



INTRODUCTION TO TANTRIC AND YONI MASSAGE



THE VOID NEEDS NO RELIANCE,
MAHAMUDRA RESTS ON
NOUGHT. WITHOUT MAKING AN
EFFORT, BUT REMAINING LOOSE
AND NATURAL, ONE CAN BREAK
THE YOKE – THUS GAINING
LIBERATION.

What is tantra?

The experience of the ultimate is not an experience at all – because the experiencer is lost. And when there is no experiencer, what can be said about it? Who will say it? Who will relate the experience? When there is no subject, the object also disappears – the banks disappear, only the river of experience remains. Knowledge is there, but the knower is not.

...

But words won't do, symbols won't help; theories and doctrines are of no use at all. The experience is such that it is more like an experiencing than like an experience. It is a process – and it begins, but it never ends. You enter into it, but you never possess it. It is like a drop dropping in the ocean, or, the ocean itself dropping into the drop.

Source: "Tantra: the Supreme Understanding"





It is all about energy flow

The goal is allow your energy to flow freely throughout the body.

Chakra points in an upward way

or

Genital / Heart / Intellect area in an upward way



The meaning of Yoni

Yoni is a Sanskrit word — Sanskrit is the ancient Indian language.

The Yoni is usually represented symbolically in the form of a horizontally positioned square, ellipse or round base with an edge and an opening in the center.

The idea, scope and meaning of the word Yoni and what it stands for is extensive. It's used in many ways, such as source, origin, nest, place of birth, the womb, beginnings, abode, incubator, creator, fertility, family, race, caste, grain, seed, among other synonyms.

It's believed that Shakti energy is an underlying force responsible for creation and change. It's here where the notion of the Goddess arises.



Understanding Yoni Massage

- An ancient practice with roots in Tantric traditions, focusing on female holistic health and spiritual connection.
- A yoni massage can take 2 to 6 hours

Benefits of yoni massage

- Enhances emotional well-being
- Supports physical health
- Fosters spiritual connection and awareness



The goal of yonimassage

- The final goal of a Tantric Yoni Massage is to help women to achieve higher states of consciousness by transforming blocked energy into healthy flowing sexual energy and even creative spiritual energy.
- It is never the goal to enter the yoni or give an orgasm. Entering the yoni may be possible or may not be possible.
- Entering the yoni without full consent is worldwide the biggest source of trauma!

Approach

- Approach with mindfulness and respect
- Importance of setting a calm, safe environment
- Emphasis on non-invasive methods



Tantric yoni massage overview

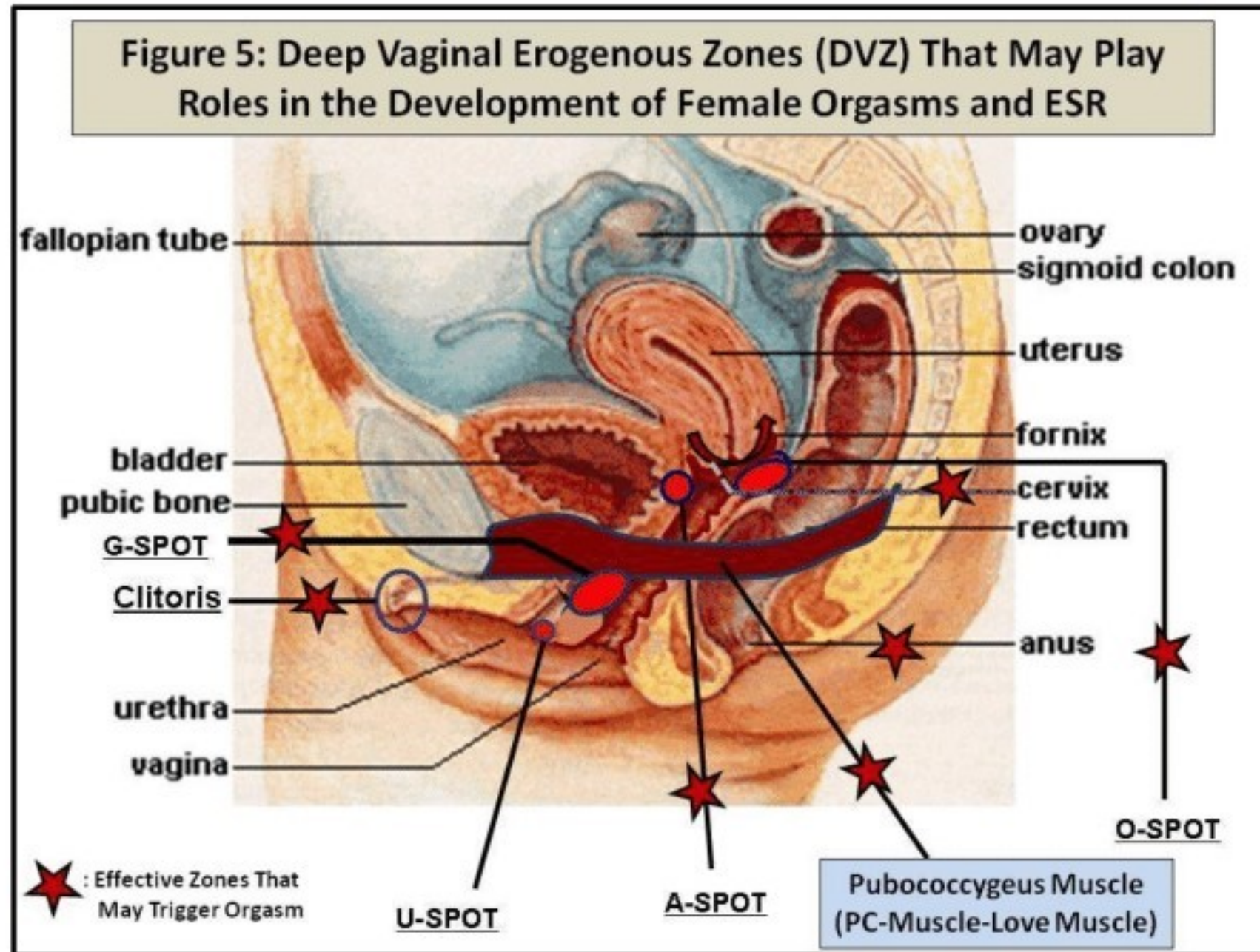
- Full body massage with woman on her belly - 40 minutes
- Full body massage with woman on her back - 40 minutes
- Breast massage - 10 minutes
- Yoni massage - 40 minutes

You can switch back and forth

Do not start with the yoni!

Massage is never defined in a procedure, follow your feelings and listen/feel the woman receiving the massage

Yoni massage overview



- Principles: outside to inside and upwards
- Outer lips:
 - Lips together
 - Lip by lip
- Between inner and outer lip
- Inner lips
 - Lips together
 - Lip by lip
- C spot or clitoris: use it but don't lose it!
- Entering the yoni
 - Ask explicitly for consent!
 - Circle the entrance : follow the clock
 - Inner circle one/two/three
 - C spot
 - G spot
 - A spot / M spot / ...



G spot massage

Following Tantric ideas, it's thought that the G-Spot or Sacred Spot is a gateway to the second Chakra, known as the Sacral Chakra or Svadhisthana.

Supposedly, by stimulating the area, a certain liquid called Amrita is released (female ejaculation).

This Amrita is said to be the Nectar of Life releasing women of negative energies and of blockages in the flow of Prana (Vital Life Energy).



Final points

Give attention, love and care in every movement you do

Massage is all about feeling on side of giver and receiver

Breathing is also important on both sides

You cannot learn tantric or yonimassage in a couple of days

Learn by doing. Experience takes time.

Enjoy everything you do



Disclaimer

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Not a course book.

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