growth.

Aho!

WHAT IS TANTRA ?

For many people, this term seems to refer to some kind of sexual activity that they do not understand but nonetheless are skeptical about.

Tantra is one of the oldest sciences in the world. There are multiple ways to define it.

It's possible that there are more definitions of Tantra than tantric teachers.

I personally believe that one must experience Tantra with the freedom to define its meaning through one's own experience.

For me Tantra is a tool connecting our sexuality with our spirituality, our body with our soul, our heart with our mind. It balances our feminine and masculine energy. It connects us to Mother Earth and all five elements. It connects us to the Universe and its radiant energy.

I may also describe Tantra as a sacred act of love making.

It teaches how to enter sexuality for a higher purpose. Not only to fulfill one's desire but mainly to raise one's awareness, integration, consciousness and ability to love.

When we raise our awareness, we nourish all acts performed in daily life. Raising our consciousness to a greater level improves our relationship with things of importance for humanity and the planet.

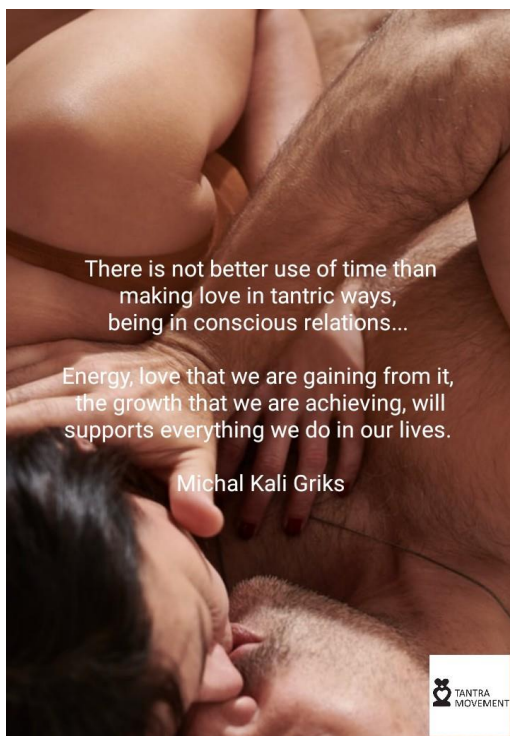
Tantra makes our lives sacred, more pleasurable and more fulfilling.

Tantric love-making transforms the sexual act from a short act that ends with the loss of the precious life giving ojas/energy, into an implosion of a long ecstatic and deeply spiritual experience that nourishes us.

Tantra sublimates intimacy from the bedroom to our daily life.

It transforms the love that we feel within into love that we can share with our lover, family and the whole Universe.

Tantra is everything and much, much more.



There is not better use of time than
making love in tantric ways,
being in conscious relations...

Energy, love that we are gaining from it,
the growth that we are achieving, will
supports everything we do in our lives.

Michal Kali Griks





ABOUT AUTHOR

I am a teacher of Kundalini Yoga and Tantra, tantric masseur, relationship and life coach.

I began my Tantric journey in 2014 when I graduated from *Tantra Masseur and Group Trainer Course* at the Rasayana Tantra Academy in Switzerland.

Tantra has fully become a new way of my life in 2015 when I began sharing my wisdom and journey as a teacher of Tantra.

While Tantra has several paths, I recognized that for me sacred sexuality is the most efficient way to improve my self-esteem, physical and mental health, intimate relationship, ability to love, energy level and all other aspects of life...

For me sexuality is the most beautiful, intimate,

and powerful expression of love.
That is why my teachings are based around this
topic.

Gratitude to my Tantra Teachers

Let me send gratitude to all of the teachers who
made a huge impact on my teachings and life:

Tara Long,
Edyta Baghira Weber,
Hari Kaur Entous van de Zwan,
Margot Anand,
Mahasatvaa Ma Ananda Sarita,
Anand Rudra,
Osho,
David Brown,
Diana Diakova and Martin Heese,
Bruce and Sharon Lyon,
Marjanne Hurks,
Vincent and Roxana Hewett,
Nirav Beej en Mudra,
Advaita Maria Bach,
Kenneth Ray Stubbs,
Han Thorig & Marita,
Andrew Barnes,
Flaviu Pop,
Silja Rehfeldt,
Dirkje Veltman,
Deborah Sundahl,
Colin Willby,
John Hawken,
Sanjay Vishwakarma,
Maarten Ghysels, Rakesh and Marcia.



TANTRA MOVEMENT SCHOOL

TMS was created to spread wisdom of Tantra, love and sexuality through workshops, courses, lectures, videos and books. It takes students onto the path of tantric practice and lifestyle.

In the school we give our students the opportunity to experience deeply, to regain awareness and create intimate relationships with themselves and others. We make everything we can to introduce our students to the deepest and highest levels of love. We facilitate our workshops and retreats on the beautiful island of Koh Phangan in Thailand as well as online.

Our vision is to:

share love
make love
become love

We believe that healthy sexuality is one of the most powerful keys to abundance, joy and consciousness. It is a powerful healing force that brings us higher on all possible levels - physically,

spiritually, materially. It deepens and strengthens our ability to love and brings us into not known dimensions.

Tantra is giving us tools to liberate ourselves, to increase intimacy in our life, to bring ecstasy and passion into everything that we are busy with. Tantra is raising our consciousness and by so raising the consciousness of the whole planet.

We feel it is necessary to share with others this whole, never ending and constantly developing experience. For the goodness of their lives, their relationships, as a way of healing the wounds of the past and bringing solutions to all types of crises that humanity faces nowadays.

There is a strong reason why this wisdom - held in the secrets for centuries is revealed to all of us. Don't miss the chance. Join the movement. Create your own way or share the path with us!

10 tantric quotes followed by Tantra Movement School

1. Breathe and smile, life is beautiful.
2. Clarity is the way out of confusion.
3. Love will conquer all.
4. Use it, don't lose it.
5. Transform your problems into opportunities to grow.
6. There is no way to x, x is the way.
7. Sacred tantric sexuality is the most intimate, direct, energizing and uplifting expression of love.
8. Beauty stays in the eyes of the beholder.
9. First person who you can change is yourself.
10. We are all connected, we are all one.





GUIDANCE

CONSENT

Tantra is the door to expand yourself, to break the limits and conditioning, to totally liberate and heal.

But only when you are fully ready for it.

The real change is happening when people go out of their comfort zone but it is crucial to bear in mind that they should do it **ONLY** when they are ready for it.

Remember - a tantric goal is to heal and not to re-traumatize and hurt.

That's why it is your job as a teacher to make sure that during your workshops every participant makes certain decisions based on his/her own sex, heart and mind and not on the pressure of the lover, partner, your pressure or pressure of the group etc.

To make sure that it happens you are responsible to provide your groups with guidance before every workshop.

Remember - as a teacher you are supposed to start every lecture, workshop and meeting with the guidance. It doesn't matter if the group is on entry level or advanced, those are crucial safety rules and you need to make sure that everyone understands and follows them. Especially when you are working with such a powerful yet fragile aspect of human experience as sexuality you need to be double or even triple careful that your students are safe and feel safe and respected not only by you but also by everyone else in the room. Remember the most important aspect of your job is to make workshops/lectures environment safe for females and males willing to explore and dig into their sexuality.

To make sure that it happens, start with reminding what sexual consent is and what are guidance-rules.

During every exercise monitor if everybody respects consent, guidance rules and boundaries.

If someone doesn't follow he/she cannot be part of a workshop and continue working with other people. Those people who knowingly and purposely decide to break other people's boundaries cannot be allowed to work with anyone as they may act hurtfully and conduct traumatizing actions. It is your job as a teacher to make sure that it is not happening and not allowing this kind of behavior during classes.

Sexual consent

Every action, touch, word or gaze are consensual only when the partner is absolutely and willingly opened to receive it.

Remember: "no" means "no", "maybe" means "no", forced or non-enthusiastic "yes" means "no". Only enthusiastic, willingly said "yes" given by a non-underaged, conscious and sober individual means "yes".

If you are not sure - ask before acting.



Respecting, expressing boundaries,
feeling them being expressed and
respected is one of the most beautiful
and most important things what you
may learn, explore and exercise during
the tantric workshops!

Michal Kali Griks



Guidance rules:

1. Make sure that your touch, gaze and words are welcomed - ask your partner before any exchange of energy if he/she allows you to do it.

2. Before EVERY exercise and massage have *limit-no limit talk* with your partner. During this short conversation one partner says where he/she wants to be touched and where he/she doesn't want to be touched. Then the second partner says where he/she wants to be touched and where he/she doesn't want to be touched. Make sure to listen and pay attention.

3. Remember to always follow *limit-no limit talk* that your partner gave you. For example if someone said that they don't want to have their ears touched NEVER do it.

4. If you are not sure, don't do anything without making sure that your partner allows it.

5. Remember that you don't have to explain or apologize if you don't want to be touched or don't want to do any specific exercises. It is your right to say "no".

6. Remember that your partner doesn't owe you any explanation or apologize if they don't want to be touched or do any specific exercises. It is their right to say "no".

7. If it is not required to use words (for example during massage when you want to keep a quiet, intimate atmosphere) you can use sign language. In Tantra Movement we use a couple of signs.

Our sign language

To express that you don't like something:

Masseur is out of reach and you can't touch him/her:

- raise your hand - it means "slow down"
- raise your hand really high - it means "stop immediately"

Masseur is close and you can touch him/her:

- do a piano playing gesture on the body of masseur - it means "slow down"
- do a piano playing gesture on the body of masseur but firmly - it means "stop immediately"

To express that you like something:

Masseur is out of reach and you can't touch him/her:

- wave your hand - it means "I like it"
- wave your hand with your fingers curved - it means "I love it"

Masseur is close and you can touch him/her:

- gently caress masser/masseuse body side to side - it means "I like it"
- very strong caress masser/masseuse body side to side - it means "I love it"

If a partner can't see or doesn't react to sign language - use words.

8. Remember that you can always say “no”. You are more than welcome to express your boundaries. You don’t have to apologize or explain for that. it is your right and a form of self-care to express your boundaries.

9. Never do anything out of the pressure of the group, partner or teacher.

10. Take care of your boundaries, your partner’s boundaries and the whole group boundaries.

Next step is to inform your students that tantric exercises are highly energetic which means that they can cause different kinds of feelings which your students might have never experienced before: tickling, warmth, non-usual sensation. It is ok to feel all of that.

As Tantra is not about lectures but also about experiencing after guidance you should make your students familiar with a couple of exercises which will help them to express their boundaries and learn to notice other people's boundaries.

For example:

Traffic Lights

Two people stand in front of each other. One is a giver, one is a receiver.

The giver asks if he can touch the receiver. If the answer is “yes”, the receiver says: “green”. The

giver gently and slowly moves his hand through the receiver's body.

Every second the receiver says: “green” to signalize that he/she accepts and welcomes the touch of the giver. If the receiver stops speaking, the giver stops touching as it means that permission to touch has been canceled.

If the giver moves his hand into directions that don't feel welcomed by the receiver, the receiver says “yellow”. It is a sign for the giver to change direction of hand's movement.

If the receiver says “red” it means that the giver should take his/her hands off the receiver body immediately.

If the giver is doing his job properly he/she shouldn't be told any “red” as “red” means that he/she was moving too fast and/or ignored the “yellow” sign.

When the time is up, all of the receivers can say “red” as a way to practice saying “no”. Givers take their hands away.

Participants change roles.

Purpose of this exercise: awareness, raising consciousness towards boundaries, verbalizing needs and boundaries, listening to needs and boundaries.

Last but not least, remind your students that Tantra works with human energy on different levels so it doesn't work well when combined with drugs, alcohol, meat or consumptionism.

It is obvious that you cannot have any practice with non-sober people as they are not able to give consent but it is not only about staying sober during classes.

It is about staying sober, conscious and vegan at least a couple of days before and after classes and ideally - for the rest of the life.

Healing

If healing occurs, if any participant starts feeling intense emotions and starts crying, it means that he/she is liberating. It is important for their partners to keep the space for them.

In Tantra when we see people crying we don't suppress their emotions back, we don't say anything like: "Please stop crying. Please remember it will be better tomorrow. Please feel better." as that would suppress emotions deeper.

We want to release emotional burden to feel free. That is why we support other people by saying firmly: "It is ok to cry. It is your safe space. I am here for you."



Use It. Don't Lose It.

This booklet is about one of the most essential tantric practices in tantric sexuality. It's about sublimation - bringing the energy up instead of wasting it. At the "spiritual market," it has a catchy name: "Non-ejaculatory Mastery" but it is half true because it doesn't refer just for the men but to the women as well. A similar method is called "Microcosmic Orbit" in Sexual Tao, and because my way has some small improvements and differences, I call it "Use it. Don't Lose It".

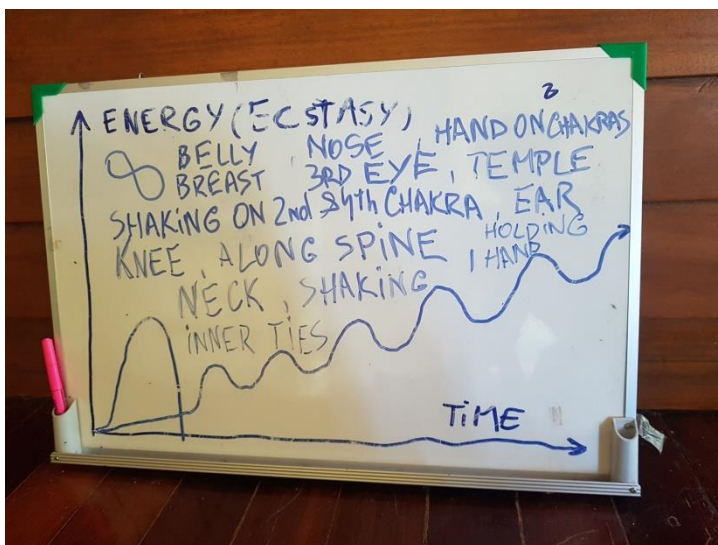
I guarantee, when you apply it, it will change your entire life on all levels. My Love (d), my daughter, Tantra and particularly mainly this method are the most things what I have most gratitude in my life. Now I'm sharing it for free with the wish it will influence your life so good as it did with my life. "Use It. Don't lose it".

Michal Kali Griks.
Tantra Movement

USE IT DON'T LOSE IT METHOD

In this chapter I am presenting basic tantric practice - *Use it don't lose it* method which is a key to orgasm without ejaculation. Below you'll find out why it is so important, how you and your love-life can benefit from this practice and how you can learn and teach this method to others.

I will start with describing the differences between typical sex and tantric lovemaking.



In mainstream sex usually only man reaches peak orgasm. Then, whether partners like it or not, the sexual act ends because there is a big loss of energy from male side.

In tantric lovemaking it looks totally different. We

can make love for hours, and as a result, both of us feel satisfied and energized.

In typical sex man is so keen to start the penetration that very often he feels that foreplay isn't necessary as he can start straight away. If he learned somewhere that the female needs much more time to get ready he might be doing a bit of a foreplay at an average of 10 minutes before penetration.

For the woman and her yoni this is usually still not enough to be ready.

Constant premature penetration leads to dissatisfaction, frustration, numbness, physical pain, sexual trauma and others.

It is because sometimes (for many reasons) a woman says "yes" with her mouth even though her Yoni isn't ready for penetration.

In tantric lovemaking Yoni NEEDS TO be involved, excited, wet, open. "Yes" coming from the mind is not enough. It is important that the body is also ready and consensual. Yoni says "yes" when she is moisturized, relaxed and welcoming.

After a couple of minutes of typical sex man reaches the so-called "point of no return" (after which he cannot stop his ejaculation) which leads to peak ejaculatory orgasm. Through ejaculation he loses a lot of energy and then...

"What happens next?" - I like asking my students and they usually know the answer: "He goes to

sleep.”

He is so tired that he usually says: “Darling, I love you, but now I have to go to sleep.” He turns his back, and before she even answers, he is already snoring.

I don’t need to add that this leaves the woman in a very unsatisfied situation. It’s a bit like the electricity went off while you were enjoying the best, most exciting scene in an action movie.

When the woman is lucky enough to achieve peak orgasm (the clitoral orgasm), she doesn’t lose as much energy as a man but enough to lose her interest in continuing.

This loss disables her and him from achieving tantric orgasms which are healing, liberating, and energizing.

That is why this basic way of tantric lovemaking that I’m explaining in this chapter has to be applied not only by the men but also by the women.

WHY IS *USE IT DON’T LOSE IT* METHOD SO IMPORTANT?

It gives both partners access to satisfactory, cosmic, mystical experience of Tantric Cosmic Orgasm.

Tantric Cosmic Orgasm:

1. Gives both partners access to feeling that we are all one.
2. Connects body and soul - physical and spiritual worlds.
3. Opens hearts for unconditional love towards the whole Universe.
4. Frees from desires.
5. Frees from addiction.
6. Leaves both partners fully satisfied.
7. Leaves both partners full of energy.
8. Makes both partners passionate, healthy looking, feeling young and full of ideas in the long run.
9. Connects both partners with their full potential.
10. Connects both partners with the divine.

Imagine that you have organic, tantric, shamanic, raw, fair-trade, vegan chocolate.

It tastes so good, when it's melting in your mouth! It's like pure heaven. Its flavor is one of the best you've ever experienced in your life, and you love chocolate. You have only one bar and a couple of minutes later there is none left.

You feel unsatisfied.

Oh, how you would like to have more of this chocolate!

Never ending access to it!

Imagine that you have this never ending access.

Maybe at the beginning you would eat a lot but after a while if you were sure that there is always

enough chocolate you would become more and more relaxed about it.
You wouldn't think and dream about this chocolate day by day.
You would be free - satisfied and fulfilled.
No longer running on desires.

Tantric Orgasm is like this never ending access to best quality chocolate. It's the way of liberating yourself from desires once and forever. It transforms needy, pushy desire for sex into a healthy choice of lovemaking. Sex becomes a choice. Healthy, pleasurable, conscious practice which connects body with soul and fulfills both with unconditional love.

Look. Hardly anyone does yoga because of addiction or desire. Majority of people do it because yoga makes them feel better, more healthy, conscious, etc. It is their free choice to practice. Tantra transforms desire and addiction to sex into a free choice. It transforms non-conscious sexuality - full of shame, guilt, abuse, traumatic experiences and addictions into conscious sexuality. Sacred sexuality. Into the most intimate, beautiful, energizing and satisfying expression of the divine. Sex becomes a choice not whim.

Besides giving you freedom from desires Tantra and Tantric Orgasm bless you with real experience of feeling connected and united. You feel every cell and every organ in your body; you feel every aspect of your being. You feel oneness

with your partner - sacred union of two sacred beings. You feel each other's bodies as it is one body, each other's feelings and sensations like you are one. Your being becomes your partner being and they feel the same. There is no separation - only this sacred connection, love, union. You feel oneness with everything, with the whole Universe.

This beautiful state has many names. People from all over the world call it differently: Samadhi, Satori, Nirvana... It is the state where no separation exists. You feel one with the whole Universe, nature, humanity, Earth. With everything.

This experience of oneness is one of the most influential, spiritual experiences that exists. You just need to feel it once to change your life and how you perceive it forever. It makes you compassionate and empathetic. It frees you from competition, from any desire to intentionally hurt or to be superior. You just need to experience it once to know how silly it is to harm others - it's like hurting yourself. You just need to experience it once to want to make sure that your actions and words are harmless.

People who are going deeper into tantra, into connection, become more emphatic. They live more altruistically. Very often they become vegetarian or vegan. They care for others, for nature, and animals.

When you practice *Use it, don't lose it* method you fell into a deep, focused, passionate love with your partner as well as yourself and the Universe. *Use it, don't lose it* method helps you to achieve the blessing of cosmic orgasm. And the more connected and loving you are to yourself and your partner, the better you become for others. This energy circulates, grows, and expands.

Let the love flow.

Heaven on Earth

For me there is one experience that is even more profound and beautiful than Tantric Cosmic Orgasm: seeing the happiness in the eyes of my beloved after lovemaking and knowing that I've influenced it. There is no better Heaven on Earth than these moments. I am so blessed that I can see and feel it so often. It makes me loving my life. It gives me so much power, enthusiasm, and happiness!

To sum up

Use it, don't lose it method is one of the strongest, spiritual practices. For me, it is so powerful that other practices like mantras, yoga, ayahuasca can't compare to it. For many years, I've been an activist trying to make the world a better place. I haven't found anything more efficient and world-changing than *Use it, don't lose it* method.

HOW TO DO IT?

In tantric lovemaking it is the woman who decides when penetration begins. There are a few reasons for this, but the main ones are:

1. So she can also experience pleasure.
2. Only when her Yoni is ready for penetration the whole experience is a healing not traumatizing.

Use it don't lose it method that consists of three following parts:

1. Tightening the PC muscles
2. Breathwork
3. Visualization

Notice that you use all of them together (a similar technique in sexual Tao is called "Microcosmic orbit").

It is important that your partner supports you, so you don't cross the point of no return. Support might mean that the partner follows 3 steps of *Use it don't lose it* method with you or that he/she stops speaking exciting words/doing exciting moves when you ask them etc.

AD 1.: Tightening the PC muscles

Training the PC muscles (sometimes called "muscles of love" or "muscles of sex") is one of the most simple but also the most efficient and beneficial techniques that people can get from

Tantra. Training those muscles has many health, physical, mental, and sexual benefits as for example:

- Increase the blood flow to the genitals which supports sexual arousal mechanisms and healing process.
- Sending sexual energy to higher parts of the body = spreading ecstasy.
- Preventing urinary incontinence.

For a man:

- Preventing impotence.
- Stronger and longer erections.
- Better control over ejaculatory orgasm.
- More intense and pleasurable orgasms,
- Ability to have multiple male orgasms.
- Prevention from prostate cancer.

For a woman:

- Better, stronger and more frequent orgasms.
- Control over intensity of the ecstasy feelings.
- Awakening clitoris, G point, breast and other sexual areas.
- Harmonizing hormones.
- Decreasing PMS and menopause symptoms.
- Easier childbirth and quicker healing after childbirth.

How to find PC muscles?

Next time you'll go to the toilet try to stop urinating with every breath in. Recognize the muscles that you use to do it. Those are the PC muscles.

In order to train your PC muscles squeeze them and relax them at the beginning 30 times, 3 times per day.

Add 10 more each day till you reach 100 per time. Keep on practicing.

Training the PC muscles is not visible to others and doesn't take all your attention, so it's possible to do it in many situations.

I have bet many people that, after 1-month training, they will be thankful for this information, and I haven't lost yet.

Video

Train your PC Muscle

https://youtu.be/WerjYrMr5pU?list=PL8M5t5cY3pla6ebibcmKKVIR7p_RjVnbL

How to keep daily practice (tips):

1. If you want to practice daily, put reminders into your life. Think about something that you do every day (breakfast, brushing teeth, commuting, etc.). Set up those moments as time for practice.

2. Convince yourself and your subconscious mind (ego, your lower self or whatever you like to call it) that it's worth doing it. Subconscious mind is like a small child stuck in its habits. Whatever change

you would like to implement in your life you will need to convince this child to do it with you. It's not always easy. Our subconscious mind would like to stay secure, it doesn't want to risk the change. It would find hundreds of excuses not to change at all. Showing benefits may help. Award yourself for every step you made. Your subconscious mind loves to be awarded. This works out much more efficiently than punishment, discontentment etc. Make your daily practice as joyful as possible. Always keep the dialogue with your subconscious mind. Only by explaining, not by forcing you may implement change.

3. You could also ask your higher self (your superconscious mind or guardian angel or whatever you would like to call it) to give you strength to keep on the practice and implement change.

4. Meditate. Meditation gives you the silence and calmness needed to connect and make dialogue between those three parts of you: body, mind and soul.

AD 2.: Breathwork

During love making when you feel that you are close to a non-return point try to suck the energy up with every breath.

Notice that you may also slow down your excitement when you slow down your breath.

AD 3.: Visualization.

In Tantra the energy goes where attention goes. That's why in order to help yourself you may start to visualize kundalini going from your genitals up to your heart. Picture this energy however you like: green light ball, flame, snake, a stream of light, ray, etc. It's up to you.

Whole practice

Whenever you are close to point of no-return and ejaculatory orgasm do those three at the same time:

1st step:

Inhale while tightening the PC muscles. At the same time visualize energy going from your genitals through the back of the spine to the heart level.

2nd step:

Exhale, relax PC muscles and visualize the energy going down from the heart back to the genitals.

Repeat this 5-7 times until you feel that you brought the energy from your genitals to the heart and you are no longer at the point of no-return. Then you may continue with the penetration.

If needed repeat that action after some time of love making. You are supposed to do it before you reach the point of no return (better too early than too late).

After doing this for 2-4 times, you will probably experience higher states of ecstasy than in typical sex, and you will be able to go on for as long as you like. As time will pass, you (and especially your goddess) may feel like: "wow."

Continue until one of you for whatever reason decides to stop. Avoid finishing love-making with the peak orgasm. I recommend that both of you do *Use it don't lose it* method at the end to bring energy that you created to the heart instead of leaving it accumulated in the genitals.

POINTERS

One of Tantra's essential qualities is to be fully present in here and now with your lover as well as feel a deep, love-based connection flowing freely between you. You may ask yourself how to achieve that state and at the same time be busy with some complicated technique.

Do you remember yourself learning how to ride a bicycle?

You had to be busy focusing on a steering wheel, pedaling, keeping balance, looking up and not down at the feet - so many complicated things to do at the same moment. Only childlike enthusiasm made you keep trying again and again.

And how is it for you now?

Do you have to think about all those things while cycling?

No.

You've mastered them.

So now while you cycle you may have an exciting conversation, listen to music or to an audiobook. All of those actions which seemed so complicated when you were learning how to cycle don't take any of your attention now.

I would like you to remember this example when you are struggling with the tantric practice.

To make it easier and less challenging, take your training out of your bedroom. Especially at the beginning, self-love practice is easier. It helps you to get comfortable with the energy and technique. You may train the PC muscles and the breath separately. Then, after you get familiar with the technique, you may combine them and apply the visualization.

I'm sure that thanks to regular practice you will make this technique a part of your nature, and you will be able to fully enjoy never-ending experience with your goddess or god.

By the way, for women, we highly recommend the PC muscles exercises with yoni egg.

Men are often asking me:

"When then may I ejaculate?"

My answer is:

“As rarely as possible”.

Why would you want to lose your precious energy? Why would you want to lose the opportunity of experiencing higher realms of ecstasy just for a couple of seconds of peak orgasm? Believe me, once you taste tantric lovemaking, you won't be interested in peak orgasms any more.

However, do not feel guilty or ashamed if peak orgasm happens. There is already too much of shame and guilt in human sexuality. We don't need to add any more to that. Tantra is a way of healing to free us guilt and shame, not a reason to create more of it. If ejaculation happens just remember to keep your intention more strong and clear next time.

49-DAYS CHALLENGE

A 49-days challenge means that you do your best to avoid peak orgasm for 49 days while maintaining an active sexual life. Whenever peak orgasm happens, without being annoyed at yourself, you just start counting the days from the beginning. Remember. You are in the learning process. Patience with your mistakes and transferring them into opportunities to grow are essential aspects of Tantra. Perseverance against all the odds and keeping your intention strong and clear is another good virtue to learn through that process.

But why 49-days?

After this period your physical and spiritual addiction to ejaculation and clitoral orgasms end. The hormones, which are as strong as in a heroin-addicted person's body, stop being produced. You are free. Only your mental attachment could still be there. So it is important not to come back to ejaculation after a challenge.

WOMAN WHO DON'T HAVE ORGASM AT ALL

One more thing to mention and realize is that for many reasons, one out of five women (20% of the female population) never or very rarely experience clitoral orgasm. For those women, I exceptionally say - go for it, enjoy it.

I believe that peak orgasm is the first step to be experienced before going higher.

You don't start your education with going to university. You don't learn how to walk with running. So if you've never experienced peak orgasm - go for it as it is an important part of human sexual experience.

Just remember not to stay at this level for too long cause this is only the first step on the journey.

There is much more to be discovered.

Enjoy your peak orgasm freely and happily. There is more mystical, soul-feeding, tantric experience awaiting for you but peak orgasm is your first step.

BLUE BALLS AND HEALTH

One of the common problems for men beginning their tantric path is pain in the testicles also called Blue Balls. One way or another in our tantric journey we will inevitably experience pain in the testicles. Please note: ejaculation is not the only way to release it.

When we stop ejaculating, the sexual energy stays in our bodies. It is crucial to transfer it to higher chakras. Otherwise it may accumulate in genitals causing pain known also as blue balls. The easiest way of prevention is a sexual Tao method which I've learnt from *"Sexual Secrets for Men; what every woman will want her man to know"* written by Kerry & Diane Riley.

As per this method you stretch your scrotum every day. The older you are the more stretches you need. Let's say you are 20 years old - stretch your scrotum 20 times. Are you 35? Do it 35 times. Are you 60? Make 60 repetitions. The scrotum is elastic and strong. You can firmly pull it and stretch it in any direction. During more sexual days you may need to double or even triple the number of stretches.

Another method is more tantric and equally important and I've already mentioned it: make sure that after every love-making, ecstasy or erection you bring accumulated energy upward with *Use it, don't lose it* method: breath, PC muscles and

visualization (see whole process described above). You may place your palms at the heart chakra while doing it. Practice by yourself or with your partner.

Any upside down yogic asanas are also very helpful: shoulder, hand or head stands, bending forward etc - they're releasing pain.

Uddiyana bandha is very helpful for prevention.

To prevent pain, stay healthy and prevent prostate cancer it is also crucial to train your PC muscles every day.





TASTE OF TANTRA

ALL ASPECTS OF LOVE, ALL ASPECTS OF TANTRA INTRODUCTION TO TANTRA

In Tantra Movement School we lead a variety of courses and workshops.

In order to become our teacher you need to complete our Tantra Teacher Training Course during which you will learn from our international teachers team how to facilitate and maintain exercises and workshops.

NOTE: you cannot become a teacher only by reading this book.

The purpose of this book is either:

- to introduce future teachers to our methods so they can make decision to join our Tantra Teacher's Course,
<https://www.tantramovement.com/tantra-teachers-course/>

or:

- to be a manual for our graduates so they can have access to the most important lectures and information, as well as a set of the exercises and workshops that they took part in, so they can use them while leading their own workshops.

When you lead workshops remember to take care of the safety of all the participants so their sexuality and boundaries are not abused. In order to do that start every workshop with:

1. Proper guidance. Please make sure that you've read and learned chapter number 7. (Guidance) of this manual.

2. Boundaries exercises - so everyone can express their boundaries as well as learn how to properly react to other people's boundaries. One example (Traffic Lights) of these exercises you can also find in chapter number 7. (Guidance) of this manual.

During workshops, especially if you lead whole-day or whole-weekend workshops you can come back to guidance any time when it's needed. Repeat all of it or only the parts that you feel may be important. Pay attention to what your group needs.

It can happen that some of the participants (or just one of them) aren't respecting rules and boundaries. Make sure to repeat guidance till it's clear for every single person in the room.

It is your right as well as responsibility to react if someone is crossing other participant's boundaries. Pay attention. Be focused. Make sure that you've read, learned, understood and experienced everything which is written in chapter number 7. (Guidance) of this manual. Make sure that you know how to pass those information to your participants.

Before any exercise make sure that partners conduct limits/no-limits talk in which both of them express their wishes and boundaries. For example: "Please touch my hair but don't touch my

face etc”.

For some exercises limits/no-limits talk can take just a few moments (for example eye-gazing, tantric communication) for some - especially when they lead participants to touch each other it is important to give both parties enough time to properly express and understand each other.

SET OF EXERCISES

Please note that for you as a teacher it is important to prepare a list of different exercises beforehand so they make a coherent wholeness and they carry a coherent message. It is important to make sure that timing is right - you don't want to have too much or too little time for the exercises. Please remember that boundaries are the most important part of every tantric workshop so if you prepared some intimate exercises beforehand and during workshop you can notice that not every participant is ready to take part in a respectful way as they struggle with understanding rules and guidance ALWAYS be ready to resign from these exercises and replace them with less intimate ones.

Eye-gazing

Partners sit in front of each other with their spines straight. They may hold hands, put their palms on each other's heart chakra. They may choose not to touch at all. They look into the left eye of their

partner. You may remind them to stay focused and present.

The purpose of this exercise is to connect beyond typical ways.

When we look into each other's eyes for more than 30 seconds, we connect on the soul level.

This gives partners a new experience that attracts them to find out more about Tantra. This experience is connecting people on a very deep level.

It also has a healing and liberating effect.

Melting hug

Partners hug each other with their spine straight.

Thanks to that all of their chakras are connected.

They put their left hand on their partner's heart chakra and right hand on their partner's lower back (sacral chakra). The partner mirrors that position. They stay like that for a while, grounded, present, focusing on breath and energy flow between them. Their feet are connected to Mother Earth almost like they are rooted.

Just like the previous one this one is also a connecting exercise. When our chakras are connected they're balancing themselves in amazing ways. Magic starts after 30 seconds. Happy hormones are produced.

Inner Man and Inner Woman Meditation

This is a guided meditation during which participants sit in a meditative position with their spines straight and listen to your words. Participants don't work in pairs, they don't connect with each other by touching, smiling, gazing etc. Preferably they have their eyes closed and they remain silent.

You should speak slowly and smoothly.

Ask participants to sit in a comfortable position with their spine straight and body relaxed, ask them to close their eyes, to focus on their breath and connect with their bodies, to feel different parts of it.

Once they are grounded ask them to visualize how their Inner Woman looks like, where she is from, how she feels, what she wants etc.

Give them time!

After a long while...

...next, ask your students to visualize their Inner Man. Help them to find out this archetype's details.

The purpose of your guidance is to help participants to connect with their Inner Masculinity and Femininity so they can recognize what beliefs they built around those qualities and how those dualities manifest in their life.

In the next step you ask your students to visualize their Inner Man and Woman meeting. How do they perceive each other? How do they feel about each other? What is their relationship built around?

It will help your students to identify if their masculine and feminine sides cooperate and support each other.

Each step lasts for a couple of minutes.

Recognizing the Inner Man and Inner Woman helps to appreciate that no matter our sex we all have access to male and female energy. It also reflects on how our male and female energies co-exist and where their relationship is. This may help us to guide our life in a more balanced and less suppressed way.

(check few more pointers about this meditation at page:

Awakening the Senses Meditation

Prepare accessories that can be used during meditation.

It might be fruit - ask participants to smell it, touch it, taste it, and eat it in a very present way for a very, very long time. Participants might have five minutes to eat a raisin.

It might be a stone - participants might caress stones or different objects to feel the structure, to focus on touch, to focus on the divine shaped by material world.

This meditation brings our focus to our senses. It gives us the experience of being connected with body and soul.

5-minute Tantra

Ask participants to pair up and lay with their partner on the mattresses. This is one of the most intimate exercises so make sure that you conduct this exercise only for advanced groups, only when you are sure that every participant respects guidance, rules and consent. Remember that partners should have time for limit-no limits talk before start.

Remind the participants that they may express or repeat their boundaries at any moment, withdraw themselves at any moment, give themselves time if needed or ask their partner to stop/slow down/speed up and so on.

Remind that tantric exercises are only healing when boundaries are respected and taken care of. In this particular exercise participants lay on mattresses with their partners (one mattress for one couple) for about 5 to 20 minutes.

Both persons have to imagine that you're about going to sleep with their partners, so they're finding an optimal comfortable position to fall to sleep.

Both of them have to keep changing till they are fully satisfied. They both may replace the partner's body parts, such as using the arm as a pillow. Whenever one feel that may improve comfort - it's worth trying.

They are in constant movement. They move their bodies in a way that is comfortable for both of them. Both of them try to stay in constant movement - this is not about falling asleep. Ask them not to use any other language except for body language. Ask them to focus on the pleasure of energy circulation between both of them.

5-minute Tantra gives great experience on how our bodies may communicate through body intelligence. This exercise brings harmony between the partners. This couple of minutes of body dialogue can bring partners into deeper connection than hours of discussions. It introduces students into Love Communication.

Hands Massage

Start with giving your student time for limits-no limits talk. Ask students to remember about their boundaries and their partner's boundaries. Ask them to gently and fully present in the moment massage their partner's hands starting with

fingertips, then fingers, then palms and wrists. Slowly guide them through all of those steps. It should take time to move from one step to another. Remind your students to focus on their breath and on the energy flowing between two of them.

This exercise helps us to connect and shows the beauty of slowness and intimacy.

Tantric Conversation

Ask your students to sit in front of each other with their spines straight, shoulders relaxed and rolled slightly back. They should be present and ready to get to know each other better. Ask them to answer different questions or share ideas on different topics. One partner speaks for an established amount of time, the second one is listening - without words, with limited facial expression and sounds. The key is to stay really focused on partner's words without interrupting. You are responsible for keeping timing. Usually 3 minutes per person is enough. When the time is up, inform students and ask them to change roles or ask them another question.

This exercise helps us to connect, to feel listened to and to practice Real Listening.

Three Temples Massage(Connection Massage)

Before the massage make sure that participants are certain about their partner's and their own limits and boundaries so that everything that will happen between them is consensual and pleasurable for both of them. Real connection and healing is possible only when both of them feel safe and respected.

Ask participants to start with a Tantric Conversation (described above). Receiver tells what their body desires and how their body likes being touched. Then the giver expresses which of those desires he would feel happy to fulfill. Remember to remind your students that boundaries of giver and receiver are equally important and consent is possible only when nobody is talked into taking certain actions.

Next step is a Body Temple Massage

One partner may lay down or sit with or without clothes (it depends on the participant's consensual agreement). They may use coconut oil or any other vegan oil. If the receiver's desire lies within the giver's desires, the giver starts massaging the partner as per his/her wish. Givers can massage fingertips, knees, calves, back, hands and so on to bring their partner relaxation and pleasure, to connect him/her with kundalini circulating across the whole body.

Next there is a Heart Temple Massage

Heart Temple Massage is performed with Heart Touch in which the giver puts his/her palm on different body parts of their partner. Giver leaves their palms there for a while; they focus on feeling the energy circulation between the two of them. Remind your students to stay focused and present, to make sure that their intention is to spread unconditional love for their partner, for themselves and for the whole world.

Next there is a Spirit Temple Massage

Spirit Temple Massage is done with a Feather Touch: giver caresses the partner's body really gently, with fingertips or nails as if they were caressing a beautiful, divine, fragile masterpiece.

Forth part of this massage is mixing all those touches in an equal way, without favoring any of them.

This massage brings your students focus to Three Temples: body, heart and spirit and helps to integrate them.

Barking Wolves

This is a group exercise. The purpose of this exercise is to put your students into a warrior role so they can feel the powerful energy of goddess Kali and they can get in touch with their inner, wild, animal-like nature.

Remind your students that it is important not to hold back during the exercise.

Participants put their bodies in a wolf-like position and start to bark at each other. They let their suppressed wilderness completely free. It is very important for the participants not to touch each other. They may move around the place, chasing or being chased but never touch others not to hurt them unintentionally. To become more engaged they may visualize that they are fighting for survival or to protect the most precious things in their lives. Maybe their kids are attacked and it's them with their anger, who is the kid's only chance, their only protection.

At the same time, encourage participants to play with polarities. They can allow themselves not to be dominant all the time but to feel scared and surrender to the wild ones. In those moments, they may go as deep as possible into the fear.

Then you guide participants to choose the most challenging wolf, with whom they bark at each other while playing with polarities. Ask your students to go deep into the emotions and not to spoil them with laughter as laughter might be a sneaky way of an unhealthy mind and unhealthy ego to avoid real change and deep experience.

After barking at each other, when you feel that energy goes down stop and move immediately to Goddess Touch Massage.

Goddess Touch Massage (face and neck massage)

Person who receives the massage lies on the mattress (preferably in Savasana position). The giver has the head of the receiver between the knees while he/she is sitting on his/her bent legs. One of the most important things (like with every other massage) is that the giver would be in a comfortable position. Only when we feel comfort ourselves we may pass this comfort to the receiver. When we feel tension we will pass it to the person that we massage. So remind your students that whenever they start to feel any tension or tiredness in their body, they shouldn't think twice, just adjust their position. Massage is done very gently with delicate, soft, not pressing touch. Like with all messages the purpose is to worship the god/the goddess with the touch – that's where the name of this message comes from. Ask participants to start from the top of the forehead and centimeter by centimeter move down into the direction of the bottom of the neck. Ask them to stroke from the middle line dividing face to left and right half, towards outer sides, ears, hair.

When they make three rounds of the massage from the top of the forehead to the bottom of the

neck, all students go directly into barking wolves as couples one more time.

Again, when the energy goes down, switch directly to goddess touch massage (changing roles). After massage receivers, as usual, may stretch themselves. The givers may thank themselves for the beautiful experience.

After, they may thank each other in the most beautiful way how they both feel.

It's important that there are no breaks between those both stages.

That's why it's important to inform participants to prepare their massage spot before the exercise.

SET OF WORKSHOPS

*** Awakening of Self Love * workshop**

Start with introducing your students into tantric conversation (see beyond).

During the tantric conversation, participants start every sentence with:

I love to...

By finishing this sentence over and over again partners not only introduce what they love to their partners but also to themselves. When one person is talking from the heart and the other is

concentrating on listening, the conversation goes to a much deeper, tantric level.

Then, still in a manner of tantric conversation your students answer next question:

How I would like to be loved...

Talking about how we want to be loved is the opportunity for us to reveal our most basic needs. This might be a moment for participants to realize how rarely they communicate their needs and desires to their loved ones. This may trigger strong healing emotions so be ready to support your students and not to act in a way that will suppress their emotions. The main point of this part is to be liberated, so your students are able to talk about their needs on a daily basis. Ask your students to take care of each other. It will give them a beautiful experience of feeling and sharing support. Partners who are in pairs can give support to each other by listening and being present for each other when one of them struggles.

Next question:

How I would like to be loved sexually...

Answering this question we are going deeper into liberating from limiting patterns. We break out from conditioning that talking about sex is taboo.

During tantric workshops in Tantra Movement we focus on creating safe space by applying rules to

honor your own and other's boundaries. Then we guide (BUT NEVER PUSH) participants out of their comfort zone, where they might feel challenged but they consciously decide to break through that challenge as they feel that at the end of the way there is liberation.

It is important that it is everyone's conscious and consensual decision to step out of their comfort zone and everyone does it as THEY feel the need, not out of the pressure of the group or a teacher.

Next question:

What is my sexuality?...

Talking about sexuality, reflecting on it, facing it may bring participants to realizations that they've never been aware about before. It may be challenging for many people as we are conditioned not to talk or express our sexuality. We also have to bear in mind that some of us have faced sexual abuse in their lives thus those people don't feel safe expressing their sexuality. We have to be very careful if we think or feel that something like this might have happened to any of the participants. Remember not to judge, not to push in any way (physically, emotionally, verbally). Remember to be even extra conscious about boundaries, to give enough space for those students to express their feelings. But even if you are not aware that something abusive has happened to your student/partner - be careful, you never know what is someone's life path and what kind of sexual experience someone has faced

before meeting you.

Remember to apply these rules to yourself as well as informing your students so they can also apply it.

Next question:

I yoni/I lingam would like to...

Now we are ready to give voice to our genitals. It creates deep contact with our sacred, sexual parts, with our body, with our sexuality, with our first and second chakras. It often makes us realize how neglected, ignored and not heard our genitals, our body, our sexuality are. This part of conversation may bring great connection between sexuality, heart and mind. It could be an enormous step into building connection, harmony and love between those parts in place of domination, inner fight.

Next question:

How I, yoni/I, lingam want to be loved...

At this point we allow lingam/yni to talk about the same things that we were talking about before. It's essential to start every sentence from "I, Yoni" or "I Lingam" because if we use phrase "My yoni think..." or "my lingam feels...", recognize that it's already from perspective of mind talking about "my genitals".

This exercise may end with the whole group

connecting in a circle. We all shout: "I love myself" as loud as possible.

This kind of shouts may bring a lot of energy, confidence and fun to the group.

Self-love ritual

Soft option:

Auto-massage dance:

Everyone dances with blindfolds on. Guide participants to connect with their hearts, with their minds, with their bodies. Auto-massage begins. Guide participants to touch their own bodies with care and respect. From the less intimate to more intimate parts. In that way dance, massage and self-love happens at the same time. After some time, guide everyone to go reverse: from more intimate to less intimate touches, from more central to less central parts of the body. At the end participants massage their faces, heads and necks. Ritual should be closed in a gentle manner. We can do it by going in reverse - participants move attention from their bodies to their minds and then to their hearts. When everyone is ready participants should take off the blindfolds.

Deeper option:

To be chosen only when the group is definitely ready for it. This exercise is only for more advanced groups where we are sure that everyone is familiar with Tantra and is fully able to

recognize, express and respect their own as well as other participants' boundaries. All of the participants might be fully closed or naked. Everyone has his/her own mattress. Participants do not share mattresses or space, they do not look at each other or touch each other or talk to each other during ritual.

This option consists of five steps:

1. Fast and powerful mattress fuck.

Participants are lying on their bellies doing up and down movements coming from their waist like they would penetrate mattresses. They breathe in when they push and breathe out when they withdraw. It lasts for about 5 minutes.

2. Breathing exercise

Participants lay on their back with their legs straight. They open their feet outside with every breath in and close their feet with every breath out. It is crucial to make a twist move coming from the groins. Movement is rather slow, bringing awareness to the energy flow.

3. Butterfly

The same movement but body should be in butterfly position: heels should be as close to the groins as possible. Inhale indicates slow opening, exhale - slow close down.

4. Tantric Tantrum

Have you ever seen a child who wants to force their parents to buy them sweet chocolate? Screaming in the middle of the shop with wild, unstoppable energy? Shouting, shaking head, hands, whole body? This is what we want to do but in a tantric way. It means that between the tantrums we are supposed to touch ourselves sensually.

5. Self-love:

Participants put blindfolds on their eyes. If they wish they can cover themselves with blankets. Then slowly, guided, gradually they start self-pleasuring. Constantly increasing sounds of ecstasy of more than 30 people self-pleasuring themselves so freely, unconditioning themselves from society, religion and moral dogmas, makes this step one of the most sacred sexual rituals.

I remember my very first experience of doing this exercise as a participant. I was proud of my ability to sink into full body ecstasy while being free from any goal, from need for erection or ejaculation. In the same moment feeling united with the group. I know this kind of ritual can be a healing, life changing experience for many participants. Afterwards they may look into sexuality in a more sacred and more liberated way.

*** Awake your sacred energy, worship your holy body, recognize your wild soul *
workshop**

Thanks to tantric and sexual tao techniques, we become aware of subtle energies that connect dualities like: spirit and material world, sexuality and spirituality, light and darkness, consciousness and unconsciousness, masculinity and femininity. By using those techniques we regain our inner strength and regain access to free and purposefully directed flow of energy.

We are working on awakening sacred energy as this is the key which helps release suppressed emotions, brings healing and liberation. When we are aware of dualities and how to be able to connect them we start to be aware that our bodies are temples that deserve to be heard, respected and worshiped by ourselves as well as our partners and other people.

To awake this energy we start with tantric communication. We share with our partner what we think about: wild soul and holy body.

Next we can move to dynamic meditation or intuitive dance to make our bodies move and shake and release all the emotions that they carry.

To connect and express all of the emotions we can move to “barking wolves” exercise which goes very well when connected with “goddess touch massage”, both described before.

*** Awakening of Male and Female Energy * workshop**

Tantra teaches us that no matter our gender we all have access to male and female energy in ourselves. Our gender doesn't really matter in the spiritual world - the balance of feminine and masculine energies determines our health, happiness and fulfillment in our relationships. We practice to be able to meet inner women and men within us, and recognize their energies.

In order to practice we could start with discussing the differences between male and female bodies and how to approach them in a way that allows beautiful sexual energy of love to flow freely, not be forced or imposed on someone or be blocked by some wrong behavior.

Then we can move to Inner Man and Woman Meditation (described more at page 64) - participants are sitting in meditation poses and you as a teacher guide them with words so they visualize their inner woman and man and their reunion.

It is important that you don't describe the participant's inner man and woman. Participants should be free to visualize by themselves. So instead of assuming and saying: "see your inner woman, she is young and happy isn't she?" ask questions: "visualize your inner woman. How does she look like? What does she feel? Is she old or young? What is she doing?" etc.

Next exercise: participant divides into males and females groups. Male try to act like females, females like males. Everything can be exaggerated. Participants may express those roles in dance, during “catwalk”, in flirting.

Closing exercise - breathing in Shiva-Shakti (Yab-Yum) position. Putting the partners also upside down with the man on the top variation.

*** Awakening of Sacred Sexuality * workshop (invitation)**

This is the text of one of our invitations to the workshop so you as a teacher can take a look and decide how you want to create a text of your own invitations to your workshops.

This workshop is aimed to heal inner thoughts and dialogue about sexuality.

We live in a society where sex is often considered as something bad and dirty. Many of us throughout their lives developed guilt and shame towards their own sexuality. Mostly on subconscious level. Awakening of Sacred Sexuality workshop aims to bring sacredness and pride to the whole concept of sex.

According to Tantra, human sexuality is the center of spirituality. Over the millennia, it was portrayed as a procreating tool and only a procreating tool. The wider truth was available only to a few. Nowadays, the consciousness of humanity constantly rises so the truth of the

sacred sexuality can be revealed and spread among the world. The consciousness of humanity starts to go beyond material activities and experiences. It rises together with the energy of Mother Earth. Old Masters are revealing ancient mysteries that previously were available only for the elites. Using those secrets can be the solution for all sorts of crises that humanity and individuals are facing today.

On the other hand, we have deeper than ever access to pornography which massively distorts the image of human sexuality. On a large scale, we are bombarded with sexuality stripped of beauty, holiness, power, and intimacy...

So to awaken sacred sexuality we start with answering those questions. It may be part of a group sharing, circle or tantric conversation:

How sacred sexuality is different from regular sexuality?

How can I have access to sacred sexuality in my life?

How can I share in a healthy and respectful way sacred sexuality with myself, partner, other people, nature and the whole universe?

Probably we will not be able to finish with fixed answers after the first discussion but it will help us to expand consciousness in the field of sacred sexuality and every next conversation will bring us closer to the truth. It will help us to recognize unhealthy patterns in ourselves and our families,

society, Hollywood movies, etc.

During the workshop you may establish an intimate relationship with yourself. You may enrich and raise to a higher level of the relationship with your partner. You may attract into your life the partner/lover of your dreams. You may heal the wounds from your sexual life and those passed to you from generation to generation.

Exercises:

- getting born - guided meditation,
- calling participants names in different intonations and then chanting it,
- re-birthing exercise in groups of three,
- inner child catharsis meditation ended with relaxation in Savasana,
- wild laughing,
- tantric angel walk,
- throwing clothes and things that we want to get rid of into the circle, than taking them back with an intention to invite things that we would like to have in our lives,
- breathing in Shiva-Shakti position,
- dance with Tantra.

Tantric dance exercises:

- shaking,
- awareness dance,
- blind-fold freeze dance,
- Tantra Kriya Yoga Breath dance,
- conscious energy dance,

- Dragon Vision dance,
- Dolphin Wave Vision dance,
- Dervish dance,
- Shakti dance,

*** Awakening of the Senses * workshop (invitation)**

This is the text of one of our invitations to the workshop so you as a teacher can take a look and decide how you want to create a text of your own invitations to your workshops.

Listen to the quiet whispers of your own body.

Shhhh.....

When we fully experience our senses, we enter into the heart, we fall into love with existence. And instead of analyzing the world, we love it, we feel it, we become a part of it. We experience bliss, ecstasy and deep fulfillment.

During this workshop you'll experience some exercises that will help you to awaken each sense and allow you to absorb this bliss in your heart.

This is a totally yummy, delicious and deep meditation that touches the body, heart and soul. For anyone who wants to expand the experience of their senses or use the body as a gateway to higher-self. Done to each other it is a great way to connect, feel gratitude, love and sympathy for your partner.

*** Connection * workshop (invitation)**

This is the text of one of our invitations to the workshop so you as a teacher can take a look and decide how you want to create a text of your own invitations to your workshops.

Nowadays, thanks to technology we can contact each other even when we are thousands of kilometers away. In the cities, we are living so close to each other. Communication was never so fast. But despite that we feel alienated like never before in human history. We never felt as lonely as we do now. Did we lose something on the way? Let's do some group exercises to connect beyond the capacity of mobile phones, to build friendships more significant than hundreds of friends on Facebook, to connect with real nature beyond the Discovery Channel, to find what we've lost, to reconnect with our deep nature, to connect with ourselves and others.

Exercises: circle, discussion or tantric conversation, group exercise, 3 temples massage

Group exercise: divide participants into 4 groups. Each group shows the importance of Body, Heart, Mind and Spirit. They may use elements of dancing, singing, theater in their presentation.



*** Preparation to Awakening of Kundalini Energy * workshop (invitation)**

This is the text of one of our invitations to the workshop so you as a teacher can take a look and decide how you want to create a text of your own invitations to your workshops.

Kundalini Energy, serpent power, is the strongest energy available to be experienced by the human body. In some cultures, awakening the Kundalini energy is recognized as enlightenment, a blessing, the goal of life, and the biggest liberation...

Kundalini flows through your body and suddenly all your senses are 1000% awake. You may see, feel, experience things that you were never aware of. Your ecstasy may shift to another, higher level. Intensity of life at that state may increase to the point that may seem scary to you. Be prepared. Be aware. Observe and accept.... or even better - permit yourself to be. To be who you really are. Recognize the god/goddess within - feel it and become one. Life will never be the same.

Exercises are aimed to meet and explore kundalini energy, chakras and five elements, to prepare our being for awakening of the kundalini energy.

Exercises: participants divide into 5 groups, every group shows the power of one element (earth, fire, air, water, ether) then the group move to 5 elements dances, kundalini Osho Meditation (optionally short version), Shakti dance, opening chakras massage.



MASSAGE COURSE



Dear Teacher please note: in this part of the manual you will find our invitation for Tantric Massage Course as well as all of the rules, theory and exercises described as if they were described straight to participants.

We decided to use this form as it is important for you to know how to invite participants, and what words to use when you teach. Feel free to find inspiration and learn from this part of the manual.

Also you obviously have to master theory and exercises before you can start teaching and giving massages.

If you've already mastered the knowledge please use this part of the manual as a set of basic information and exercises to be passed to your students.

INTRODUCTION TO TANTRIC MESSAGE COURSE

This Tantric Massage course is for people who are willing to work together as a couple or with other students. It means that you may join as a couple or as a single person and you will be paired up with other student.

You will work with one partner from beginning till the end of the course.

What will you learn during the course?

- respecting and expressing your and your partner's boundaries and wishes,
- basics of Tantric Massage,
- how to sublimate and bring sexual energy to higher chakras instead of losing it through the peak orgasm,
- how to use Tantric Massage to expand love in relationship,
- 5 minute Tantra - therapeutic, solving conflicts and connecting practice,
- importance of playing with Yin and Yang energies,
- using powerful breath during the massage,
- some of Tantra Kriya Yoga,
- the concept of healing and De-Armouring and how to approach it in the most supportive ways,
- full-body massage,
- Yoni healing liberating massage,
- liberating from addiction Lingam massage,
- dealing with the pain for healing purposes and with love,
- the concept of energetical body and other bodies, which we work on simultaneously during Tantric Massages,
- energetical strokes,
- triggering energetical soft strokes,
- using different polarities and energies during massage,
- short but powerful intuitive massages.

What you may experience:

- healing your sexuality, past traumas and blockages,
- highest, longest ecstasies that you have ever had without need of having an ejaculation or even an erection,
- liberating from conditioning,
- full body orgasm without touching massage,
- bliss that helps you to go through life in a beautiful way,
- liberating from conditioning,
- feeling lighter,
- sharpening the senses, widening the perception,
- better connection with yourself and nature,
- love,
- friendship,
- connection,
- wholeness,
- feeling oneness within yourself, with your partner and with everything that exists (samadhi).

INVITATION, GUIDANCE, HEALING

We created this course to help you to go deep into your inner ecstasy, bliss and healing.

We offer our training for couples as well as single people who are willing to work together with another partner.

The course is particularly great for couples, as couples always work together during our retreats which improves and strengthens their relationship.

Connection and bringing you and your partner into a state of energetic synchronicity are the most important things that you can learn during the course. If you can achieve that, everything else will just flow!

It is our priority to respect the boundaries of the whole group as well as individual participants. While doing any exercise, we encourage you to identify your limits and to articulate and express them clearly. Firmly expressing your boundaries can be a healing experience. Remember that only when you are fully aware of your limits, you can make progress outside of your comfort zone. If you are ready for that then we also welcome your willingness and openness to take the step into the unknown.

This course will teach you how to create trust and love towards yourself and your present or future partner.

During the course deep healing may appear. Healing of your past, your presence, your future, healing of your body, your heart and your spirit, healing of your femininity and masculinity and healing of many other aspects of your life.

Deep sexual pleasure may occur too. In Tantra, we welcome sexual energy. We transform it into sacred and creative power by absorbing and using it, instead of releasing and losing it. We bring that energy, called ecstasy or kundalini, into the higher levels of our beings. When the ecstasy reaches your heart you become more loving, when it reaches the throat your communication skills improve, when it reaches your head you become more creative and spiritual.

You may experience ecstasy in all parts of your body.

After that your life may never be the same!

This course is either for beginners or advanced students. You do not need to have any previous experience in massage or Tantra, to take part in the workshops.

Workshops are full of knowledge taught theoretically but also through exercises and practice.

Unconditional love and respect towards each other and each other's boundaries are one of our main principles. They are aimed at healing everything that appears on your journey.

This requires trust and the most sensitive approach to the wonderful human being that you are.

Purposes of this course: one of the main purposes of TMC is that participants learn, experience and practice various tantric massages and healing methods through different approaches.

Videos

Just for you:

About Tantra Massage Course (with Ayana)

You may buy Full Book with many Members videos here: <https://www.tantramovement.com/tantra-teachers-and-students-guideall-aspect-of-life-all-aspect-of-tantra-almost-full-but-not-yet-edited-version/>

To share with everyone:

About Tantra Massage (Spanish Translation)

<https://youtu.be/HtQ8dgghVfo>

Introduction to Tantra Massage (Romanian Translation)

https://youtu.be/P_v7_faK6QI

We support the healing process – whenever the healing manifests, we are supporting it. However long it takes, we are here to help you.

Main guidelines for Tantra Movement Massage Course are to be found in chapter 7th of this manual (Guidance) as well as below.

Please make sure that you as a teacher know and follow all of those rules as well as that you make your students familiar with the rules and are sure that they are following.

Guidelines for Tantra Movement Massage Course

The most important rule and something that you should always keep in mind is that you don't have to do every exercise during workshops. You have every right to say “no” and you should always express your limits and boundaries as it is a form of self-care. If something feels too much, you can modify it to create a variation of the exercise that will become acceptable for you – for all your parts – your body, your sexuality, your heart, your inner connection and your mind and spirit – your ethics and morals. Whenever you feel that something is too much: remember - it's better to wait with the exercise than to push yourself which might result in another traumatic experience. That is not what

we want. We want you to grow. And we want you to heal. At the same time, we invite you to go out of your comfort zone to the place where the real change is happening. But we want you to go there only when you are ready, definitely not to push you there. It's always your decision, and if you are not ready, we are going to give you as much time for readiness as possible or accept that you feel not ready or choose a different approach.

The second principle: We would like to give you the best body and heart experience. It means that sometimes it will be best to ask your friend - mind to step back in order to connect with other parts even more. Don't overthink. Be present. Be here. Be now. When during massage or practice you notice that you get distracted, lost in thoughts don't worry - it's natural for the mind to wander. However, whenever you notice it, just come back to here and now and focus on feeling your breath and touch.

The third principle: During exercises, we try not to speak or speak as little as possible. When we talk, we interfere with the process thus speaking is not recommended. We discuss our limits before every exercise and then we try to use only sign language when needed. Notice how often joking is just another smart way of our mind to run away from being present.

To communicate during exercises we invented sign language:

- when you do the piano playing gesture on the giver's body, that means: "Slow down. It goes too far."
- when you do the same gesture but harder that means: "Stop immediately. I don't accept it".

Sometimes it's more convenient to raise your palm, which also means: "Slow down."

When you raise your palm very high, that means: "Stop immediately."

Other beautiful signs:

- when you stroke the giver side to side, that means: "I like it. Go further."
- when you do it harder, that means: "love it. Go for it."
- when you wave your hand side to side: "I like it. Go further"
- when you wave your hand side to side with curved fingers that means: "I love it. Go for it."

Try to use signs instead of words. They carry less emotions, mind is less involved, so you can more easily stay present in the body and the heart.

However, when you forget the signs don't hesitate to communicate with words. When you communicate through words, do it straightforwardly. Just communicate your needs and what you need to have them met. At that point if it's possible avoid long emotional stories.

Through practicing those signs during our workshops and during exercises, you can master them and then use them during lovemaking. Remember that during tantric intercourse, we are vulnerable and naked. Not only our bodies but also souls are visible and armour-less. And it applies for a receiver as well as for a giver. So since these signs don't carry emotions, it's much easier to communicate using them.

Another, fourth, fundamental principle is: After workshop you may only share with others your own experience. You should never talk and discuss someone else's experiences. Please be discreet.

A few things that may happen during course and how to react to them:

Healing may happen.

Healing manifests through the release of emotions. So if it happens to you, it is best to release as much as possible. Please don't hold it back. It's an opportunity for you to let out as much as you can.

If it happens to your partner, you can support them by placing one palm on their front heart chakra and another on their back heart chakra. Don't try to comfort your partner with any words such as: "Stop crying.", 'Everything will be fine.' etc, because in that way, (also, when you do it in daily life), you suppress the emotion that was ready to get out and free your partner. You suppress it back into him or her.

Instead try to encourage your partner by saying: "Cry it out. Shout it out.", "Release everything, let it all go – once and forever!", "Go deep into that memory." or asking about details: "Speak out. What do you see? What is happening?" Keep encouraging the partner until you see that everything is released. Sometimes they stop crying for a while, and you may think it's over but usually it's coming back in waves. So when you see them pause, encourage them again to let it all out. It takes around three times to see that your partner stops crying and that they are relaxed and to see

the difference on their face that signals that it's over.

Then you see that something got released and healed. The harder the cry is, the bigger and wider the smile is afterwards.

Other things that may happen during tantric practice are: unusual sensations, shaking, electricity feeling, numbness, sometimes you cannot move for some time.

If it happens – don't worry – your body is adjusting to new sensations and new energies that are being created. The best way to cope is to relax, focus on your breath, let it be and let it pass. Just focus on here and now.

Videos

Guidelines

<https://youtu.be/9ZNPnQ0uhBc>https://www.youtube.com/watch?v=9ZNPnQ0uhBc&list=PL8M5t5cY3pla6ebibcmKKVIR7p_RjVnbL&index=5

Tantric Healing. Taste of Tantra introduction workshop

https://www.youtube.com/watch?v=8_IBUJMOK88&list=PL8M5t5cY3pla6ebibcmKKVIR7p_RjVnbL&index=18

POINTERS

Useful advice on how to approach the course

The practical videos that we are sharing with you are mostly the presentations of exercises and massages. They are fast-forwarded explanations much shorter than the actual massages. Watch them at least a few times, till you memorize the sequence.

If you have issues with remembering - play the video during massage – press the pause button and only press start once the first step is finished. If possible please try to avoid that option. It affects the quality of the massage.

However if you decided to follow that way you should always have your laptop/player at hand distance, to avoid leaving your partner.

Notice that many videos are free to share, but some are strictly just for your personal use.

We agreed with people who are starring in them that we'll use them only for this course purpose.

Let's respect those agreements.

Many thanks for considering our request.

Tantra can't be mastered by learning theory only.

You have to practice to master the art of Tantra.

The more you practice the better you become.

You may notice that some of the content or videos may be similar.

The main reason for that is to point out the most important things.

Also by continuous repetitions of new, positive habits, you're reprogramming your mind from previous conditioning.

This time you're consciously choosing what you're learning.

Before you start the course

At the beginning of our course, you'll be taught a lot of theory. However, we would like you to realize that in Tantra knowledge without practice is useless. You are not going to become a tantric practitioner just by reading about it. We believe that when it comes to tantric books you have to practice them through not only read them through.

Tantra is more vast than the words may describe. You have to learn it through experience. You have to master it by exercising.

Besides, to become a tantric practitioner of any kind, you have to achieve a particular level of growth (spiritual, sexual, energetic, emotional).

You could not name yourself Tantra Masseur/Masseuse if you're addicted to sex or if you have your core wounds fully active.

That's why you have to focus on mastering *Use it don't lose it* method during the course and not become a teacher without finishing 49-days challenge and mastering *Use it don't lose it* method.

Videos:

Use it don't lose it method

<https://www.youtube.com/watch?v=B1PrJcS7W7Q&list=PL8M5t5cY3plazKv80U934RPq1NYyVHTQy&index=2>

How to protect yourself in Tantra.

<https://youtu.be/3wzdlrA4fRE>

The power of gratitude

The power of gratitude is one of the most beautiful things cultivated in the Tantra Movement.

However, it's better to wait with expressing it for the moment when both of you have already given a massage to each other. It's the same with feedback. After each exercise, you thank each other in the most beautiful way. That would feel good and comfortable for both of you.

Leave the feedback till the moment when you both are ready and open for that. Give it time. Always do your feedback in the most uplifting ways. Use constructive criticism rather than putting someone's down

Assignments

Before you start the Tantra Massage Course, get familiar with all guidelines and boundaries rules.

Start practicing *Use it don't lose it* method.

When you invite your partner to enroll with you make sure that you have mutual intentions with regards to the course. When you are working with the partner as a receiver make sure that they understand the process, boundaries and the main guidelines – it is for your own safety and comfort plus in the future you'll know how to make introductions to your professional clients or if you become a teacher - your students.

THEORY:

Tantra Massage generates a deep flow of energy, promoting connection on many levels, between sexuality, love and spirituality as well as between the giver and the receiver.

Tantra Massage is the massage which uses sexual energy (among others) by stimulating intimate or non-intimate parts of the body. It is a massage during which we build up the sexual energy but instead of releasing it through the peak

orgasm (that would be the goal during conventional erotic massage), we bring it up or/and we spread energy across the whole body.

It means that you need to prepare yourself for deep energetic work which includes the connection between sexuality, love and spirituality (sex, heart and head).

3 Energy Keys

There are three energy keys in tantric practice, massage and love-making:

- breath,
- sound,
- movement.

They're essentials of Tantra.

Even during the most advanced courses, I do not teach a more efficient method than those basics.

Listen carefully:

You may learn about all the meridians, energetic points and other secrets of the massage.

However, if you can't master breath, sound and the movement in tantric massage any amateur

who is using those powerful basics may be able to give a better massage than you.

Tantric massage is about energy, not just techniques.

That's why at my courses, you may hear me constantly repeating:

"Dance with your body. Sound with your breath. Use your extra powers."

3 Attitudes towards massage that help it flow

1. Losing control and openness

It means that you are open to new things and new experiences in your life. That you're ready for anything that can happen – may it be healing, ecstasy, love, emotions, feelings. Of course, to make those steps and open your heart fully you have to be ready and feel safe that is why knowing and expressing your boundaries is the most important first step (more about it to be found in chapter 7th of the manual: Guidance)

2. Relaxation

It means that you let yourself be fully relaxed without falling asleep. That you allow your body to lay heavy on the table, that you breathe deeply, that you leave behind all worries and stress of

everyday life, that you surrender with trust.

3. Being present

It means embracing the movement of the giver's hands with full attention. Observing what is happening inside and outside of the body with full awareness. Being conscious. Witnessing, and observing the present moment with all your senses. Whenever you notice that you got out of that state, that you got caught by the thoughts - don't get mad at yourself. Just come back to observing the floating hands. You are here. You are now.

Videos

To share with everyone:

About Tantra Massage (with Spanish Translation)

<https://youtu.be/HtQ8dgghVfo>

Introduction to Tantra Massage (with Romanian Translation)

https://youtu.be/P_v7_faK6QI

Theory assignments

Write down answers to these questions:

What is the Tantric Massage and what differs it from other types of massages?

What is the difference between erotic massage and tantric massage?

What is the difference between a tantric massage and relaxing one?

Opening Ritual

We always start massages with an opening ritual. We end tantric massages with a closing ritual.



Please read about the opening ritual below.

You may also perform other opening rituals like Tantra Kriya Breath or/and Heart Salutation.

Opening ritual: the receiver lies down on her/his back or belly (if it's cold remember to cover her/him with the blanket). Through the whole massage, the receiver should have her/his eyes closed, to be able to sink deeper into the experience. You as a giver rub your hands till they get warm and then place them on your own heart chakra.

Connect with yourself, with your lower self and with your higher self.

After a while ask good energies that you believe in

for whatever you feel that is appropriate to be asked at this particular moment. You may pray for: good energy, connection, focus, respect, openness, trust...

Perhaps you would like to ask for this massage to be beneficial and pleasant for you and the receiver. You may ask for whatever you feel.

After a while, rub palms again, and when they're hot, move them apart. Then slowly, allow them to come back close to each other without allowing them to be touching each other. When they're close to each other, pray:

“We ask the beautiful energy of unconditional love to flow through us and to guide us. We ask this energy to allow us to be a channel through which the love of the universe flows through those words to you.

We share with you as much as we could give, as much as you're ready to receive.

Let the energy of Love flow.

From the universe to you and then back to the universe.

In all possible ways, through all levels, bodies and dimensions - Tantra”

Then open your eyes, and place one palm on the heart chakra and the other one on the pubic bone or sacral chakra of the receiver. Synchronize your breath with the breath of the receiver for better connection.

After a while breathe in while moving your palm from the heart to the crown chakra.

Next, move your palm back to the heart again while breathing in.

After a while begin to move your hands slowly around the body. Touch the body of the receiver softly, everywhere where you are allowed to make the body familiar with the touch and to make the touch familiar with the body. After this introduction, you may perform the massage.

Video

Prayer Before the Massage (just for you):

Heart Salutation (just for you):

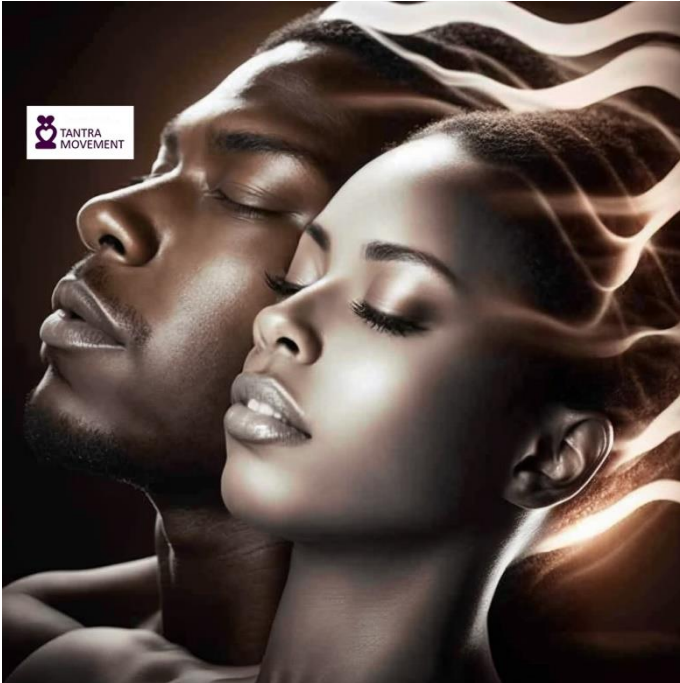
You may buy Full Book with many Members videos here: <https://www.tantramovement.com/tantra-teachers-and-students-guideall-aspect-of-life-all-aspect-of-tantra-almost-full-but-not-yet-edited-version/>

Closing ritual

After the massage the receiver lies down on her/his back or belly (if it's cold remember to cover her/him with the blanket). Through the whole massage, the receiver should have her/his eyes closed, to be able to sink deeper into the experience. You as a giver rub your hands till they get warm and then place them on your own heart chakra.

Connect with yourself, with your lower self and with your higher self.

After a while, rub palms again, and when they're hot, move them apart. Then slowly, allow them to come back close to each other without allowing them to be touching each other. When they're close to each other, stay present for a while. Then open your eyes, and place one palm on the heart chakra and the other one on the pubic bone or sacral chakra of the receiver. Synchronize your breath with the breath of the receiver. After a while breathe in while moving your palm from the heart to the crown chakra. Next, move your palm back to the heart again while breathing in. Closing ritual and massage have ended.



PRACTICE

SET OF EXERCISES AND MESSAGES

Awareness Exercise

Usually in Tantra Movement School, firstly man gives the massage to the woman and then they change the roles.

Awareness Exercise is simple shoulders and neck massage. Nothing unusual. There is no particular technique that you should be using.

Haven't you ever given a shoulder massage before? Nor any other massage either? Don't worry. Just improvise. You have to begin somewhere, and this is a good way.

Awareness Exercise has 3 steps:

1st step: you just give a simple shoulder massage

2nd step: you massage the body of the receiver, but you make your mind occupied with something that has nothing to do with the massage. You can watch something on your phone, you can call someone on the loudspeaker (so the hands may keep massaging). Pick up some intriguing topic like politics, football, shopping etc with other givers. Do anything that will take your attention from the receiver's body. You continue massaging while your mind is busy with something else. The receiver keeps observing and focusing on the massage. Remember the receiver can say "no" to this step but it is recommended for him to stay and observe how she/he feels when she/he is touched without awareness.

3rd step: imagine that you are close to getting your dream work, in the dream studio, in the dream location. The best work that you could ever

dream about. Your future boss sits in front of you. You've got only a couple of minutes to convince him/her that you're the best masseur/se in the world. Obviously in this situation you would try to give the best massage you can. How can you successfully achieve that? Use your 3 power keys: Breath, Sound and the Movement. Dance with your body, make music with your breath and the most important: Enjoy! The more you enjoy the massage the more pleasure the receiver feels.

Play with the polarities and different energies: move slow, fast, hard, soft, wild and then soft again. Feel sacred. Let your energy flow. Enjoy!

Each step lasts 7 minutes.

After completing all three of them without any conversation, change the roles. You become a receiver. Receiver becomes a giver.

This massage can be done in the sitting position, on the mattress or on the chair. However if the receiver gets tensed from sitting in one position, it's completely ok for her/him to change it. The giver should always adjust the position before even feeling any tension. We do now want to pass our tension to the receiver. Even if the second step may feel challenging - try to complete the task.

The main purpose of this exercise is to remember not to let your mind be occupied with something else than massage and to always give the massage with the intention to do the best job you have ever done.

Awareness Massage

This massage you usually do while sitting in the meditation pose.

Woman receives first. She places her palms on her knees, facing the sky opened to receive. Man puts his palm chakras on her palm chakras. Palms are extensions of the heart, so you may visualize and feel unconditional Love flowing through them.

For better connection, he may synchronize his breath with her breath.

After about 2 minutes the man starts to massage her fingertips with his fingertips. Only the tops of the fingers are touching and being touched - nothing else. There is no technique in this massage beside the sequence, so you do it however you like it and feel it.

After 4-5 minutes, you expand those movements to the fingers. Now only fingers are massaging fingers. However, you like it. There is no particular way.

After another 4-5 minutes expand to palms.

Then you expand your movement up to the elbows.

You may massage the receiver's arms with your arms.

Then you expand up to the shoulders. Remember about keeping a comfortable position. Whenever you as receiver or giver start to feel any tension from sitting in a still pose, do not think twice but immediately change to another position. Especially as a giver, you don't want to pass any tension from your body to her/his body. Remember that we are working here on higher energies and anything you feel may circulate between you and your partner.

Then you massage the receiver's shoulders and the neck.

For the next 4-5 minutes you massage the whole body (besides areas mentioned during limits/no-limits talk). Always use your power keys: Breath, Sound and Movement.

Then go back to neck and shoulders massage.

Then arms.

Then elbows etc.

With every step, observe differences between massaging those parts before and now.

Enjoy!

You finish with palm chakras connecting with the palm chakras. After 2 minutes the receiver shifts the palms upside down. Then the receiver (woman) becomes the giver and the journey starts again.

Enjoy!

Video

Awareness Massage (Just for you)

You may buy Full Book with many Members videos here: <https://www.tantramovement.com/tantra-teachers-and-students-guideall-aspect-of-life-all-aspect-of-tantra-almost-full-but-not-yet-edited-version/>

Goddess Touch Massage

The person who receives it is lying preferably in Savasana pose.

The giver has the head of the receiver between the knees while he/she is sitting on his/her legs bent.

Like with all massages please remember that it's crucial for the giver to feel comfortable. Only when we feel comfort ourselves, we may pass this comfort to the receiver. When we feel tension, pain in our muscles from sitting too long in one way, we will pass it to the person who we massage. So whenever you start to feel any tension, tiredness in your body, don't think twice - adjust your position.

Massage is done very gently with delicate, soft touch.

We worship the god/the goddess with our touch (hence massage name).

We start from the top of the forehead and centimeter by centimeter, we touch the skin gently; moving slowly down the face and then down the neck.

We massage the middle line dividing face to left and right half. From forehead through clavicle bones we move towards ears and hair.

After a few minutes, we change the roles.

Videos

Tantra Connection Massage (share with everyone)
<https://www.youtube.com/watch?v=FYSTgu93lnE&list=PL8M5t5cY3plazKv80U934RPq1NYyVHTQy>

Just for you

You may buy Full Book with many Members videos here: <https://www.tantramovement.com/tantra-teachers-and-students-guideall-aspect-of-life-all-aspect-of-tantra-almost-full-but-not-yet-edited-version/>

SET OF WORKSHOPS

*** Cashmere Tandava Dance Massage * workshop**

Breath in and out. In and out. Become aware of your breath. How it passes through nostrils, how it is filling up your lungs, chest and belly. How it reaches your toes and top of your head. Notice how this awareness of your own breath makes you become calm but energized at the same time. More and more alive with every breath. Notice how easily - just by observing your breath you crossed the bridge to here and now. By being focused on your breath you created the inner space of awareness which is leaving all your thoughts, all your worries and fears behind...

Now become aware of the movement that is created by your breath. Your chest, your belly are expanding. Observe that movement for a while and then begin to follow the breath with your body. Extend that movement. Let your spine bend following the belly. Let your pelvic tilt. Then slowly, gradually involve the rest of your body: the neck, shoulders, knees, elbows...

Now let's begin the dance of your breath.

There could be music in the background but it's better if you focus and dance to the rhythm of your breath.

Let your body follow the breath.

Do all the movements intuitively without thinking.

Focus on your breath.

Breath in.

Breath out.

This short warm-up practice leads us to Cashmere Dance Massage which also makes you follow your breath and combine it with deep, floating-like, intuitive movements. Long, energetic and fluent strokes coming from the breath bring us into a very meditative but dynamic atmosphere, where the receiver would surrender to the moment and to the love itself.

It will make you feel safe at the ultimate level. It will bring you closer to yourself and deepen your self-connection.

Purposes of this workshop:

- connection between breath, movement, awareness, energy and massage,
- feeling, welcoming and following energy beyond the body level,
- introducing students into the natural flow of the circles, in this particular workshop we work with encountering seasons of the year - winter, spring, summer, autumn...
- exploring and deepening yin and yang, male and female, giving and receiving energies.

*** Tantric Massage as a tool within a relationship * workshop**

Even though I still remember the times of unawareness and non-tantric sex in my life, nowadays it's hard for me to imagine living without tantric massage as a part of my sexual life and love making.

Unfortunately, most of the couples' sex life doesn't include massage at all.

Even when they use the massage, it is usually completely separated from beautiful love making and there is hardly any intimacy in it.

It doesn't have to be that way.

Massage could be great for foreplay, afterplay, middle play – every part of making love. I'll say

more – tantric massage could be love making itself.

Tantric massage may bring you up to much higher ecstasy than average 5-minute intercourse ended with losing energy and too often frustration....

Many couples are saying that they're ok with their sex life and that they don't need Tantra. In our School of Tantra Movement, we don't want your relationship to be just ok.

We would love you to become supreme lovers.

We would love your passion for each other to grow constantly, every day!

During the workshop I would also love to introduce you to a new language in which you communicate with each other on a totally new level.

Its 5-minute Tantra - method from Diana Diakova and Martin Heese from TantraZone (C.H.A.I) from Copenhagen.

This 5-minute Tantra body language may result in deeper understanding of each other, which would help you to understand each other better and sort out many problems in your relationship and in your life in general.

Purposes of this workshop:

- deepening the level of giving and receiving by ordering and following the commands,

- letting your wishes became truth,
- creating playful atmosphere between the partners and within the group,
- using creativity,
- going deeper into worshipping god and goddess within us and partners.

Video

C.H.A.I in Rasayana Tantra Academy

<https://youtu.be/l2TvrjwsFTw?list=PL8M5t5cY3plaq7QXiOef57B2Xj63MNAvw>

*** Breathing in Shiva Shakti Position * Workshop**

During this workshop we demonstrate different ways of breathing together, including the way that we breathe in Tantra Kriya Yoga, Kashmiri Massage and the Maithuna ritual.

We will do these breathing techniques in the most tantric position: Shiva Shakti, (also called Open Lotus or Yab Yum), in which partners' bodies are fully connected on all levels (chakras).

This close connection harmonizes our energies and it becomes even more wonderful when synchronized with your partner. By doing so, we awaken the energy of different elements and different chakras: earth, water, fire, air, ether... and again earth, water...

Instead of losing sexual energy we bring it to higher parts of ourselves:

To the heart so it becomes more loving...

To the throat so we become more communicative...

When energy reaches our heads it enables us to become more creative and spiritual.

Through this exercise, we also balance our male and female energies, not only in ourselves but also in our relationship. We create great union between partners and also with nature and the whole universe.

Purposes of this workshop:

- learning, experiencing and exercising importance of loud breath as well as moving pelvic and PC muscles,
- using energy of 5 elements.



De-armouring and de-blocking * workshop

What we are going to experience during this workshop is a massage, where by your partner's pressing onto particular points you are brought to your limits of pain and then forced to stay there. Thanks to that experience, we get rid of our emotional and energetic pain that we have been carrying for many years - sometimes even for all our lives.

Through life and during upbringing, to protect ourselves from society, parents, teachers, religion, we created protection - armor - which was supposed to save us from the things that may have hurt us. There's nothing bad about having that armor. If only we are aware of having it and able to control whenever we wear it or take it off to show our true selves - it may be a very useful tool. Unfortunately in reality most of us wear it constantly, very often not even knowing about that.

For example, some of us are still ashamed to be naked while making love, some of us fear to express our passion or voice. We are holding back our behavior and our emotions in the areas of life where it would be more than appropriate to use them and embrace them.

The process of de-armouring can give us back the freedom of choice. To use our protection only when it's needed. As with all tantric healing, it may also heal us from emotional pain, liberate us from conditioning, and from traumatic memories mainly connected with our sexuality, etc.

Purposes of this workshop:

- de-blocking,
- learning, exploring and experiencing points that are the most efficient and safe,
- learning, exploring and experiencing that you may love someone even through the pain,
- learning, exploring and exercising energetic touch between pressing the point,
- learning, exercising and exploring healing through releasing (usually) first physical, then emotional, then energetic pain.
- learning, exercising and exploring the feeling of the energy flow without touching if there is openness for this.

- removing the barriers that are holding us from living our full potential, from enjoying life, love making, pleasure etc.
- healing our sexual traumas, past, resentments towards lovers or towards ways of making love,
- releasing the senses from the limitations that weren't even known and noticed before the workshop.
- learning, exercising and exploring how to give love and stay together not only during happy soft moments but also in hard moments of healing, pain, vulnerability, emotions release etc.

Workshop's steps:

- presentation of pain points and explanation how they work,
- talking about the limits,
- heart salutation,
- looking for the three most efficient, most triggering and most painful points in a partner's body,
- starting the session from the most efficient point to the third efficient one,
- we spend around 20 minutes pressing each point and 5 minutes (depending on the energy of the group) moving the energy along the spine without touching the body.

Pointers:

It is very important that we always use very clear communication about the pain and use scale of the pain - from 1 till 10.

Expressions like: „7,5” or: „This is so painful” or: „Harder” can lead to further questions like: „Does it mean it's over the limits?” or „How much harder?” etc.

It's very important to realize that you're doing it for the partner on her/his request, for healing, liberation and inner growth. The partner is able to moderate the pain and ask for softer pressure for the whole time. If they are not doing it, it clearly means that they choose not to. Your task is to mentally and emotionally support your partner and the choice they made. Obviously it can be hard, especially if we are conditioned (not for bad reasons, probably out of love) not to cause the pain especially to our beloved, so maybe it's a good idea to see it also as a mental removal of one more condition and changing it into conscious choice.

As with every massage but particularly with this one it's important to have your nails cut shortly and smoothly trimmed. We don't want to cause the wrong kind of pain. When you are a receiver and you feel pain from the nail, point it out just by saying: "nail", so it would become clear that something has to be done about it.

When the physically weaker person is doing a massage for the stronger person, they should use their body weight not to get tired too early.

If your fingers get tired you may change them but always warn the receiver before doing it as

change of energy and pressure might be extremely painful. Also, when your fingers are getting too weak, consider using knuckles or elbows. With the last one you have to really be sure about the location of the point you want to press.

When the emotions are getting out, please remember that you don't have to encourage your partner verbally because you already do it by keeping the pressure on the point.

When you feel that the body itself is physically pushing your fingers away, that's the reason to stop and forward to move the energy along the spine.

At this point don't think overthink how to move the energy and if your partner can feel it - we would go deeper into that during next workshop

*** Full Body Orgasm Without Touching * workshop**

To achieve full body orgasm without touching the most important is to focus on:

- The circular, holotropic breath of the receiver.
- Starting in the direction downwards along the spine and always finishing upward.
- Use more triggers at the beginning until you awake the energy.

- You master it by letting go of the mind and regular practise.
- The more you're in Tantra, the more kundalini energy you've awakened the better the energy flow.

What would you learn?

- The concept of Energetical Body and other bodies.
- Energetic strokes.
- Triggering the energy soft strokes.

What you may Experience:

- Healing of your sexuality, past traumas, blockages.
- Higher, longer ecstasies than you have ever had before without need for having ejaculation or even erection.
- Full Body Orgasm Without Touching.
- Bliss that help you to go through life in a beautiful way.
- Liberating from conditioning.
- Feeling lighter.
- Sharpening the senses, widening the perception.
- Better connection with yourself and nature.
- Love.
- Friendship.
- Connection.

To exercise:

Wrap your palms together until they become warm. Then imagine an elastic ball between them. Imagine that you squeeze the ball when you bring palms together, that you stretch the ball when you move them apart. Roll that ball between your palms. Feel how far you may extend and still feel it. Now and again wrap your palms to create more energy.

After playing with your palms, start to roll the ball all around your body. Notice that you may feel energy better when there are no barriers like clothes.

After playing with yourself, invite the partner to play with you. First again exercise just palms to palms, then after a few minutes, roll the ball all over the partner's body. Don't forget now and again to wrap your palms together.

Pointers:

Most important rule of Tantra, especially important during this workshop, is to set up intentions but not be attached to any goals. It is very important not to get frustrated if we or our partner don't seem to feel anything. Remember: you don't have to achieve anything here. Just let it be. When you set up the intentions and you do your best, it doesn't

matter if you or your partner feel something, energy will work anyway.

Do not think too much about what you want to achieve etc. It only creates barriers for energy flow.

Accept that some of the people are more kinaesthetic and for those people reacting to the touch of the energetic body would be more difficult. Realize that even the best masters of it do not always "succeed",

The more you practice, the more you feel.

Don't forget to remind the receiver about circular breathing. It brings their attention to here and now and supports the energy flow.

Use the triggers frequently but not too often.

Remember that this supposed to be energetic touch massage

When the person seems to be too much in their head, consider bringing the energy downwards, when the person is very sexual, bring the energy upwards.

When the receiver's being decides to heal through releasing the emotions - support the process by stimulating the energy where it's triggering the process (could be the heart).

Pull the energy (threads) out of the chakras when you feel blockages.

After 20-40 minutes consider finishing the session by bringing the energy upward and by holding the hand of the person. Very often at that point the receiver is in deep bliss. Let her/him enjoy it as long as they wish. It's a really empowering

experience. No need to break it.

Assignments:

As often as possible play with an energy ball between your palms.

Video

Full Body Orgasm without touching

https://youtu.be/3jY6Bm2R3Uk?list=PL8M5t5cY3pla6ebibcmKKVIR7p_RjVnbL

Just for you (not to share)

You may buy Full Book with many Members videos here: <https://www.tantramovement.com/tantra-teachers-and-students-guideall-aspect-of-life-all-aspect-of-tantra-almost-full-but-not-yet-edited-version/>





*** Neo-Tantric Massage * workshop**

Dear teacher - please note this part is just an invitation/summary of Neo-Tantric Massage. Full instruction of full body, Yoni and Lingam Massage you will find below in the next chapter on page: Please make sure that you read and follow instructions from both parts (this part + more detailed part) before and while teaching.

Neo-Tantric Massage was the first massage ever introduced to the West with inherent tantric principles. It was in the 1960s that Kenneth Ray Stubbs first started to add massage of intimate parts of the body to his massage practice. My other great inspirations are Margo Anand and Marjanne Hurks.

Main principles of Neo-Tantric Massage:

- no goal,
- awareness; being present in here and now,
- using sexual energy and moving it upwards, transforming it instead of releasing it (and losing it, as would be the goal in erotic massage),
- the presence of love.

The Neo-Tantric Massage workshop lasts for three days:

1. First day: intro - full body massage during which we prepare the energy for the things to come...
2. Second day: Yoni massage
3. Third day: Lingam massage

Yoni and Lingam are worshiped in different ways in different types of tantric massage. There are many important reasons for massaging the genitals. Thanks to Yoni and Lingam massage you may explore higher kinds of orgasm and ecstasy than during conventional peak orgasm. The difference is outstanding.

Besides being a great source of pleasure, Yoni massage can be a great source of healing for a woman. There are many points in a woman's body, especially in her Yoni where past memories are stored, along with emotional pain, conditioning, prejudices, anxieties, fears, angers, etc. Most of them are highly connected to our sexuality.

Lingam massage, especially when done in the neo-tantric way, gives men a great opportunity to learn, exercise and experience the receiving part of his being. This, together with bringing energy and ecstasy upward, can open his heart - something really needed in today's world not only

by men but also by women.

It's not commonly known that the Yoni and Lingam are the most reflexological active zones in the human body. By stimulating its different parts, we are bringing healing to all parts of the body.

This is why for me, one of the most important aspects of Neo-Tantric Massage is to do it from the heart.

You can learn more about the intentions and effects of Neo-Tantric massage in the next chapter - Yoni and Lingam Massage. Please read it thoroughly before any practice.

Full Body Massage (first day)

Purposes of this day:

- learning, exploring and exercising the structure of Neo-Tantric Massage,
- learning, exploring and exercising different kinds of touch,
- preparing for Yoni and Lingam Massage.

Full Body and Yoni Massage (second day)

Purposes of this day:

- exploring, learning and exercising anatomy of the Yoni, energies and blockages that may occur there,
- healing and releasing emotions from G-spot or other triggering points,
- for man to be a servant, giver and a healer,
- exploring and experiencing different energies, orgasms and ecstasies (it's not a goal but it may happen).

Full Body and Lingam Massage (third day)

Purposes of this day:

- for man: learning to receive,
- for man: learning, exploring and exercising bringing the energy up instead of losing it,
- for both: learning and exercising detachment from erection, goal orientation and realizing that you may have ecstasy without erection,
- exploring and experiencing different energies, orgasms and ecstasies (it's not a goal but it may happen).

Video

*Yoni Massage Explanation by Michal Kali Griks.
Rainbow. Slovenia 2016*

https://youtu.be/iikDzHHqHMg?list=PL8M5t5cY3pa6ebibcmKKVIR7p_RjVnbL

Basic sequence of whole body massage (full description in Yoni and Lingam massage chapter)

You start with the back side of the body.

On the back there is the same sequence for men and women. You start from upper back then you move to lower back and then to: arms, buttocks, legs.

Then you move to massaging the front of the body.

When you massage a **woman** you start from legs, then you move to her breast, belly, yoni and head. When you massage a **man** the sequence is slightly different. You start from legs, then you move to his belly, breast, lingam and head.

Basic strokes of whole body massage (full description in next chapter)

BACK

- Do 8-sign on the heart.
- Do 8-sign on the second chakra.
- Massage kidneys (both kidneys).
- Do Simple Stroke: from the bottom of the spine, along the body, towards neck and skull. When you go back, make a round on the shoulders, go deep into the armpits, then stroke sides and move back to the sacrum. Make this stroke 3 times, eventually 6 or 9 times if you have more time or you feel this stroke is indicated.
- Do Karma Release Stroke: cross your thumbs, then with your right thumb press hard on the left side of the spine and with the left thumb on the right side. Move from coccyx to the neck. Other fingers should be up, not touching the body. When you reach the receiver's neck, press hard under the clavicle. Hold there, press with your body weight for a few breaths, then slowly breathe out with all your fingers spread over the whole back pressing hard and go back to buttocks. Make this stroke 3 times, eventually 6 or 9 times if you have more time or you feel this stroke is indicated.
- Do Tantra Kriya Yoga breath stroke.

- Do “Plough”.
- Spread energy all over.

ARMS

- Pull the arm of the receiver by holding the wrist, shake and open arm till 90 degrees.
- Do meridians massage.
- Massage palm.
- Massage fingers.
- Press palm, elbow, shoulder and move to another arm.
- Repeat all steps with another arm.
- Spread energy from arms all over the body.

BUTTOCS

- Do 8-sign on buttocks.
- Do circulating strokes on the outer part of the buttock.
- Change sides.

LEGS FRONT SIDE AND BACK SIDE

BREASTS (for woman before the belly for man after belly)

- Do 8-sign on breasts (always avoid touching nipples at the beginning of breast massage).
- Do circulating strokes on the outer breast.
- Do Spiral Stroke.
- Do Tapping Stroke.
- Do Triangle Stroke.
- Do Cupping Stroke.
- Repeat all steps with another arm.

NIPPLES

- Put palm chakras on nipples and pull the energy up with every breath in.
- Circulate around nipples.
- Slide nipples between all fingers in all directions.
- Do a stroke imitating turning volume up and down on the radio.
- Press nipples and circulate with your palm.
- Gently squeeze.
- Stimulate kisses with your fingertips.
- Squeeze nipples, then release and pull energy up with every breath in.
- Spread energy.

BELLY (for woman after the belly for man before belly)

YONI

- Ask for permission to touch Yoni.
- Put your right palm on the Yoni, the left palm on the right palm and your forehead on the palms in the bowing gesture. Send beautiful energy to your goddess and her Yoni, honoring and worshiping her. Focus on your breath. Take a few minutes for this sacred ritual.
- Do circulating, pulsating strokes along the groins. At the same time you indirectly massage the G-spot area.
- Find veins going through legs, by looking for pulsating points, then stop the blood for at least 20 seconds. Do it 3 times in total.
- Close outer labias with your fingers, then circulate, gently squeeze, massage labias with whole hands.
- Open outer labias.
- Start from the bottom side then go upward, catching outer labias with pointing fingers and thumbs. Circulate, pull, open and squeeze outer labias.
- Slide between outer and inner labias with knuckles of pointing and middle fingers.
- Move from side to side between the labias
- "Tour the France" - clockwise massage between labias around the inner ones.

- Pull, circulate, open inner labias. Do it much more gently than the outer labias. They are much more sensitive.
- Ask for permission to enter.
- Spread enough coconut oil around.
- Gently place the middle or pointing finger on the entrance. Circulating without entering, especially if the entrance is closed and Yoni is not relaxed.
- Massage clitoris with your thumbs only after a longer while move up the hood of the clitoris
- Kindly ask the woman to invite you inside by pulling her PC muscles. Allow only 1-2 cm of your fingers inside. NEVER PUSH IN if Yoni is tide and/or dry. If so, stay where you are and keep stimulating clitoris till more excitement, readiness and openness will appear. Even if you will have to stay at this step till the end of the massage, respect Yoni and don't proceed if she is not inviting. Respecting Her is more important than anything and can bring a really deep, healing effect. Inserting your fingers while Yoni is not ready is one of the main sexual traumas and reason why Yoni doesn't want to open any more. You have to be patient. Apply those important suggestions for further insertions.
- When you are 1 cm in, imagine the clock. Anus is 6. Swing your finger in four directions: 12ha, 3ha, 6ha, 9ha. Do it slowly with full awareness. The woman has time to

feel which points she wishes to have massaged later. She may choose (depending on her feeling): pleasure, healing, de-armouring.

- Ask your goddess to pull your fingers with her PC muscles 2 cm further and do another clockwise movement. At this point you may reach G-spot. Pay attention to 12ha. G-spot feels different than other parts of the womb. It could feel like a nut, sponge, wound, button. G-spot is a very sensitive point where all sexual traumas can be stored. So at this point either healing or big pleasure or both at once may appear. Be gentle and conscious. Pay attention to your goddess reactions, signs and wishes.
- Ask your goddess to pull your fingers with her PC muscles 2 cm further and do another clockwise movement. At this point you may reach the A and E spots. A is located on the belly side (12 ha) and E and the anus side (6ha). This point might also release healing experience or big pleasure or both at once may appear. Be gentle and conscious. Pay attention to your goddess reactions, signs and wishes.
- Ask your goddess to pull your fingers with her PC muscles 2 cm further and do another clockwise movement. At this point you may reach the cervix. It is the deepest point possible by reaching through penetration. This point and orgasm

experienced by it is connected with crown chakra, with the universe.

- After finishing mapping, if the woman doesn't have any other strong preferences come back to the G-spot. Stimulate it alternatively with clitoris to keep sexual arousal high. Remember to stop clitoral stimulation, encourage and support the woman to bring the energy up instead of experiencing peak clitoral orgasm.

LINGAM

- Ask for permission to touch Lingam.
- Put your right palm on the Lingam, the left palm on the right palm and your forehead on the palms in the bowing gesture. Send beautiful energy to your god and his Lingam, honoring and worshiping him. Focus on your breath. Take a few minutes for this sacred ritual.
- Massage by pressing points on the groins with your thumbs. Other fingers massage pubic bone.
- Massage perineum muscle: slide on the sides, circulate with fingers, press deep point between bones, half way between genitals and anus.
- Stretch, squeeze and roll scrotum between the fingers.
- Gently massage testicles. Moving them around.

- Twist the scrotum, scratch testicles with nails.
- Do Shiatsu Stroke on the trunk.
- Do Clock Stroke.
- Do Windows Wipers Stroke.
- Slide your hands, press Lingam to the belly while you massage the belly as well.
- Do Fire-making Stroke.
- Do Corkscrew Stroke.
- Slide up and down.
- Massage frenulum, foreskin.
- Massage the neck with circular movement.
- Massaging "fontanelle" - point where the foreskin is attached to the trunk.
- Make a ring from pointing finger and thumb and twist gently up and down the trunk (avoid the neck).
- Gently massage two halves of the head with two thumbs (avoid using nails).
- Very gently (make sure you have enough coconut oil) massage the urinary hole.
- Do circulating pressing points on the head, avoiding the urinary hole, with the center part of the palm chakra.
- Do Tommy Delight Stroke - move upward with five fingers then squeeze the head like you would like to squeeze the juice out of citrus fruit.
- Do Prayer to Lingam Stroke.
- Pulling the Lingam.
- Do Typical Movements.
- Massaging perineum in the moment of high arousal.

- Spread energy all over the body.

HEAD

- Start as you would spread shampoo over hair.
- Do circulating movements with your thumbs, starting from the middle of the head along the line where the hair is begging to grow.
- Scratch area behind ears.
- When you're behind the neck feel the point where the neck is entering the head. Pull towards yourself at the same time lift the neck. Hold like this for about 6 sec then release.
- Do Goddess Touch Massage.
- Massage ears with circular movements, squeeze and pull with your fingers.
- Massaging line between ears and skull.
- Massage areas behind and under ears.
- Massage jaw and face.

Head massage is grounding. It is important to do it before the closing ritual especially when the receiver has to drive after the massage.



Neo-Tantra Massage
detailed part from the book
“Tantra for Couples” as part of
our online course with the same name.

This part of the Tantra Massage Course is the most advanced part of the whole teaching so reading, applying, practicing and fulfilling the previous assignments and exercises are highly recommended not to say obligatory.

FULL BODY MASSAGE STEP BY STEP

Remember, we never start genitals massages straightforwardly. Before Yoni or Lingam massage we need to prepare the body thus we always start with a full body massage.

1. Setting up space

2. Prayer and Opening Ritual.

We always start massages with an opening ritual. We end tantric massages with a closing ritual.

Please read about the opening ritual below.

You may also perform other opening rituals like Tantra Kriya Breath or/and Heart Salutation.

Opening ritual: the receiver lies down on her/his back or belly (if it's cold remember to cover her/him with the blanket). Through the whole massage, the receiver should have her/his eyes closed, to be able to sink deeper into the experience. You as a giver rub your hands till they

get warm and then place them on your own heart chakra.

Connect with yourself, with your lower self and with your higher self.

After a while ask good energies that you believe in for whatever you feel that is appropriate to be asked at this particular moment. You may pray for: good energy, connection, focus, respect, openness, trust...

Perhaps you would like to ask for this massage to be beneficial and pleasant for you and the receiver. You may ask for whatever you feel.

After a while, rub palms again, and when they're hot, move them apart. Then slowly, allow them to come back close to each other without allowing them to be touching each other. When they're close to each other, pray:

“We ask the ravishing energy of unconditional love to flow through us and to guide us. We ask this energy to allow us to be a channel through which the love of the universe flows through those words to you.

We share with you as much as we could give, as much as you're ready to receive.

Let the energy of Love flow.

From the universe to you and then back to the universe.

In all possible ways, through all levels, bodies and dimensions - Tantra”

Then open your eyes, and place one palm on the heart chakra and the other one on the pubic bone or sacral chakra of the receiver. Synchronize your breath with the breath of the receiver.

After a while breathe in while moving your palm from the heart to the crown chakra.

Next, move your palm back to the heart again while breathing in.

After a while begin to move your hands slowly around the body. Touch the body of the receiver softly, everywhere where you are allowed to make the body familiar with the touch and to make the touch familiar with the body. After this introduction, you may perform the massage.

Video

Prayer Before the Massage (just for you):

Heart Salutation (just for you):

You may buy Full Book with many Members videos here: <https://www.tantramovement.com/tantra-teachers-and-students-guideall-aspect-of-life-all-aspect-of-tantra-almost-full-but-not-yet-edited-version/>

BACK

3. Spreading oil on the back.

Oil should be warm and in a liquid state. For the whole body, you may use any edible oil. Whatever is right for your stomach would be good for the

skin. The more organic and virgin the better. For yoni, you use ONLY PURE coconut oil. Only this one supports the flora of the vagina while all others are irritating.

You may always warm-up and energize the oil by wrapping it in between your hands. In colder countries, especially when you warm up oil with the candle, always ensure that it is not too hot. Check the temperature before spilling on the receiver's body.

When you begin to spread the oil remember not to use too much. It should be enough so your hands can slide easily but you don't want it to leak everywhere.

You spread it on the whole surface which you are going to massage (back in this case). Try to do it once and for good. Applying the oil is always a bit of a distraction from the flow of the massage.

That's why we prefer to do it as little as possible. Apply oil with circular stroking movement. This is also an important part of the massage.

Always try to keep body contact with the receiver. The constant touch connection is like an anchor for the ship. It gives the receiver a feeling of safety and comfort. Whenever you have to break that contact, for example, by going to the toilet or getting the oil bottle, you always inform the receiver about it. That's why you better have oil always by the reach of the hand not to disrupt too much.

4. 8-sign on heart chakra.

With both hands, one following another in the direction which is the easiest for you, you draw an 8-sign on the back. When you massage from the side (indicated), it should be vertical 8 which means: perpendicular to the spine.

The crossing point is on the heart chakra, on the spine, slightly lower than the armpits.

Don't be fixated on the small details. The most important thing is energy and connection with yourself and the partner. Do not let technical details spoil what is most important: connection and energy. Be more in the body than in mind. When you are in the massage flow, it is not time to check the correctness or ask questions. During the whole massage ritual, you may use your elbows, forearms, and other parts of your body (not Lingam or Yoni though).

The strokes are wide and long. While you massage the back, your fingers and palms should reach the sides of the torso or even belly.

5. 8-sign on navel chakra.

Do the same 8-sign stroke as above but on the sacral chakra. Imagine where the navel of the receiver is. Your crossing point is around two fingers below.

Dance with your body, sound with your breath! Use your three main keys for the energy flow: breath, sound, and movement.

Allow the movement to start from your own root chakra. Make the 8-sign with your own hips and let the hands follow. Enjoy!

6a. Kidney massage (optional).

6b. 8-sign on heart chakra but you stand at another side of the receiver.

When you go to another site, remember to keep touch contact with the receiver.

7a. 8-sign on sacral chakra but you stand at another side of the receiver.

7b. Kidney massage (optional).

8. Simple strokes.

Sit comfortably between the legs of the receiver. Slide close to the spine towards the head. Then back on the sides towards the buttocks. It is always good to synchronize your breath with your movement.

9. “Plug.”

Cross four fingers in 90° with the fingers of the second hand. Then really, really slowly, beginning from the sacrum, stroke towards the heart. On the sacrum, you press pretty hard using your body weight, leaning on the arms. On the lower back you press a bit softer. Then, when you reach ribs, again - press hard. When you reach heart chakra, continue your journey back to the sacrum with a regular speed stroke only to slow down again when you reach up from the sacrum. Repeat 3/9/12 times.

10. Karma release stroke.

Cross your thumbs together and press them on both sides of the spine. You slide from the bottom of the spine to the neck. When you reach the neck with your pointing and middle fingers, you hook and hang yourself on the holes between bones: Clavicle (Collarbone) and shoulder blade. Whenever you feel, with the exhalation, you stroke down the buttocks' direction with your five fingers spread all over the whole back's surface. You press hard while you are sliding down. Repeat 3/9/12 times.

11. Tantra Kriya Yoga breath stroke.

The receiver may follow your breath, and you can follow the teacher's instructions. With a breath in, slide one palm from the sacrum

to the heart. With a breath out stroke with another hand. You begin really slowly; then, you speed up to breathe faster and faster with every stroke. If you are short with breath, shorten the stroke. You shorten slides gradually so when you breathe very fast, you massage just heart chakra. When the teacher says: "tight," you take a long, deep breath in and press both palms, one on another to heart chakra. Use your body weight to harden the pressure without losing strength. Whenever you feel, breathe out, and slowly, with long strokes, start again. Repeat 3/9/12 times.

12. Holes between the sacrum bones.

Press and circulate into the holes between the sacrum bones. Do it firmly with four or six fingers. After a while, change to other holes and massage them in the same way.

13. Spreading energy (to be done after massaging every part of the body).

In a shamanic way, with the wind element as an inspiration, spread energy from the massaged part (in this case, back) to the rest of the body. Strokes are fast but you hardly touch the receiver's body. Use only your fingertips or energetic strokes (no touching at all).

ARMS

14. Arms shake

Shake arm while pulling it towards yourself, open to the 90°. Stay on shoulder level.

15. Spread the oil over the arm.

16. Meridians massage.

Slide on the arm's outer side towards the neck with your breath in, then with an exhalation, slide down on the inner side. Reach the fingers and beyond. Make your stroke complete: touch the neck, go back deeply through the armpit, end further than fingers. The energetical body is bigger than the material one. In Tantra, we keep our palms and arms apart from each other. The left and right palms represent Yin and Yang energies. You use the full potential of those polarities when you keep palms apart.

17. Palms massage.

Change your position, look in the direction of the receiver's feet. Massage his/her palms with your palms.

18. Inner sides of palms.

Massage the inner sides of the palms with your thumbs. Do a circular, pressing movement, with the remaining eight fingers massage the outer side of the palms.

19. Fingers.

You start with the pinky. Massage it with a circular movement, use pressure. Pay attention, especially to the tips of the fingers and the sides of the nails as meridians begin there. It is always good to massage those places.

Then you massage the place between the fingers - in this case, between pinky and ring finger. Rub the skin between the bones on the palms.

Massage it by squeezing and rolling. Then continue to massage the ring finger, place between, middle finger, place between, pointing finger, place between, and the thumb as the last.

20. Stroking to the other side.

Stroke slowly on the outer side of arm. Through the elbow, biceps, then shoulder and neck to another arm and down to the wrist through the shoulder, biceps, elbow.

21. When you get to the wrist start shaking, pulling and opening the arm. Repeat all of the steps from 14-19 this time massaging the second arm.

22. Spreading energy (to be done after massaging every part of the body).

Spread energy from both arms to the whole body.

BUTTOCKS

It is a good time to remind the receiver that they may raise their palm when something goes too far.

23. Spread the oil on the buttocks.

Especially with the man, start not so deep and focus on the receiver's reaction. When they are relaxed and make sounds of contentment, take it as an invitation to go deeper. When you feel that they are tightening buttocks, muscles, and body - stay shallow.

24. 8-sign on the buttocks.

You may use your elbows. Remember, during the whole ritual you may play with the polarities: sometimes slow, very slow, sometimes fast, sometimes soft, sometimes hard and deep.

25. Massage the buttock that is further to you with the circular movements - more on the buttock's outer side.

26. Point between the buttocks.

Change direction so your fingers are pointing to the receiver's feet direction while you are stroking between the buttocks. Involve the forearm and the elbow of one arm, sliding it through the lowest vertebrae of the spine. When the elbow falls into the hole under the coccyx, lift your arm up and down as you were pumping. At the same time, let the elbow slide down towards the anus. When the person makes sounds of pleasure or signals that they like it with sign language you may even slide on the anus - when not, better finish the sequence before you reach it.

27. Do the 8-sign while you change to another site.

28. Repeat 24 and 25 steps on the other side.

29. Root chakra

Slide your pointing finger down the spine as you did with the elbow before. When you drop into the

hole under the coccyx, start massaging it with circular pressure and penetrating movement. It is not an anus but what I call it: "hole between the bones." It is a bit over the anus. Explore it by pressing the left and right side, up-and-down. Check how deep and hard you may massage it. You are massaging the root chakra. Shake to the sides of this hole for about 10 seconds. Then with inhalation, pull your energy with your finger up. Next, move the energy up-and-down along the spine, almost not touching the body. Do it two more times, so three times in total.

30. Tibetan Pulsing

Sit between the receiver's legs facing head direction. Straighten your elbows. Place your left palm on between the buttocks and the right palm on the top of the left if you are a man. If you are a woman, put the left palm on top of the right. Keep your back straight and shoulders relaxed and rolled back.

Then you start the pulsation - two moves per second through the whole ritual. You may change the strength, but the frequency stays the same. First, pulsating begins in your head only as an intention. Then it goes to your root chakra - you start pulsing with your pelvis. Next, gradually with every push, it goes harder - within one minute to maximum hardness. Then for about 1 minute, you stay still. Next, do the sequence in reverse, push

softer and softer for a minute. Then come back from the palms to the pelvis, then only to the head and intention. Stay like this for a moment.

31. Spread the energy from the buttocks all over the body.

LEGS (BACK SIDE)

32. Spread the oil. Remember about the groins area.

33. First stroke

Breathing in slowly slide on the inner side of the legs towards the groins. Fingers are perpendicular to the legs. Pinky always goes first. When you reach the groins, press hard first with pinky, then shift the palms' position and while you are sliding keep pushing hard with your thumbs. Feel the sitting bones. Slide over the "underwear" line, and with the exhalation slide back towards the feet.

The receiver may breathe with you.

Go around the feet and toes. Do not lose touch contact.

Repeat.

At the fourth time, hold your breath for as long as it feels comfortable while you are pressing your thumbs hard to the groins.

Exhale three times, let the receiver feel you breath. Blow from the bottom of the spine towards the heart chakra.

Then start again, but this time blow over the buttocks and the hips. While you are exhaling upward the spine, you may already...

34. ...spread the energy from the legs to the whole body.

35. Ask the receiver to turn over.

This is a perfect moment to go to the toilet if necessary.

It's also good to ask the receiver how they feel.

LEGS (FRONT SIDE)

36. Spread the oil

37. Meridian massage (same as you did on the back side).

With inhale slide towards the groins, with exhale towards the toes.

38. Meridian massage

After the last inhalation, blow from the genitals to the heart.

39. Spread energy

From now on, after each part, you spread the energy not to the whole body but just to the next part that you are going to massage - in this case, to the breast (if the receiver is female) or to the belly (if you massage the man).

BREASTS

If you massage a man you massage belly before breasts.

When the receiver is energetically and sensually awakened, spiritual touch, mostly only with your fingertips, could be very powerful. The secret about breast massage is that you're not starting from nipples. It's ok that you sometimes accidentally touch it, but you rather avoid it.

40. Spread the oil over the breasts, avoiding the nipples.

41. 8-sign around both breasts.

Reminder: dance with your body, move your pelvis, breathe and make sounds (for example wind like sound). Use elbows, forearms, go wide and go under the armpits, touch shoulders.

42. Circles.

Make circles around the breast that is further away. First, you massage this breast. Before stroking the nipples, you will change the side, and you will repeat the same sequence on the other breast from the opposite side.

Reminder: play with polarities, sometimes move faster, sometimes slower, softer, or harder. You can expand the circles to the sides and ribs. Then change directions. Whenever thoughts distract you, focus on the here and now with full devotion.

43. Spirale.

Make circles from outward to inward and then from inward to outward.

44. Raindrops.

Make raindrops stroke with both hands (tapping lightly around the breasts).

45. Triangle.

Make a triangle with your thumbs and pointing fingers. Place the breast inside. Then twist from your hips, allowing the triangle to follow the movement.

46. Cupping.

For woman:

Breath in and bring the breasts together until you feel a slight resistance. Breath out and let breasts fall back to the sides.

For man:

Inhale and bring the breasts together, exhale and stretch them apart between the ribs above the nipples.

Reminder:

The giver has the heart open, shoulders rolled back, and the spine straight. The giver should always remain his most comfortable position. Change it immediately when uncomfortable. You want to pass on comfort not tension.

47. Pulling and spreading the energies.

With your palm chakras, gently circulate at the top of the nipples, almost not touching them.

Whenever you feel, while inhaling, pull the energy with your palms up, next, move it along the spine, avoiding touching the body.

Repeat two more times, so you do it three times in total.

48. Do 8-sign and change sides.

Move to the other sign and repeat steps 40-48

NIPPLES

Massage the nipples with your pointing fingers, which are connected to the heart chakra.

49. Small spiral on the nipple.

Circulate around the nipples, opening and closing circles with the feather touch. Start around the circle where the nipple is and millimeter by millimeter circling come close to the nipples. Gently touch them, make a few rounds, change the direction, and make circles bigger, opening the spiral.

Repeat a couple of times.

50. Start on the tops of the nipples with your fingertips.

While you circulate, gradually press a little harder on the nipples with firmer touch. Until you feel them hard. Change the direction, and gradually with each circle, press a little softer and lighter till you almost not touch them again.

51. Slide the nipples along and between the fingers.

Keep changing fingers and directions.

52. Teasing the nipples.

Imagine that you're playing the guitar on both nipples.

53. Simulating the kisses.

Imagine that your 8-10 fingers are lips, tongue, and teeth. Imagine that you're kissing the nipples with them. Play with them this way.

54. Radio.

Squeeze the nipples and do the twists, as you would like to turn the volume up and down.

Reminder:

When the receiver feels something is too hard (or too soft), she/he may communicate it by raising the hand (or waving a hand). Expressing and respecting her/his wishes is part of the healing and rebuilding the trust.

55. Squeeze.

Squeeze and pull the nipples a little bit up, then with inhalation, FIRST: RELEASE the nipples, then pull the energy up with your palms. Next, you move energy along the spine, avoiding touching the body.

Repeat two more times, so you do it three times in total.

56. Few minutes of instructions free breast massage.

Apply everything you know, and play, experiment, enjoy. This is a beautiful way and opportunity to show to your partner how you like to be massaged. Enjoy!

57. Bring all the energy towards the belly.

BELLY

58. Spread the oil.

59. Clockwise circles.

Do a big circle between the solar plexus and the pubic bone, between ribs and hips. Next do a smaller upper circle between the solar plexus and the navel. Then again, the big one. Then lower, a small circle between the navel and pubic bone. Finish with a big circle again. Usually you do strokes in the direction which is comfortable for you but those strokes on the belly you should always do clockwise.

60. 8-sign on the navel chakra.

The crossing point is two fingers under the navel

61. Kidney massage (optional).

With circulating strokes massage from the navel to the side. Under the ribs towards the ground, pulling towards yourself under the hips.

62. 8-sign on the navel to change the side.

63. Repeat the same strokes (60, 61) except clockwise circles from the other side.

64. Spreading energy.

If you do a full body massage with Yoni or Lingam massage this is where you would bring the energies from the breast and belly towards the genitals without touching them yet. If not, spread energy towards the head.

HEAD

65. Shampooing.

Massage the hairy part of the head as you would want to spread the shampoo overall. You are basically massaging the whole skull with firm circular pressure of all fingers.

66. Forehead.

Massage the place where hair starts to grow. Begin with a circular, firm movement in the middle of the top of the forehead. Serpentine stroke with your thumbs, towards the ears. Change from the thumbs to pointing fingers behind the ears. Continue from the hairline towards the neck. Your fingers should meet in the hole between the bones, which is also called “Jade

Pillow.” Pull this hole towards yourself and the sky (45). Hold for about 10 seconds, then release.

67. Goddess Touch Massage (face and neck).

This part is done very gently with a delicate, soft, not pressing touch.

Start at the top of the forehead and centimeter by centimeter move in the direction of the bottom of the neck. Stroke from the middle line (dividing face to left and right half) towards outer sides, ears, and hairs.

Do two, three rounds from forehead to clavicle bones.

68. Shampooing again.

69. Shaking on the fontanelle.

Shake on the fontanelle (the back of the crown) to the sides. With inhalation pull the energy upwards, then move it up-and-down along the spine. Repeat two times, so do it three times in total.

70. Closing ritual.

After the massage the receiver lies down on her/his back or belly (if it's cold remember to cover her/him with the blanket). Through the whole massage, the receiver should have her/his eyes closed, to be able to sink deeper into the experience. You as a giver rub your hands till they

get warm and then place them on your own heart chakra.

Connect with yourself, with your lower self and with your higher self.

After a while, rub palms again, and when they're hot, move them apart. Then slowly, allow them to come back close to each other without allowing them to be touching each other. When they're close to each other, stay present for a while.

Then open your eyes, and place one palm on the heart chakra and the other one on the pubic bone or sacral chakra of the receiver. Synchronize your breath with the breath of the receiver.

After a while breathe in while moving your palm from the heart to the crown chakra.

Next, move your palm back to the heart again while breathing in.

Closing ritual and massage have ended.



YONI MASSAGE THEORY

Wisdom about Yoni Massage is one of the most significant gifts that Tantra Movement shares with the individuals and humanity.

It could be one of the most beautiful gifts a woman may receive in life.

The intentions are:

- healing past wounds mainly towards sexuality,

- rebuilding the trust mostly towards men, penetration,
- liberating from the conditionings what we didn't choose for,
- growing in love,
- expanding in ecstasy.

Yoni massage is the most profound de-armouring massage that exists.

When we suppress our emotions when something terrible happens to us, those emotions they're stored not only in our minds but in our bodies as well.

Most of those frozen emotions have a place in Yoni, especially in the G-spot area.

Those points if too much emotions are stored there might be over-exaggeratedly painful - that's how we find them. Because of them, the woman could not fully enjoy her sexuality.

Through Yoni massage, by finding them and triggering those healing points, we release those frozen emotions and memories.

The woman goes through the same feelings that happened before; sometimes, she may have very clear memories even as it would be happening in the present again. Only now, the woman would consciously know, that she is in trusted surroundings, that she may face and release the emotion, which she couldn't do before because for

example, the oppressor was physically stronger or her anger could provoke more violence.

After this process, she would not forget what happened. Actually, she may even start remembering things that her mind blocked from her memory to decrease the trauma. However, even with that consciousness, she would be much less affected by her past.

Yoni massage heals and when the woman releases and heals all of her pain she feels ecstasy. It may happen during the first massage or during the tenth. It doesn't matter. You need to be patient as a giver. Patient, trustworthy, gentle, conscious.

Another essential aspect of healing is rebuilding trust. The main reason that Yoni needs that healing, is that she was hurt and traumatized by forced insertion while she was not ready for it. The woman might have said "yes" but if her Yoni wasn't ready, wasn't open, wet and juicy she experiences pain because of too early penetration. Body doesn't understand that the mind can (for whatever reason) allow something painful. Body and Yoni feel like these kinds of intercourses are abusive. This kind of abuse doesn't only happen between predator and a woman. It may happen even between two people who truly, genuinely love and respect each other. And it happens often as many people just don't realize that body and Yoni NEED to be prepared.

If it happens regularly, to protect herself from pain, Yoni puts the armor in place, where it hurts. It

could be over-exaggerated pain - women avoid penetration. Or it could be numbness - feeling nothing. She doesn't feel the pain, but she doesn't feel the pleasure either.

Every time, when the masseur(-se) or the lover would give her enough massage, enough time, enough foreplay, that she would be open, ready, wet and juicy, the woman, especially her Yoni, rebuilds her trust towards the man, sexuality and penetration.

She gains an opposite experience than this which traumatized her. Instead of a trauma of forced insertion while she isn't ready, she experiences that someone is giving her time, patiently honoring her lack of readiness. She experiences that sexuality doesn't have to be painful and forceful, that someone actually cares for her pleasure and feelings.

She is rebuilding trust.

Whenever this is happening a new neurological path between her brain and Yoni is established.

You may visualize it in this example: When you first go through the jungle, you have to clean the path with a machete - it's not easy, but every time you walk the same route again, it's getting easier and clearer. When you forget and choose another way, the forgotten path becomes heavy to go through the jungle again.

Don't ever again let the path "sexuality is beautiful" be replaced back with "sexuality is painful."

You choose which wolf you feed.

I always repeat to all my students: “Now with this wisdom, dear men, brothers, always choose to be a healer instead of being the traumatizer: always give the woman enough foreplay and massage before inserting anything in her Yoni. Dear women, sisters, always demand this from a man”.

This is the golden advice: it would change your life and whole humanity if only people knew about this simple guideline.

Applying it doesn't require any special skills. From more extended foreplay given to the woman, you, man, your pleasure and ecstasy would also become higher. In this way you may decrease her rejection whenever you mention: “Let's go to bed”. She would love to go with you as it will be pleasurable and healing for her and her Yoni. She would accept your invitations as well as initiate love making herself.

What is essential for the massage is that you NEVER push your fingers inside when she is not ready for it. You just work on her readiness.

Rebuilding trust.

Another aspect of healing is expanding in ecstasy.

Some of the women were not traumatized or have already healed themselves and thankfully they can experience their bodies, partners, and sexuality to the fullest.

For them, the healing aspect of the Yoni massage is expanding in ecstasy.

To achieve higher tantric orgasms, the woman very often needs at least 20-30 minutes of the stimulation.

As in those orgasms, she doesn't lose the energy she may have one after another. As many as she likes. We call them multiple orgasms.

On average, a man ejaculates and loses his energy after 7 minutes of penetration. That's not enough for most of the women to feel any ecstasy or orgasm.

With the Yoni massage, we may guide the woman into an experience of higher orgasms without a risk that the man will finish too quickly.

Of course, we also encourage, guide and support partners to make love for hours without losing the energy and achieving ecstasy havens.

As I mentioned before, healing is transforming pain into bliss. This way we are expanding in ecstasy.

Ecstasy is an essential component that may help to go through releasing emotions and pain. (It is also used during orgasmic birth.)

With that wisdom and with experience, we grow in love - another profound aspect of healing.

We grow in love towards our bodies, ourselves, our partner and relationship.

Viva Yoni Massage!

YONI ANATOMY

Before we start, we have to realize that as every person and every face are different, the same are Yonies - they all have a wide variety of shades, colors, and sizes.

However, there are many similarities.

What you will read in this part is an average example. As every Yoni is different, take this into consideration while massaging.

Start from noticing her uniqueness. They are like flowers, always beautiful.

Individuality also counts according to healing and ecstatic points.

In general the most transformative for most of the women is G spot area but it doesn't have to be the case for every woman.

Any other point from those described below that indicates healing and/or ecstasy could be more efficient, releasing, and ecstatic than the famous G spot. Every woman is unique.

The point from the most known to the last known:

- Clitoris
- G spot
- M point - Cervix
- U point
- A point
- E point

Clitoris

Is located above the entrance. You can see this pearl when you gently lift the hut - delicate flesh covering and protecting the clitoris.

Clitoris is on the top of the inner lips and it's the most known orgasmic point.

This is the most sensitive part of the human body. There are 4000 nerve endings on that small surface - double more than on the head of the Lingam. Every man knows how sensitive the head of the Lingam is.

I compared it to point out that you have to be very delicate with the clitoris always, especially at the beginning.

Some of the women, especially when they are already aroused like rough robbing. But don't do this until you are sure that woman will like it.

Clitoris, when prepared, is the fastest generator of ecstasy (energy). You know already that in Tantra, we avoid clitoral orgasm as it is an explosive orgasm that makes the woman lose energy. She doesn't lose as much as a man during ejaculation, but still, this would not take her higher.

Some of the women may have up to 3 clitoral orgasms but it is still not much compared to multiple ending tantric bliss.

When she experiences a clitoral orgasm, she loses energy, and eventually, she completely loses interest in further sexual intercourse like a

man after ejaculation. Tantra is about gaining energy.

However, please don't take me wrong. *Use it, don't lose it* method gives power to go through the pain, to activate the points. Many of the points need women to be at least 20 - 30 minutes on high ecstasy to become active.

By applying *Use it, don't lose it* method to avoid clitoral orgasm and bring the energy up to higher chakras, a woman may activate other points and experience higher multiplying orgasms.

Further, in Yoni Massage Practice section clitoral stimulation will be described in details.

Besides we have to consider quite a big exception: 20% of the female population never or very rarely experience clitoral orgasms. It is every 5th woman on the planet. Of course, Koh Phangan statistics are much better, but those numbers are still much too high.

When you are one of those women it is really good for you to allow yourself to have peak clitoral orgasm. Learn how to achieve clitoral orgasm, explore, experience it not once but many times, but then do not stay on this level for too long. Go higher for tantric orgasms.

Not only to increase the percentage of lucky women who are experiencing tantric ecstasy but to improve the quality of your life forever.

One more thing about the clitoris, that I see thanks to the internet, is that more and more people are

getting aware that this little pearl is just a small part of the clitoris. A much more significant piece is hidden under the flesh, spread between inner and outer lips.

That's why we pay so much attention to this area during the yoni massage. Stimulating those parts of the clitoris may give the woman new higher feelings of ecstasy. Read more details in Yoni Massage Practice section.

G-spot

G-spot is located close to the entrance, on the belly side. It's easy to find because, together with the M point (cervix), it is the only surface that differs from the rest of the Yoni. The Yoni's whole body, besides those two points, is smooth, slimy, fleshy etc. Only G and M points have a different surface than the rest of the Yoni. The G-spot is close to the entrance, and the M point is deep inside - that's the simplest way not to mistake them. On average, the G area is 2-3 centimeters from the entrance, on the belly side (2nd ring around 12 o'clock).

G-spot may feel rough, like a nut, net, button, or a wound - always unique compared to the Yoni's general surface.

It is the second most famous ecstatic point after the clitoris.

The-G spot is one of the most healing points in the human body. Most of the conditioning, past wounds, and traumas, especially those connected to sexuality and loving body is stored there.

As tantric healing is about transforming pain into ecstasy, no wonder it is also one of the most ecstatic points a woman may experience when it's healed. The woman who experienced healing of the-G spot often remembers it as one of the most significant transformations in their lives. They say it is like being a newborn into a higher level of love and freedom and ecstasy.

I like what I once heard:

"It's like being freed from the cage of your conditioning, past wounds, and traumas. You not only experience the most significant liberation in your life. You get the highest, never-ending (only when you decide to finish) ecstasy, that on wings of passion takes you to the next levels of happiness. You not only get rid of the heavy luggage that was holding you back. You get higher, never-ending G spot orgasms that empower your life like nothing ever before."

U-point

It is a small area between the clitoris and urinary hole (that's why it's called U).

Stimulated together with the G-spot, it may give the woman female ejaculation.

Female ejaculation and male ejaculation aren't similar. It's perfect for the woman to experience squirting. Especially during the healing process, when it is connected with the release of emotions. Because of this, she may feel energetically exhausted but this tiredness is good. When you cry out for a half an hour, or when you face your

memories, which your mind blocked from you to protect you from bigger trauma - those things may really exhaust you.

This tiredness is good.

You will feel lighter later.

When the woman's G-spot is healed, it's just pure ecstasy. Then those ejaculatory, G-spot orgasms are giving you energy. That's why you may have them multiplied. As many you wish.

Many women block the female ejaculation due to shame or guilt: they do not want to wet the sheet, they feel like it's shameful. They are afraid that they will pee because it feels similar.

They're embarrassed so they block it.

Listen to me carefully: It's not possible to want to pee when you are on high arousal. When you are very excited, and suddenly you feel you want to pee, allow it to happen. Believe me, wet sheets is a worthy price for the benefits you will have from female ejaculation.

One of the main reasons for giving the Yoni massage is releasing Amrita, the nectar of gods, through the female ejaculation. Not only once, but as many times as possible and comfortable.

M-point (cervix)

It is next after G-spot, the most known ecstatic point. It's cold M-point from the sound of pleasure

that woman makes when experiencing M point orgasms: “mmmmmm” - the sound of pleasure.

It's basically massaging the cervix.

It's located very deep at the bottom of the Yoni. Usually it is sticking back towards the entrance.

Like the G-spot it is the point that has a different surface than the rest of the Yoni. It differs from the G-spot because it is very deep. While the G area is just a few centimeters from the entrance, the M-point sometimes is so deep that the fingers are not long enough to reach it. In that case, you may use the crystal wand or dildo to be able to stimulate it.

When you are a lover or upfront, you professionally do sexual surrogate partnership therapy; when you are “tantrically skilled” enough that you may last long stimulation, you may do it with your Lingam - but then never call it massage anymore. Tantric massage is not intercourse and never can be.

Cervix feels like a ring of your pointing finger when you make a fist.

When it's blocked and needs healing it is hard and closed, as you may feel when you tighten your fist. When it is healed, most of the time, it is soft and open or easy to open (do not get inside!). This varies depending on the menstrual cycle.

When you hear someone is trying to conceive a baby unsuccessfully, opening the cervix may help, so again - Yoni massage could be a good solution.

You massage M-point by hammering movement two times per second on the high arousal.

A-point

Another ecstatic point is A-point.

It is located on the 3rd or 4th ring, very deep in the Yoni, almost at the end of her channel, on the belly side around 12 o'clock. Basically, far behind the G-spot, deep inside the Yoni.

You can not recognize A-point by touch. The surface is the same as the rest of the Yoni.

How do you find the exact location of the point then?

By woman's reaction - extreme ecstasy or pain and/or emotional triggers (if woman needs some healing).

E-point

It is usually opposite to the A point. You have to twist the finger in the direction of the backside. It's very deep on the last 3rd or 4th ring at 6 o'clock.

This one is also not recognizable by touch; you recognize it by the woman's reaction.

Besides all those points, Yoni as a whole is "one big orgasmic point." As humans may have full-body orgasms, Yoni may have full Yoni orgasms as well.



YONI MASSAGE PRACTICE

Yoni Massage is preceded with a full body massage. Spread beautiful energy from belly to the Yoni.

Do not touch the Yoni yet.

Verbally ask the receiver if you can touch the Yoni.

When you receive permission, place first the right palm then the left palm on the top. Next, bow with your forehead; with the third eye, touch the palm. Send beautiful energy from your root chakra through your spine, through the third eye, through the palms to the Yoni.

Then verbally, say worshiping the

Yoni prayer:

"Dear Yoni,
which means Sacred Space,
Holy Garden.

Dear Yoni,
Source of Life,
our first gate to this world through which we all
came through.

Dear Yoni,
we came here with intentions of healing, liberation,
expanding in love, and growing in ecstasy.

In the name of all men before me, now and after:
I am here intending to ask for forgiveness for all
the wrong names and bad connotations about you,

Yoni, sexuality, and femininity.

I am asking your forgiveness for all those
unconscious forced penetrations when you were
not ready for them,

forgiveness for all these wounds inflicted on you,

forgiveness for the suppression of sexuality and
feminine energy.

Dear Yoni,

I come here with the intention of healing the
female and male energy in me, in this relationship,
and in all of humanity.

Dear Yoni,

I come here with gratitude for giving and receiving
so much pleasure.

I am here to be grateful for all the bliss and beauty
you give me.

I am grateful for your trust and connection.

Dear Yoni,

I promise to do my best to transform your pain into
ecstasy,
into tantric orgasms that will heal you and pleasure
you.

Dear Yoni, we are coming to you intending to
adore your beauty, the flower of life.

Thank you for existing.

Dear Yoni
I love you."

You may add something to the prayer.

Send beautiful energy through your third eye and palms - extensions of the heart.

Share your Love and gratitude to Yoni for trust, connection and everything.

Slowly sit up.

After the prayer, generously spread the oil all over the pubic area, groins, outer and inner lips.

GROINS

After spreading the oil all over, you begin with massaging the groins. With the inside of your thumbs and pointing fingers of both hands, you rub the groins in a similar way you massaged during legs massage. This time you just go up-and-down, there and back.

With your thumbs, you massage the groin area with a circular movement and hard pressure. You should feel the sitting bones.

Whenever something is too hard, the receiver would raise the palm to let you know.

Do it in one place, then move one centimeter up, and circulate there. Continue up till you reach the tendon, that feels like a bone. Then start again from the bottom, and repeat.

Simultaneously, massage the groins with other eight fingers like you were trying to hook yourself on the pubic bone (venus heal - above the line, where the pubic hairs are starting to grow), and you massage that area.

OUTER LABIAS

Outer labias (lips) it's the hairy flesh on the sides of the yoni.

Close the outer lips with your four fingers from each side. Start as usual from the bottom.

Squeeze the outer lips together, and then circulate your fingers. After a while, move about 1-2 cm up, and you do the same. When you reach the area of the clitoris, you may start as usual from the bottom side again.

Open the lips.

With your thumb and pointing fingers of two palms, grab the outer labias from the bottom side. By moving your hands apart from each other, slowly open the outer labias. At the same time, squeeze, massage and roll the flesh of outer lips between your fingers. After a while, move up cm after cm up.

When you reach the top, you may start again from the bottom.

AREA BETWEEN INNER AND OUTER LIPS

This area is where the under-flesh part of the clitoris is. That's why it can be a really pleasurable area for the receiver. Feeling this ecstasy may make the receiver stimulated and reconnected her with her body, self-love and sexuality.

That's why we stay in this area for some time.

With knuckles of the pointing and the middle finger slide up and down between the lips. Stroke with the upside down thumb and pointing finger (the other hand holds the outer lips apart to keep them open and give access to this area). Those strokes have to be long, from perineum's level (the muscle between anus and genitals) to the clitoris. They're cold "Casanova strokes".

Next stroke is similar - do the same up and down movement but this time, with whole pointing and middle fingers. Mainly you use the fingertips. Even

though you have your nails cut and perfectly polished (it is a must before every Yoni and Lingam massage) be careful during the whole Yoni massage. Develop the habit of not touching and pressing body with a hard surface of nails..

After a while, you modify this movement into up and down slalom.

After a while, you modify this movement into up and down zig-zag.

Next there is Tour de France - with a pointing finger make small and big circles around the inner lips - clockwise from the perineum to your left side, then above the clitoris, then to the right side downwards back to the perineum. All the time with centimeter wide circles, massage softly with pointing fingers. Fingers of the left hand keep the outer labias open. Repeat three times.

INNER LABIAS

The flowery flesh on the outside of the entrance. They're much more sensitive than outer lips, so your approach has to be much more delicate. They're also much smaller. So distances are also shorter and more accurate to the size.

Close the inner labias. Using two fingers instead of four like with the outer labias. Squeeze both left and right lip with pointing and middle fingers of two palms, closing them together. At the same time, massage them by circulating them between our fingers. After a while, move up, this time just half a

centimeter, then squeeze, massage and roll lips between your fingers. Continue like this up till you reach the level of the clitoris. After reaching the clitoris, start again from the bottom two more times so do this stroke, as usual, in total, three times.

Open inner lips. Similarly as you were doing it while closing but even more delicate and with the shorter distance open the inner labias. With your thumb and pointing fingers of two palms grab the inner labias gently from the bottom side. By moving your hands apart from each other, slowly open inner labias. At the same time squeeze, massage and roll the flesh of inner lips between your fingers. After a while, move up half cm after half cm. Slowly. Enjoy! When you reach the top, start again from the bottom. Do this 3 times in total.

ENTRANCE AREA

Start with long strokes. With the pointing and the middle finger, slide up and down on the sides of the entrance. Mainly you use the fingertips. With the upside down thumb and pointing finger (the other hand holds inner lips apart to keep them open and give access to this area). After a while, if there is space for it, modify this movement into up and down slalom. After a while, if there is space for it, modify this movement into up and down zig-zag.

Small Tour de France. Make small circles with a pointing finger at the same time do the big circle

around the entrance - clockwise from the perineum to your left side, then above the entrance, then to the right side downwards back to perineum direction. Massage softly with the pointing finger (pointing and middle fingers of the left hand keep holding the inner labias open). Repeat.

CLITORIS

At this moment of the massage you only say “hello” to the clitoris. You want to explore the main strokes and discover favorite ones. You will use this knowledge later through the whole massage.

Begin your exploration with an indirect massage.

With your right thumb and pointing finger, pull the hood (the flesh on the sides of the clitoris) down so it covers the pearl completely. Roll the hood and everything in between indirectly massaging the clitoris. You may feel clitoris under the hood. Even though you’ve pulled the hood (natural protection) over the pearl, be very gentle. After a while, you may change your hand. Next pull the hood up and firmly hold it by pressing towards the body. With the tip of your right pointing finger, you explore different clitoral strokes. Women have various preferences about them. The goddess may guide you precisely and tell you what pressure and intensity are best for her. During the course the teacher will guide through some new strokes. Later after

experiencing all variations, let the goddess choose her favorite strokes.

You start very gently. Remember to have enough coconut oil. Clitoris is very delicate.

The most popular is side to side stroke. Then circling (both directions), then up-and-down stroke. Next diagonal, another diagonal, side to side zigzag, up and down zigzag.

The frequency should be at least two strokes per second.

Most women prefer gentle strokes, but this may change. Especially when the woman is on high arousal, she may choose harder pressures.

At some point when both partners know and explore all the strokes it is good when the woman guides the giver exactly and precisely, how she would love her clitoris to be stroked as every woman and Yoni are different. It means that she is the best teacher of her individual uniqueness.

When the receiver is guiding the giver, remember the best way to do it is to communicate straight to the point, without background stories. There will be time to communicate those stories after massage.

After exploring each stroke for a bit it's time to leave the pearl only to come back to her after Yoni mapping (or earlier if needed).

YONI MAPPING

It's a technique sometimes used by couples, therapists or women themselves (in this last case using a crystal wand or dildo is often necessary). It's a technique that with its slowness and Yoni consent approach rebuilds trust towards sexuality, lovers and/or men in general. It teaches how to respect Yoni's wishes, timing and readiness. Yoni Massage also teaches about discovering ecstatic and "need to be healed" points map. This technique helps a lot in diagnosing location and state of the healing points and ecstatic points. It helps women to heal, liberate, expand in love, and grow in ecstasy. Used by itself, it could be a significant, long term but stable and efficient way of rebuilding the trust and healing method. When we do Yoni Mapping we should avoid fast approach, as its healing effect often causes strong emotional releases. It is a safer, less "bumpy" but slower way, which could be great for new in Tantra (but not only) long term couples.

Imagine that there is a clock around the body and Yoni. 12 o'clock is on the clitoris, and 6 o'clock is on anus.

First (without entering the Yoni), massage the outside ring. The same area that you stroked while doing a small Tour de France. Swing around 6ha, so you will massage inner labias from 4ha till 8ha. there and back. After 2 minutes switch clockwise to 9ha Swing around 9ha - from 7ha till 11ha there and back again. After 2 minutes continue like this around 12ha. So swing from 10ha till 2ha there and back. After 2 minutes do an analogical stroke

at 3ja - it means go from 1ha till 5ha there and back.

You completed the outer circle.

Place your pointing finger on 6ha., and NOW it's time to test if you are a good healer - the moment of trial, the most critical step during the whole massage.

You have to feel if Yoni is open, wet, juicy and ready to receive further penetration.

NEVER PUSH YOUR FINGER IN!

If she is closed and tight go back to stimulating the clitoris and work on her readiness. With clitoral and/or other stimulation, you excite the woman till she becomes wet, ready and open. You hold back with further instructions till this happens.

Find out what is most exciting for her, what clitoral stroke is her favorite.

Enjoy!

Even if you have to spend all Yoni's massage without entering Yoni, that is ok and it is definitely a healing experience for a woman and her Yoni - the fact that someone saw and accepted her wishes. It's much better than traumatizing her again by forcefully pushing the finger inside. Instead she will finally experience that someone respected and honored her lack of readiness. Instead of pain, she will receive and enjoy the pleasure. She will rebuild her trust towards you, man, sexuality and penetration. That's all that Yoni

healing is about. And every session will make Yoni more and more open.

We use the clitoral stimulation during Yoni mapping only to excite a woman and to support Yoni's opening. We are not reaching for clitoral orgasm.

Also Yoni mapping is a ritual to explore and to diagnose the Yoni for pain and ecstasy areas. Too intense excitement from clitoral stimulation may distort our overview of how Yoni feels inside at all different points.

Most of the blockages are on the Yoni's entrance but it may happen that she is closed at the further ring. In that case, you proceed "opening the Yoni sequence" by stimulating the clitoris, making her excited and at the end, after a while opening the blockage. Just remember - never push your finger in against Yoni's will.

When you feel that she is wet and open, gently slide 2-3 centimeter of your finger in.

You are on the 1st ring.

You again swing yourself around-the-clock. Keep the same depth.

You start around 6ha so you swing from 4ha till 8ha. Then you do the same as described previously on the outside ring. Swing 2 minutes around 9ha, 12ha, 3ha., then back to 6ha.

Hold the finger there, and you ask your Goddess: "Would you please, try to suck my finger inside, with your PC muscle?"

Give her a bit of time because she needs to translate this message to her body and figure out how to do it.

When she pulls you in, (that's the best and most certain invitation from her) do not fully allow your finger in - only another 2-3 centimeters, to the 2nd ring.

When she doesn't manage to suck you in, but you feel that she is juicy and open, you may gently slide in this 2-3 centimetre. Maybe she needs more time to figure out the movements or more PC muscle exercises to strengthen it (with or without Yoni egg).

You continue swinging around 6ha, 9ha, 12ha, and 3ha on the 2nd ring. When you do those deeper rings, around 3ha, you may have to switch and twist the position of your hand 180°.

On the 2nd ring, around 12ha you and she may already feel the G spot. This time, just notice and explore its rough surface and sensations coming with it.

You will come back to the G spot after the Yoni mapping.

Continue the sequence on the 3rd and 4th ring.

After completing every ring, ask the Goddess to pull you in another 2-3 centimeter.

On the 4th ring, she may feel sensations of A-point at 12ha. and E-point at 6ha.

You (the giver) may not feel any difference, because the surface is the same as everywhere else inside the Yoni besides G-spot and M-point.

While you are swinging on the 4th ring, you may notice that you are circling around part of the yoni which is usually sticking backwards towards the entrance. That's the cervix, also called M-point.

After the 4th ring, we explore M-point by gently circling around its' ring (do not push yourself inside this ring!)

After 2 minutes finish the Yoni mapping.

G-SPOT HEALING AND ORGASM

Go back to the G-spot about 12ha, on the 2nd ring.

While you massage other points, after Yoni mapping, it is good to stimulate the clitoris to keep the woman all the time on high arousal, just before the point of no return but never crossing it. After losing the energy through the clitoral orgasm, the game is over, and this is not the purpose of Tantra. You may remind her to communicate and guide you with raising her hand: "slow down; it goes too far". When she is on high arousal obviously not the pain is the reason.

Stimulate G-spot with fire energy, two strokes per second. With your pointing finger on the belly side, imitate the "come here," movement.

When the G spot is not healed a woman may feel the burning sensations, kind of emotional irritation and push to release any of the emotions: sadness, anger, fear, joy, laughter.

As I repeat to the man to not push his fingers in, I repeat to the woman: “Do not push yourself for a healing”. It’s not a goal which you need to achieve. It doesn’t work like this. Some of the healings require a lot of patience and more than one session.

There are no goals in Tantra. We work with our intentions and wishes. Whatever happens, we welcome it, and we are thankful for whatever outcome. Remember that healing is mainly about rebuilding trust. Sometimes, it is also about rebuilding your Yoni’s trust towards your own decisions. Be there fully for yourself and your Yoni.

However, please bear in mind that there could be releasing, physical and emotional pain involved. Feel it, breathe into it, and focus on ecstasy to help you go through the pain (main idea behind orgasmic birth).

Also, never hesitate to raise your hand whenever you feel that something is too much. Never push yourself. Feel enjoyment, focus on ecstasy and indulge into the pleasure - it will help you to go through the pain.

Tantric healing can transform pain into ecstasy. You have to be aware to release the pain and not allow it to traumatize you again. That’s why

whenever something feels too much - raise your palm. While you are focusing on ecstasy, breathe deep through the pain observing it, allowing it to dissolve.

The man, the healer is entirely on your commands. It's you who is fully in control. Awareness about it plays an essential role in rebuilding trust.

When you raise your hand, not too high, he feels it's because you are struggling in the process and not because you are close to the point of no return. He will slow down the G-spot stimulation. It means the strokes' pressure would be softer, and movement would be less frequent.

Breathe into it. Feel if it helps? If it's enough?

While the giver should continue with clitoral stimulation to keep you on the high arousal, focus on ecstasy.

Enjoy!

Whenever you feel you come to the point of no return, raise your palm again. He would recognise that this time you do it because of high ecstasy. Thus he should stop with clitoral stimulation, but he could continue with the G-spot.

When you raise your palm high, the giver should stop G-spot strokes.

He can come back to clitoris. If you raise your palm high, the giver should stop clitoral strokes.

The same counts for stroking upwards, and away from the genitals. Even if it spreads excess energy.

When you are at the edge of clitoral orgasm, raise your palm high to communicate clearly “stop immediately. I can not accept it anymore”.

Do your *Use it, don't lose it* method practice to bring the energy up.

When you are a giver, read clearly the signs: when a person is reaching the point of no return, her breath becomes shallow, her hips start to move, she starts mourning. While this happens when you are a good masseur, in sync with her energy, you do not need to wait for her signs. You spread energy away from the genitals by strokes upwards the spine while it is still safe to do this.

When a woman is ready to continue she waves her hand.

However, if slowing down and softening the stimulation is not enough to make the G-spot pain bearable YOU HAVE TO raise the palm again.

When the woman raises the palm after you softened and slowed down the stimulation or when she first time raised the arm very high, then you stop G spot stimulation, but you keep your finger (or fingers) on the point, slightly pressing. Then you breathe through it. Focus on excitement.

When this is not enough, you may ask to stop G-spot stimulation and guide the giver to not challenging and more pleasurable areas.

In the end, it is good to remember the session should be a beautiful experience not something that you have to drag yourself through. It's good if the release of pain, blockages, and traumas happens, it makes you feel better after a session, but if your body is not fully ready for that, it's good to create a good feeling and memory of ecstasy - it may keep you encouraged to continue the sessions.

It's essential not to feel traumatized and pushed away from massage. That's why it's crucial that you do not push yourself too much.

FEMALE EJACULATION

Female ejaculation is one of the main intentions of Yoni massage. It means that a woman has G-spot, and U-point orgasms at the same time.

Simultaneously stroke G-spot and U-point. The woman has to be on high arousal, so alternatively you also keep rubbing clitoris. You may do it with one hand, with pointing and optionally middle finger. Stroke the G-spot with your thumb massage up-and-down clitoris and U-point by sliding over them. Do not press inside the urinary hole.

When the woman starts to experience a G-spot orgasm wave, she may deepen it by taking deep inhalation, tightening PC muscle and imagine that she is pushing out the G-spot as she would do

during the peeing. She should release whenever it feels comfortable and repeat a few times.

Whenever you (woman) have sensations of peeing, allow it to happen; push it out.

Female ejaculation may happen a couple of times. Quantity can vary from a few drops (sometimes is hard to notice) till a few Amrita liquid cups.

It's all good.

Whenever a woman wishes you to add an additional finger, slowly, as during the Yoni mapping, take your middle finger out of her Yoni and then slowly join the middle finger by gently sliding in. Remember and apply the Yoni massage's primary rule: "Never push your finger in against Yoni's will".

Whenever indicated, help with the excitement by clitoral stimulation. When you use two fingers, do "come here" movement variation which I call: "galloping upside down".

Enjoy!

After 30 minutes up till one hour of Yoni massage, you may slowly round up by:

THANKING YONI

Bow like during the opening prayer. Place your left palm first, then the right on the top. Bow your forehead to connect your third eye to the palms.

This time send gratitude and do it shortly because you will still massage the head.

When you sit back, energetically bring ecstasy towards the head and the crown chakra.

The rest that needs to be done, you may have to leave to the next session. Especially in the first sessions, especially when emotions are involved, one hour that's more than enough. You do not have to accomplish everything at one time.

We massage the head at the end, to bring the energy to the consciousness. It's important especially when the receiver drives after.

However, when you are lovers, especially after the emotional process, sometimes it feels right that the giver cuddles and comforts the receiver by lying together on the site in the spooning position. Otherwise, we continue as usual with the head.

POINTERS

To keep the woman on high arousal instead of clitoral stimulation you may also stimulate every exciting point found during Yoni mapping. They may not be as efficient as clitoral stimulation. Still, a significant benefit for using them is that you will not lose energy by having orgasm in those spots, so you do not have to worry about the point of no return.

However, even if those are healed thus sexually activated points, it is possible that to get them on high arousal, a woman needs to be first on intense

clitoral ecstasy anyway. Also, not every woman has all points activated or healed, so using the clitoral stimulation is often the best and most popular option available.

Thanks to our ritual of G-spot healing and orgasms, we activate the point, which is second (after the clitoris) efficient with creating ecstasy. The G-spot's advantage is that it is tantric, so its orgasm comes without energy loss.

The art of Yoni massages lays in awareness of what's going on and the ability to play with those energies.

Another aspect that you have to be conscious of is pain.

There is pain which is traumatizing and releasing pain, which is healing.

When I hit you - that's traumatizing pain.

When you are at the Thai Masseuse, and she is pushing some point at your lower back - that's releasing healing pain. It's possible that after the massage you would never have back pain anymore. Maybe sometimes this pain was bothering you for years and now, it is gone.

Sometimes you have to go through stronger releasing pain to heal other chronic pain.

I want to make you aware about some of the situations which you should avoid.

You made all this effort of whole massage clitoral stimulation, so that your partner, especially her Yoni, is ready, wet and open.

However, during the G-spot stimulation, within one minute or even one second, she lost her excitement.

The reason could be: some strong memory released by healing or maybe someone rang the doorbell (that's why you make sure before massage that distractions would not happen).

Whatever the reason is, she becomes dry and tight. She is still open because you have your finger inside, but her Yoni stopped producing lubrication juice.

You are unaware of that and keep rubbing and causing the pain.

Could you imagine the pain if someone kept rubbing your arms there and back without massage oil? You would lose the whole trust towards this person, their massage skills, and maybe all massages in general.

You know that your arm is much less sensitive than the inner surface of the Yoni. We don't want to cause this pain.

That's why I'm making you aware of it. Make sure that the receiver knows about it as well.

She can communicate it by raising palm: "This is too much. Slow down". She should do it always when something gets uncomfortable.



LINGAM MASSAGE THEORY

Purposes of Lingam versus Yoni massage varies which represents the difference of the tantric path for the woman and the men. Those differences have a lot to do with the lack of equality between genders during thousands of years of patriarchal supremacy.

Most of the women come to the Yoni massage as they are not content about their sexuality or because they've experienced traumas, and they wish to heal it.

Most of the men come to the Lingam massage to experience one of those famous tantric ecstasies that they've somewhere heard about.

Of course it is a generalization. We all know that sexual traumas can be experienced by men and that women can be content about her sexuality. But in the majority of cases it is a woman who is not satisfied and/or experienced traumatic action.

Men, on the other hand, are addicted to sex more often than women.

The woman's main direction on the tantric path is healing her (or previous generations/past life) traumas, removing her blockages toward: sexuality, body, loving herself, liking appearance.

Men's path is, in most of the cases, different. His primary step should be about freeing from ejaculation and from addiction to sex - often his main obsession. This is his healing: liberating from ejaculation, addiction, from the conditioning and

pressure of being always in charge, always ready and erected.

Another important step on the man's tantric path is: opening heart and getting in touch with emotions. Man should allow himself not to be a slave to emotionless macho roles but to be vulnerable instead .

“Boys don't cry” is the biggest bullshit, conditioning and the bar in the cage of enslaved, lost modern men.

Opening heart, releasing out emotions suppressed for years and generations, crying out, is, in a tantric perspective, braver and sometimes more difficult and challenging than punching the biggest guy in the club. And it is an inevitable step towards mature masculinity and freedom.

Tantric massages, including Lingam massage, are an excellent help in both, especially in the first step: liberating from ejaculation and sex addiction.

I could write many, many books about how not ejaculating is the best choice and that higher, tantric orgasms that you may experience by avoiding the loss of semen are one of the best experiences in life.

You might be thinking: “What?! Do I have to resign from ejaculations?! No way! That's the best five seconds of my life.”

That's what I would probably think in the times of my addiction.

Remember?

I was there as well.

That's why Lingam massage is irreplaceable. Its results are:

- man experience higher ecstasies than ever before,
- sexual experience lasts for hours instead of an average seven minutes of typical penetration,
- there is no loss of energy due to ejaculation
- there is no need for the erection.

If you experience that you lose your interest in ejaculatory orgasm. There is no theory, nothing more motivating then this tantric experience of Lingam massage.

That's where the main focus during Lingam massage is. Not in finding and healing emotional points as in Yoni massage, but in giving man pleasure without addiction and energy loss.

That's why it is essential for the man (for the woman less) to master *Use it. Don't lose it* method.

The woman's masseuse role is to keep him just before the point of no return.

When he raises his hand in ecstasy, it is clear that this time, not the pain is the reason. He is warning you that he is coming close to the point of no

return. Especially when his arm is rising high; stop all stimulation - even when you stroke upward, away from the genitals, just stroke by itself at this moment could be so exciting that it may push the man out from the edge. In this situation, spread the energy upward by energetic touch only, without any physical contact.

It's always better to do it too early than too late. When the game is over - its game over.

Never feel guilty about ejaculation, and do not make your partner feel guilty about peak orgasm. There is already too much guilt around sexuality. Tantra intends to take away this guilt. When it happens too often, and you're not progressing, set up stronger intentions and don't reach the edge too close. Whenever you feel that the man is on high ecstasy, you may spread this energy to the breast or/and whole body. This may bring him closer to full body orgasm experience.

When he feels ecstatic, you might start experimenting with his Perineum muscle or/and million-dollar point. When he experiences those types of orgasms, he may never be interested in ejaculation anymore. Probably it would be his best sexual experience up till now. Welcome on the path of Tantra.

Stimulating and massaging other areas, not only brings ecstasy to higher tantric orgasms but, most importantly, is taking away the man far away from the point of no return. When he is in high ecstasy, you may ask him: "Breathe with me!" "Tighten your PC muscle while inhaling, relax while exhaling." A

long deep breath also helps spread the energy through the whole body and bring ecstatic and tingling sensations even to the fingers.

Remember three keys of the energy flow: breath, sound, and movement. Use them during the massage and you become a shining example, encouraging him to do the same.

Enjoy!

The more pleasure you feel, the more pleasure circulates. The more pleasure the more sexual energy. In Tantra, we worship this one of the most potent energies humans have - it creates life.

Instead of losing this power, we transform it. We bring it to the higher chakras - we nourish them with sexual ecstasy. The more sexual energy the more energy: to heal, liberate, grow in love and expand in bliss.

I always tell the woman: imagine that you finally got instructions on how to play with your favorite toy. There is much more than one overused, typical stroke. Awake your free woman who knows how to enjoy life and sexuality, who freely wants her and her lover's pleasure.

And love.

Love is the main ingredient.

Adore every centimeter of his divine body with every stroke, with every second of this mutual enjoyment. Do not waste any moment on thinking about daily chores, shopping, gossips, or other bullshit news.

Keep this ritual sacred and meditative. Whenever you notice that you are thinking about something else, do not get annoyed with yourself. Just come back to here and now, to the present moment. We don't want to spoil this precious time.

That's another thing that makes Tantra so powerful: natural willingness to be in the present moment.

Tantra massage is an art.

At the same time, you have to pay attention to keep high ecstasy in the Lingam. Keep it hard. It is like the clitoris - the fastest generator of sexual energy. When it is in high bliss, it's producing energy that you can spread through the whole body and to other points. When you extend too much, his Lingam may become soft. The man may still feel bliss, probably even more than during typical sex, but Lingam doesn't produce as much ecstasy as it would if he was hard on high.

In general, the softness of the Lingam is not a problem. It could be playing an essential role in liberation from the conditioning that men have to have an erection and be always in charge. Experiencing higher ecstasies than in typical sex while being soft may free the man from this conditioning.

When he is relaxed about his erections, he would be more relaxed in other areas of his life.

One of my teachers use to say:

“Would you like to become a Tantra master?
Learn how to make love and satisfy a woman with
soft Lingam.” - and this is very true.

However, you must know how that energy flows
through the body. When we would like to bring the
energy upward when the man (or woman) is
getting over-excited, and we feel he (she) is
getting closer to the point of no return, it is good to
bring energy up, spread it through the body, far
away from the Lingam (clitoris).

Better too early than too late. When it is too late, it
is game over.

Know that other ecstatic areas and points don't
have a point of no return. Their orgasms are
tantric because you don't lose energy. You may
go on and on, higher and higher as much as you
wish.

When your receiver is experiencing those, you
may get the impression that he (she) is reaching
the point of no return. When this is the case, the
prior instructed receiver can guide you with the
sign: waving his palm to the sides, which means: “I
like it. Go further”.

LINGAM MASSAGE PRACTICE

Lingam Massage is preceded with full body massage. Spread beautiful energy from breasts to the Lingam.

Do not touch the Lingam yet.

Verbally ask the receiver if you can touch the Lingam.

When you receive permission, place first the left palm then the right palm on the top. Next, bow with your forehead; with the third eye, touch the palm. Send beautiful energy from your root chakra through your spine, through the third eye, through the palms to the Lingam.

Then verbally, say,

Worshiping the Lingam prayer

Dear Lingam
What means Pilar Of Light.

The One who gives us life.

The One, who gives us so much pleasure!

We came here with intentions of healing and liberation from the conditioning of being under the pressure of being always in charge, and to be permanently erected.
From the conditioning to ejaculation.

Dear Lingam

We come here in our own names and the names of all the women now and before.

We ask for forgiveness for all those expectations, all pressure to perform, the force of always being in charge.

Dear Lingam.

We ask for forgiveness for all those bad names, all those bad connotations connected to Lingam and sexuality.

Dear Lingam.

We came here intending to heal our feminine and masculine energies within us, our relationship, and outside.

We may add something in our thoughts to the prayer, or we may add something verbally too.

Send beautiful energy through your third eye and palms.

Share your Love and gratitude to Lingam for trust and everything.

Sit up slowly.

After the prayer, generously spread the oil all over the pubic area, groins, testicles, trunk, and head.

This is the order in which you will massage the Lingam (not putting the oil). This order and grouping the strokes relating to the parts of the genitals will help you remember everything.

GROINS

After spreading the oil all over, you begin with massaging the groins. With the inside of your thumbs and pointing fingers of both hands, you massage the groins in a similar way you did during legs massage. This time you just go up-and-down, there and back instead of following the slide to the lateral part of the legs.

With your thumbs massage the groin area with a circular movement and hard pressure. You should feel the sitting bones.

Whenever something is too hard, the receiver would raise the palm to let you know.

You do it in one place, then move one centimeter up, and circulate there. You continue up till you reach the tendon, that feels like a bone. Then you start again from the bottom, and you repeat step by step.

Simultaneously with the thumbs, step by step, massage the groins, with your other eight fingers, as you would like to hook yourself at the pubic bone (venus heal - above the line, where the pubic hair starts to grow), and you massage that area.

PERINEUM

It is the area between the testicles and anus. Especially when the man has an erection, you can see that it is prolonging of the trunk.

The intention of stimulating the perineum at the beginning of Lingam massage it's exploring it and saying "hello." It makes more sense to do it as well, close to the point of no return when a man is on high ecstasy. Then the perineum is sensually activated, and experiencing orgasm of those areas could be the primary intention of Lingam massage. It would definitely attract him to Tantra and non-ejaculation mastery.

It is also an excellent way to move energy and ecstasy far away from the point of no return and direct it to the tantric, never-ending perineum orgasm.

All the above written about perineum also count to the "million-dollar point." It's located on the perineum as well - somewhere halfway between testicles and anus. When you press hard, you may drop into the hole between the bones. That's the million-dollar point.

It may give the man another never-ending, tantric orgasm other than the perineum one.

First, you explore the perineum with your three fingers with a circular movement. Then you may slide your pointing and middle fingers like V or a fork on two sides of the perineum. Up and down.

As always avoid the nail side; even if your nails are polished and cut very well.

After a while, you may do the same up and down strokes with the knuckles of the same fingers.

Find and explore million-dollar point.

It is a hole not in the flesh but between bones. You do not see it when you look at it. You have to press hard somewhere in the middle, halfway, between testicles and anus.

You press so hard that your finger would drop into this hole.

Then explore this hole. It should not be painful. When there are over exaggerating pains during the massage, it may indicate that some emotions are frozen there. They need healing and releasing, like during the Yoni massage.

However, this is not the intention of the first Lingam massage. It is valuable noticing and remembering it for the future but skipping it this time.

Press as hard and deep as possible. Explore the left and the right side. Up-and-down, circulate, change direction. Explore this area.

It is more worthy of massaging when the man is high on ecstasy. Then he may experience higher, never-ending, tantric orgasms.

Indirectly you may massage a man's G-spot. Of course, it may not have such healing effects as direct anal stimulation, but for many men, who are

not ready for it yet, this could be their only option.

SCROTUM

After saying hello to the perineum and million-dollar point, we will massage the scrotum. This bag is carrying the testicles. It's very elastic, and you massage it by stretching it in all possible directions and as much as possible.

It should not be painful to stretch it to its limits in all directions. You may tear it apart in various ways. At the same time, you may roll it between your fingers, squeeze or even pinch it. Usually, men like it very much.

It is also a great way of avoiding the pain in the testicles, especially when you regularly do it. (More about it in special video and text)

TESTICLES

First, you may move the testicles gently all around the scrotum. Avoid any squeezing. Even the slightest, dull pain and discomfort from massaging the balls could be the biggest passion killer of the massage. So man, whenever you feel too much

pain, do not hesitate to raise your palm to give the sign to “slow down with approaches; it goes too far.”

With one hand upside down grab the scrotum in the base, then you twist. With another hand, you grab and hold the twist while your upside down palm is changing the position to rotate again. Keep repeating till you squeeze the testicles to the maximum in the bag without causing pain. You hold the twist with the left hand; you scratch the testicles with your nails with the right hand.

This is the only moment when having nails may be handy during the whole massage.

The scratching feels very pleasurable.

TRUNK

We begin massaging the trunk by sliding our palms over the Lingam into the direction of the head, pressing him towards the belly, and stroking the abdomen as well.

Next, we do the clock. You start the same way as in the previous stroke. Imagine that Lingam is the hand of a clock, which is the body. Pressing and stroking towards the body (like in the last step) after every two strokes rotate Lingam to the next “hour.”

When around hours 5 and 7, there are no legs to press into, use one palm as a support, and with the other one, continue the strokes.

Next would be the windows wipers. Keep pressing the Lingam towards the body while you roll and slide the trunk left and right as it would be the window wiper.

This is another stroke, but very similar. You place your left hand above the Lingam on the belly facing the sky. You continue with the window wipers, this time pressing towards that palm.

Next there is Shiatsu. With your thumbs, pointing, and middle fingers circulate and press over the whole surface of the trunk. In each spot, stay for a while. In one moment, you may twist your palms' position to reach other points on the trunk.

Milking.

Pull the Lingam upward, sliding from the base to the top of the head or rather foreskin because you pull it as well.

Typical Strokes

Most popular while men are masturbating. Move up-and-down.

As during milking, you could see that it's OK to pull foreskin as much as you like upwards but please, never pull it too much down.

It's one of the worst passion killers for most men.

Corkscrew

Hold the trunk with two palms, which you twist in the opposite direction. While you do this, slowly slide direction upwards. When you free one palm, start again from the base of the trunk.

After a while, do a similar twist just with the ring from thumbs and the pointing fingers.

Fire Making.

Hold the trunk with two palms like you were praying. Then roll and twist the trunk as you would like to make a fire in the cave times.

NECK

With your left hand, hold the foreskin down. With a ring from the thumb and pointing fingers of your right palm twist left and right, massaging the neck.

With your thumb and pointing fingers, with small circles, massage the whole surface of the neck.

With your pointing finger, massage the frenulum - the place where the foreskin is attached. It corresponds to the heart chakra.

HEAD

With your thumbs and pointing fingers massage the head's whole surface with a circular movement. Avoid pressure on the urinary hole.

With the palm chakra - the center of your palm's inner side, squeeze with circular movements the head mainly from the belly side.

With a pointing finger, gently with circular movement, massage the urinary hole. Do not stick your finger in. This point corresponds to the crown chakra.

Simulating Yoni Strokes

Make sure there is enough oil. Those simulating Yoni strokes, you do directly on the head, so whenever your left palm is free, hold the foreskin down.

Tommy Delight

Imagine that you squeeze citrus fruit with your five fingers upside down by sliding them from the head up.

Simulating Yoni

This is the most simulating Yoni stroke during a whole Lingam massage. Imagine that your fist is a Yoni. You enter the head into the fist like you would be entering the Yoni - slide up-and-down to the top of the head in a way that would feel like intercourse.

Sandwich

Place palms with fingers along the trunk but in the opposite direction. When one palm goes to the head, the other goes to the base. As you see, the stroke is in the opposite direction as well.

Prayer

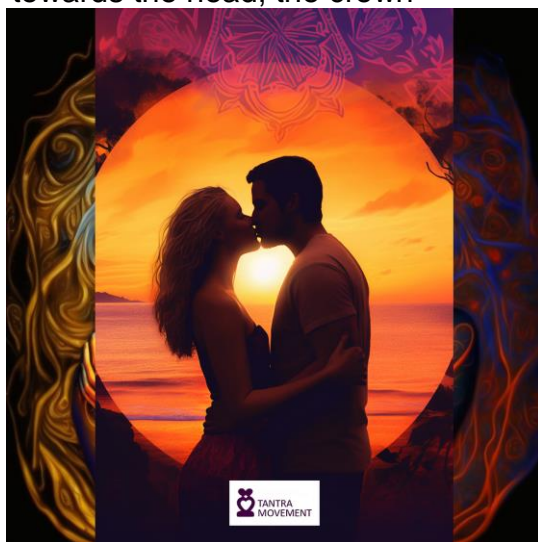
Put palms like you were praying, surrendering the Lingam from both sides. Let the head enter from the insides of the wrists and then slide Lingam towards the fingers. Continue like this up and down. Take care that the stroke is done directly on the head, so the foreskin is not moving up.

Next there are a few minutes free from instructions. Apply everything you know, and you just got to know. Play with it, experiment. Enjoy!

Thanking Lingam

Bow like in the opening prayer. Place your left palm first, then the right on the top. Bow your forehead to connect your third eye to the palms. This time send gratitude and do it shortly because you will still massage the head.

When you sit up back, energetically bring ecstasy towards the head, the crown



chakra.



CLOSURE

TESTIMONIES

Dear Michal, the knowledge you give is so precious. Your workshops changed my life and helped me to find...myself. You pointed me in the right direction, giving me enough clues to open my awareness to what was happening. I feel free now to explore myself and learn in my own way, my own truth. It was an amazing experience of healing my heart, my body and my soul. Thank you so much!

I am a 40 years old, Bulgarian woman, MD, currently a manager in a pharma company with 10 years' psycho-drama classes, also attended trainings in free breathing, EFT, shamanism and family constellations. Since the beginning of this year, I have attended two weekends of Tantra trainings organized by Michal. Michal is spontaneous, creative, inspiring and loving. He showed a few meditation techniques which were extremely useful and he gently challenged me to push my limits further and expand at all of these

trainings - this was effortlessly and fun as he was leading by an example all the time. He also showed Tantra massages from which I learned a lot about my body and sensations and it was like opening a gate to a completely new dimension of experience. Thanks to Michal my sexual experience is also set to a new level - a level of awareness and oneness and it is deeper than before. Michal is a gorgeous aware and forgiving, pure and loving soul inspired to share with others. He shared a lot of love with all attendees and has ignited sparkles of self-love and more love to others as well and awareness and compassion. I am so thankful for him!

Hi Michal,
Thanks for your great introduction to tantra. I really enjoyed it, and I've been doing my homework. I really liked your lesson. Your introduction was clear and well explained. Your teaching style is good, because you create a relaxed atmosphere, where asking questions is easy. I liked the fact that you took the time to explain everything until it was all clear to us. I really loved your workshop, that for sure. I would really like to continue. I liked the fact that you sent me an email that I could forward to my boyfriend. He is practicing also now. Greetings, Rik

Dear Michał,
I am still thinking a lot about the time and experiences on Rainbow and I would like to share a few things with you... On Rainbow I have received a lot of great keys! One of them was the Tantra-key. I think all keys together are responsible for a beautiful development of myself. Maybe the most amazing thing, that happened, is the new relationship with my body. It's really amazing how I can experience my body now... For example, my next bleeding after Rainbow has come without pain. For more than 10 years I had had always huge pain, but this time...nothing...it feels like so much tensions and pressures have left my body.... It's very true, what you are always saying about Tantra and liberation... I can feel, that I become more aware and sensitive with my body and I feel more liberated... Also, you have shown me exercises that I can practice when I feel down, exercises that reminds me how to get again into the mood of liberation... Thank you so much!
Love love love
Lena

I enjoyed several workshops with Michał in Amsterdam since 2013 till 2015 and what touched me the most was the openness of Michał always in connection with me (and the others) and low profile entry, by which I mean, for everybody

accessible all kinds of people showed up and where connected by the tantric field, which Michał set up mainly. Others where often also involved later to give a part of the workshop and even though they had sometimes (really) different energies than Michał, this did not matter so much, because the main energy field in which everybody could be him or herself was already created by Marek. These workshops where also a place in which I sometimes met people where i became friends with and personally I experienced in these workshops my own ego in different aspects, which blocked deeper connection with others. By these confrontations i became more aware off these ego games and managed and still manage to let go more off these silly mind games. I am 47 and male and Michał, his presence and workshops has helped me to realize more about myself and others I experience him as a playful, present and sensitive person.

I just did a 10 day 1th-Level Course with Michał and I'd really like to share my experience with that. Even so I was a bit scared at the beginning, I could relax pretty soon because of Michał's kind but also very clear and consequent way of teaching. I realised quickly that I don't had to experience anything that I don't fully want to experience. He repetitively made us aware that Yes means Yes, maybe means No and No means No. By creating such a save and sacred space, I

could really trust to expand my limits and allow healing in places within myself which had been abandoned for long time... I can recommend the 1th Level Workshops for everyone, who wants to come in deeper contact with themselves and their sexuality. (and btw. there was no sexual intercourse at that level ;))

Thanks for that Michal! Go on and spread this important movement!

Love, Georg Drachentoeter

Michal is my first tantra teacher. I was doing tantric dance and got interested in tantra. The first workshop I joined, was his tantra workshop. It was amazing. Then he liked me and offered me if I would like be an assistant. I accepted without hesitation. Then I assisted him in a lot of workshops. After some point, we were organizing tantra festivals together. After him, I still organize tantra festivals with other teachers. Michal has inspired me a lot in my life. He gave me very good opportunities and support for my growth.

...I really enjoyed your classes, it helped me a lot. For me tantra classes are a beautiful way to have trustful conversations...

Eva

Your tantra lessons were each one special, complete and heart-opening for me. I felt each time more loved after the session. More relaxed and more balanced. I saw a few resistances I have inside myself and was happy to work on it. I felt always safe and learned more about my affirmation. I'm grateful about your gift. Thank you!
Love Ika

Michal. I thank you for all the tantra workshops I experienced. Your teaching and how you held space really allowed me to surrender and trust in the sacred practice of tantra. It has awoken something very deep and healing within. I will always hold this time special as I journey more into tantra as I already feel from what I've learnt from you that I can release and heal blockages I have been carrying. Thank you for all you've done at Rainbow and your pure dedication to Tantra. It is very inspiring. I will be in touch and hope to see you in Liverpool one day to manifest this would be a wonderful gift to my home city tantra healing for my brothers and sisters.
Much Love Brother,
Your Sister Aria.

I want to share impression of the last day of workshop. I participated in various forms of spiritual activities in recent years. 10 days retreat of vipassana, yoga and meditation camps. All of them were wonderful, and helped me to grow. The meeting of this weekend it was different because of you. You brought your energy, your love, your light. Your consciousness and guided experience helped us raise our consciousness. And thank you sooo much for this. He created around a field of love and support, and I`m happy, what I did, and I`m still part of this wonderful field. This is the world we want to create, and we started to do it around us. So, I just thank you, Michal because you exist and manifest on earth. The world is much beautiful because your kiss. :)

Namaste !!

Daniela 4.06.2015

My first encounter with Tantra, through Michal Griks workshops, was an unexpected and deep experience. Working with my vital energy and also going beyond my beliefs and conditionings brought out emotions and blocked energies. Healing processes began that way. Another important breakthrough was to start to accept and love myself, physically and emotionally. I Greg discovered that this is a process and doesn't come overnight and I'm grateful that I had the opportunity to start this process. Tantra helped me to be aware how critically important is to be

energetically balanced, to have all chakras open and to constantly work with yourself. Also, I discovered how deep and powerful can be the connection between partners in conscious relationship. Tantric exercises and massage techniques made our intimacy deeper, more pleasurable and brought us even closer.

The atmosphere in Michal's workshops was very relaxed, pleasant and trustful. Therefore, people were able to open themselves, to work with themselves and also to support others.
Greg

Before coming to Michal workshops, I more knew and liked tantra as a spiritual teaching, for connecting with the world, and our dark and light sides in meditation. I was a bit against of west way, which just use tantra principles just for sexuality. At all, I was neglecting and feeling guilt about my sexuality. I had many sexual partnerships before, but it was not working, sex was boring, I am always afraid what will happen if my partner doesn't have an orgasm, I had orgasms rarely, that caused some frustration in partnerships, although I didn't need sex too much. And after tantra massages lessons I've found a new spiritual way of connecting with my partner. Truly liberating was an idea that orgasms are not necessary. Thank You!!!

Michal is very open and real, sincere with the students, full of love. The atmosphere in workshops was like in a family (Rainbow already is a family) and more, many times I felt the energy of us all is one. Although the environment in a tepee was not at all comfortable – cold early mornings, smoke of fire, sometimes rain outside and dirt inside, the surface to lie on was not flat, everything was just perfect. Workshops and massage lessons was continuing for few hours – it was possible to stay with teachers all day, with some breaks for eating. Also, teacher answered to all our questions sincere and informatively. Thank You for Your time and warmth!!

I love doing massages, so the tips for them are still in my head – it was really clear the way Michal was giving the instructions. Recently I've found a new partner, he has no experience with tantra, but is really into learning, and I did a full body massage for him, after one year break, and I still remembered how to do it. With him we already had intellectual, spiritual, emotional and physical connection developed, but tantra made all these paths between us much stronger. Thank You!

During workshops I learned more open, more tantric, more rainbow ways to communicate with all people – that tantric communication starts from looking to the eyes. I am truly thankful for Michal that he was teaching us for free in Rainbow gathering, because I really cannot afford any courses for now. I hope someday I will be able to continue the energy flow and teach people for free too. I would really love to come to more Michal workshops when the time comes.

Module one of course was about Tantric Massage. I participated with my boyfriend. This experience made us rediscover each other. I learned here massage in weaves, Tantra Kriya breathe, Shiva Shakti Dance. I met very nice people and I tried to integrate those learned in everyday life. I participated again this year in mountain landscape at the third tantric massage module. I managed to heal some emotions suppressed during the yoni massage. I was very sensitive Gods massage which is facial massage where you discover the other from the skin surface to the depth of the soul. Also Michal's lessons about the anatomy of women and men were very helpful. Thanks a lot!

We are very grateful for the opportunity to participate in almost 2 full courses of tantra leaded by Michal Kali Griks. Thanks to the first of them (in

Greece 2013) three years ago we met for the first time, and immediately began to be a couple.

Karin and John

Mihaela Romania: I am really grateful to Michal for all his time and energy spent with us in the workshops. At the beginning, I learned more about me and my lover, like what I like and what he likes more in the intimacy. This lessons help us to become more close and more aware about our relationship, and our beautiful sexuality. I also overcome some of my blockages, shames, like to stay naked in front of other people. So in one word WORTH TO GO WITH OPEN HEART! It is HEALING! Thanks a lot dear Michal!

Testimony from a couple:

...I also, want to thank you for your teachings, for being on our WAY. They've opened new gates, new paths, a totally new connection with my husband. Now we can see clearly that our path is the path of love in togetherness, where we can heal oneself and each other from the conditioning of the past. Now we can shining the light of LOVE. WE FEEL BLESSED and Loved and Amazing Beings! We also find these days in School of Tantra Movement deepen our knowledge. It was calling me for some time...but now it's happening:)). Thank you again for being in our WAY! Hugs and love and life to you! Our child

says.

Hello! My name is Juliet. I am 44 years old and a woman. I am a psychologist, a personal development trainer and advisor. I have also been practicing Shiatsu for several years. I have also participated to a tantric massage course within the group led by Michael. I have travelled for over 300km, from the North of the country to the Western part of Romania in order to participate to this course and for meeting Michael. I can declare that it was worth all the effort. Michael, the man touched my soul: a sincere, generous soul, free spirit and at the same time a powerful professional. The group I participated in was made up of about 14 people, man and women, all of them coming here with their own expectations, wills and interests. I for one came here with the purpose of learning from the secrets of the tantric touches. But the experience was more above my expectations. I participated to different workshops throughout the years, meetings, meditation camps, climbing mountains, groups of personal development etc. Each experience has, of course its unique character and its beauty and the experience next to Michael exceeded my expectations and proved to be like a precious per to me. We succeeded to create around Michael an area full of deep love and discovery, a field in which, during the 5 days, we all, men and women, succeeded to reach hidden sides of ourselves and to release some feelings

blocked there by other several lives maybe. We touched, we hugged, we smiled at each other, we danced, we cried, we sang together, we celebrated our existence on this earth and the most important, we were all ONE being! Each action, apparently common, was turned into something magical and sacred: the fact of eating together from the gifts of mother earth, the fact of breathing the same air together, of looking into each other's eyes, of dancing all together, of knowing, of recognizing each other. All these are thanks to Michael who is a wide field of conscience, a person full of love and a good professional. I've appreciated the fact that Michael can be gentle but firm, leading the experience towards what it had to become: a tantric interaction, not an exacerbation of sexuality. All of those who could not understand this fact and could not enter that magical tantric energy, were discouraged and redirected. We celebrated together love, life and we remembered about the joy of being together on this earth, this life. Our souls sustained us in this profound, healing experience of love and share. I am happy that I met Michael and even if my path did not open towards him anymore, maybe because of the big distance between our town, he will always be a man who profoundly touched my heart, from whom I learned about simplicity, joy and TO BE. Many hearts opened and agreed to be known around his heart, allowing the light enter therein and this represents a divine gift. Beyond techniques, exercises, games, beyond the

classical method of a teacher, the one who changed your experience into one of a heart, is Michael, his pure being, full of love.

I thank Michael that he is and he manifests so wonderfully in this world! I'm grateful that I met Michal and attended his courses. I learnt some new information but mainly I experienced a lot what I knew before just theoretically. I enjoy lessons and I feel better now. More thankful, more love inside, more joyful. In some way I see myself in Michal and it inspires and encourages me to spread love I have all around me. I was a sleeping love activist but now I want to act more. I want more consciously to bring the power of love to everything I do.

Thanks a lot.

Jakub (Prague, CR)

I have been working with Michal for one year and a half, and he has also massaged me several times. I really like the way he approaches any massage, with a lot of respect, care and love. He really treats any woman / man he works with as a goddess / god, with all awareness. His touch is usually gentle and soft, but he really knows how to use the polarities when needed. He also uses breath, movement and sound in a wonderful way, which makes the massage more powerful. He is present in the massage 100%, and he really feels

the person he massages. He feels the sexual energy and knows how to work with it. He did the energetic massage on me several times, and it was the most powerful I ever got. He has helped me feel my intimate parts (which were pretty numb) and helped a lot in releasing the traumas that were stored in the area. Under his guidance, I went from screaming and crying when the inner Yoni was touched into pleasure. He helped me realize that I was the one blocking the pleasure, because of the conditionings that I had, and helped me to get read of them. Now, thanks to him, I'm on the path to ecstasy. He is skilful and knows a lot of techniques, and he really feels the person and knows what to use, according to the context. He manages to create a wonderful connection with the one he massages and the results are really astonishing. I am definitely recommending him to anyone who would like to receive a proper Tantric massage.

Ada Anastasiu, Romania.

I feel a great desire and need to improve my sexuality, relationships and life in general toward a more balanced and conscious path. In this quest, I have been interested in tantra and other disciplines related to sexuality and communication for some time. I consider myself a liberated and open woman, yet I believe I still carry some trauma of past aggressions by men as well as more subtle blockages passed along through

generations of women. The opportunity to receive a healing Tantric massage has been overwhelming. Michal inquired about my relation to sexuality and explained me the general structure of the message he would follow and insisted on giving him feedback. During the massage, I really felt safe and in control as he often asked how I was feeling and if he may go further, which allowed me to surrender and really let go. I didn't feel any pain or particularly strong emotions arising. I was thought extremely surprised to discover some unknown spots that could bring arousal and new ways to touch and be touched. In the end, I felt really happy, more open and empowered to reach pleasure. I will definitely work on the mapping on my erogenous zone and continue the healing process with my next partner. I attended Tantra Massage workshop in Slovenia. We were in group more than 20 people and there were more men than a woman, so I had massage with Michal. First, I thought if to try to have experience of tantra massage with a man but I felt that I want to learn something new and it was a challenge. To be in Shiva Shakti position with Michal was comfortable and knew what he is doing. It was nice experience and I get even exited, what I didn't though I can experience with a man. I'm glad for this experience but I also know now that this was probably my last man-man experience. It would be much more beneficial with woman. Thanks Michal I know what to do.

Zdenek from Slovakia August 2016

RECOMMENDATIONS AND CONTACT

Recommended books

The Art of Sexual Ecstasy by Margo Anand

Divine Sexuality: The Joy of Tantra by
Mahasatvaa Ma Ananda Sarita PhD

*Sexual Secrets for Men; what every woman will
want her man to know* by Kerry & Diane Riley

Tantra Spirituality & Sex by Bhagwan Shree
Rajneesh (Osho)

*The Multi-Orgasmic Couple: Sexual Secrets Every
Couple Should Know* by Mantak Chia, Douglas
Abrams, Rachel Carlton Abrams

*Tantric Sex for Women: A Guide for Lesbian, Bi,
Hetero, and Solo Lovers* by Christa Schulte

101 Nights of Tantric Sex by Cassandra Lorus

*Sexual Reflexology Activating the Taoist Points of
Love* by Mantak Chia, William U. Wei

Erotic Massage by Kenneth Ray Stubbs

Andrew Barnes Relationship Tantra

*The 5 Love Languages. The Secret to Love that
Lasts* by Gary Chapman

Blue Truth: A Spiritual Guide to Life & Death and Love & Sex by David Deida

The Path To Love; Spiritual lessons for creating the love you need by Deepak Chopra

The Complete Idiot's Guide to Tantric Sex by Dr. Judy Kuriansky

New Tantra. Simple and Sexy by Bakos Susan

Tantra: The Art of Conscious Loving by Charles & Caroline Muir

We also recommend more works of Michal Kali Griks that can be found on:

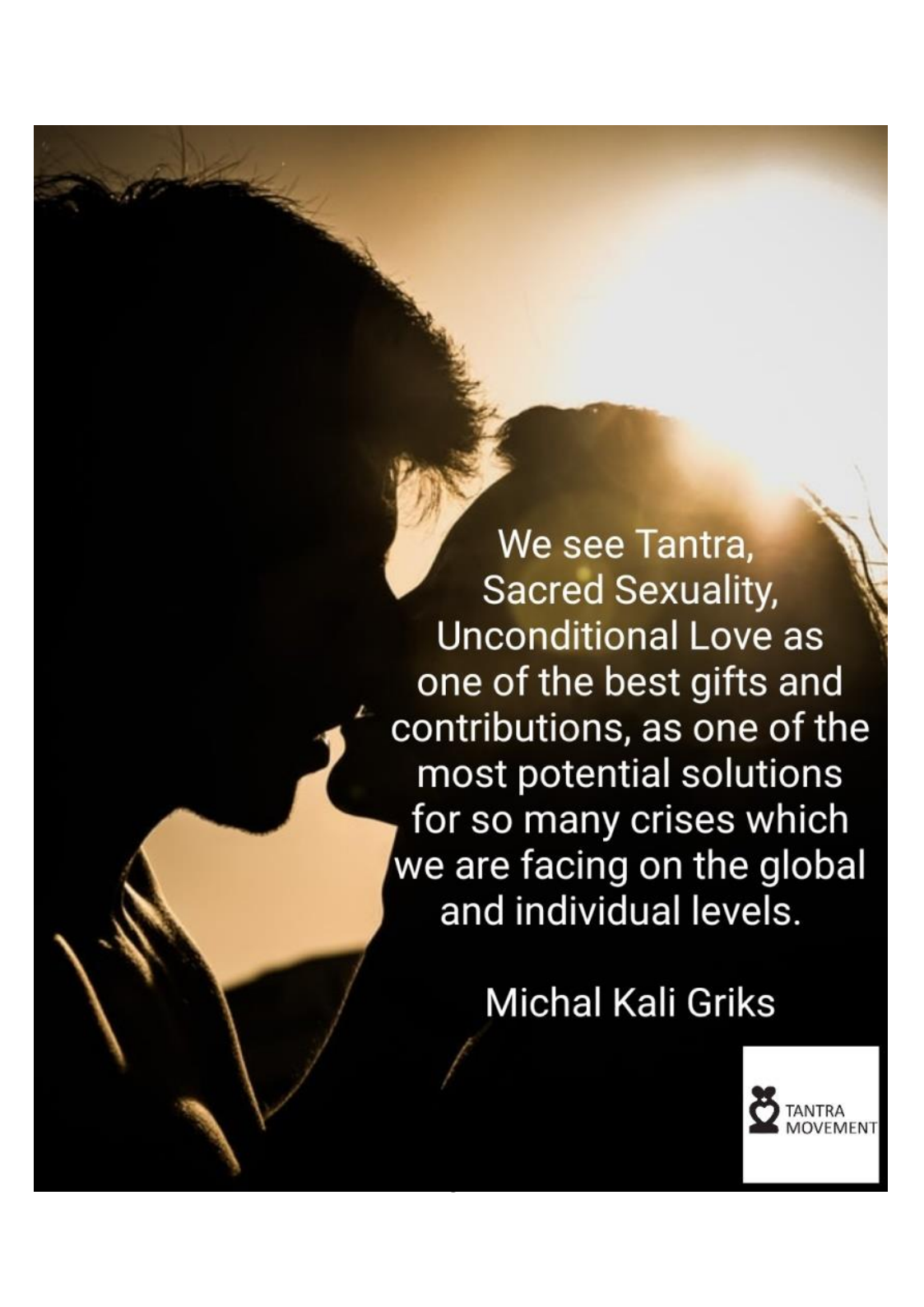
<https://youtube.com/@TantraMovement?si=m6CmNfTHmkuR5uyj>

Contact

We'd love to see you in one of our life-changing retreats. If you have any questions contact us:

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www.tantramovement.com

A romantic silhouette of a man and a woman in profile, facing each other and kissing. The background is a bright, hazy sky with the sun low on the horizon, creating a warm, golden glow and lens flare effects. The couple's features are dark against the light background.

We see Tantra,
Sacred Sexuality,
Unconditional Love as
one of the best gifts and
contributions, as one of the
most potential solutions
for so many crises which
we are facing on the global
and individual levels.

Michal Kali Griks

