



Lingam Massage

Awakening Male
Sexual Energy

Michaela Riedl and Jürgen Becker

Lingam Massage Awakening Male Sexual Energy

J.F.Smith J.F.Smith



Lingam Massage Awakening Male Sexual Energy:

Lingam Massage Michaela Riedl, Jürgen Becker, 2010-03-09 A tantric massage practice for awakening and honoring male creative energy and allowing a man conscious loving contact with his own masculinity Empowers men to expand and deepen their experience of arousal and sensuality Demonstrates how deep relaxation is important to a strong and lasting erection Shows how the lingam connects a man to his dynamic strength while the prostate is linked to his more receptive side Lingam is the Sanskrit word for the male generative organ the penis In India the lingam is revered as an expression of Shiva's clarity symbolizing the fine sword that differentiates between truth and falsehood The goal of a lingam massage is to provide a man conscious loving contact with his own masculinity Western cultural expectations around sexual performance have created sexual difficulties for many men including erectile dysfunction and premature ejaculation Through loving touch lingam massage provides the deep relaxation that supports sustained erection putting a man in touch with less familiar aspects of his sexuality including the energetic responses of his perineum prostate gland and anus Lingam massage is not simply a hands on technique but involves the conscious direction of energy throughout the body It allows men to savor longer deeper orgasms and teaches taoist and tantric practices for conserving sexual energy Over time as his consciousness deepens these practices give a man complete control over his ejaculation *Taoist Foreplay* Mantak Chia, Kris Deva North, 2010-07-13 Sexual techniques and traditional Chinese medicine for increased pleasure Reveals how to enhance relationships by harmonizing male and female energies Includes easy to follow illustrated acupressure massage routines Shows how to maintain sexual health with prostate massage and jade egg exercises Taught to Chinese emperors their wives and their concubines for thousands of years Taoist sexual techniques help lovers harmonize their cycles of pleasure and utilize the abundance of reproductive power that is otherwise wasted in non procreative sex Combining the study of sex with traditional Chinese medicine these practices stimulate and sustain sexual desire through the meridians and pressure points and enhance relationships by harmonizing male yang and female yin energies Using easy to follow illustrations Taoist Foreplay guides lovers through simple acupressure massage routines connecting all the points and channels that increase pleasure and spark arousal It shows how to prolong peak moments maintain sexual health through prostate massage and jade egg exercises and sustain the intensity of first love through all the seasons of a maturing relationship It also explains how to reveal and overcome incompatibility with the Taoist Zodiac From foreplay to climax these practices offer a way to keep the flame of sexual energy alive **Desire** Daniel Odier, 2001-04-01 Explains how the primal energy generated by physical desire can be used to achieve enlightenment Reveals the techniques used by Tantric adepts to attain mastery over breath thought and all physical processes Nothing can match the explosive energy created in the body by pure desire For millennia Tantric adepts have harnessed this force as a means of attaining the summits of the mystical life The energies fueled by passion are used to nourish the inner flame that burns away the egotistical perception of the mind Desire explores

the subtle techniques of Tantra that enable the seeker to attain the triple mastery of the breath thought and the natural processes of the body Tantrics believe that the body is the temple and divinity lies at its heart In order to arrive at profound awareness the body needs to be perfectly tuned and working toward a state of perfect fluidity Desire reveals many of the secret practices intended for this purpose that have been passed down in the major Tantric treatises such as the Vijnanabhariva Tantra and Ch an master Chinul s treatise on the Secrets of Cultivating the Mind including the important techniques of the ritual sexual observances known as Maithuna

Distortion Sierra Ernesto Xavier,2023-10-26 Sensually charged and ambiguously romantic this novel examines how a courageous relationship can be formed and fought for by two unnamed characters She has scoliosis He has facial disfigurement Both have experienced cruelty and rejection as they move through the world They wrestle for a private shared space away from a world that has condemned them for being in their bodies to try and forge a relationship almost losing themselves when they confront their personal demons and challenge the distorted perception thrust upon them From the physical landscape of their bodies to the visceral unravelling marred by fear they dig deep to comprehend the obstacles in their way discovering a new set of truths which emerge from their bodies as they move closer together

The Awakening of Aphrodite Isabella King,2025-03-15 The Awakening of Aphrodite Healing Through Love and Pleasure There is a dormant force within you ancient primal and luminous that pulses beneath layers of guilt silence and inherited shame It is the sacred sensuality of your body the ancestral memory of desire untainted by fear and the creative power that transforms pleasure into healing Each page you turn is not merely knowledge but a key a golden invitation to reclaim your body as a temple your pleasure as medicine and your self love as an act of defiance in a world that taught you to hide This is not a book for the faint hearted It dismantles the illusions that disconnect you from your own skin your breath your longing to be seen and touched without apology Myths rituals conscious touch and ancient breathing practices awaken the voice of Aphrodite within you the voice that whispers you are worthy beautiful and sovereign in your own pleasure The journey back to yourself begins with each gentle caress each breath drawn without shame each gaze into the mirror unfiltered by judgment The goddess has always been there waiting What will you do with this awakening Step beyond fear Reclaim the ecstasy of being fully alive

Instant Male Bliss: The Transformative Lingam Massage J.F.Smith J.F.Smith,2025-05-08 Instant Male Bliss The Transformative Lingam Massage Unlock the secrets of deep relaxation heightened pleasure and full body wellness through the ancient art of Lingam Massage Instant Male Bliss is your ultimate guide to mastering this sacred practice enhancing intimacy and experiencing profound pleasure whether solo or with a partner Inside you ll discover The history and healing power of Lingam Massage Step by step techniques for relaxation energy flow and pleasure expansion How to release tension improve circulation and boost vitality Mindful touch and breathing exercises for deeper connection How to integrate this practice into a fulfilling passionate love life More than just pleasure this is a path to self discovery healing and ultimate male well being Get your copy now and experience the power of

transformative touch The best books should be affordable so we've set this super price just for you *The Lingam Massage* Connor Gill, 2022-09-22 CHAPTER ONE INTRODUCTION If you are accustomed to tantric sex you could likewise be accustomed to the principle of tantric massage therapy treatment Lingam massage therapy is a kind of tantric massage therapy treatment that includes rubbing the penis The objective of lingam massage therapy isn't really to merely have an orgasm Instead it is to produce a meditative sex related and also spiritual experience In this write up we will direct you via what lingam massage therapy is ways to do a lingam massage therapy on on your own or your companion and also a few of the advantages of this tantric massage therapy treatment Yoni , Lingam & Nuru and Thao massage as well as Tantra massage Valentin Ducane, 2025-04-11 Yoni Lingam Nuru Exploring Tao Tantra Sensual Body Massage A sensual practical guide to conscious touch erotic awareness By Valentin Ducane Touch is a language that speaks deeper than words In this holistic guide Valentin Ducane gently and clearly introduces the rich world of Tantra Yoni Lingam Nuru and Tao massage opening the door to more intimacy trust presence and sensual connection Perfect for beginners and the curious alike this book offers hands on knowledge clear explanations mindful rituals and inspiring techniques for body mind and soul Inside this book you will discover The foundations of Yoni Lingam massage respectful sacred and loving Nuru massage intimacy through full body connection and surrender Taoist massage principles and energy work in practice Mindfulness presence and conscious eroticism in touch Rituals for couples solo practice or deepening your sensual life Yoni Lingam Nuru and Tao Massage as well as Tantra Massage is more than a massage book it's an invitation to rediscover touch embody presence and embrace sensuality as a path to healing TANTRA MASSAGE -Small bag guide for lovely women Valentin Ducane, 2025-04-11 TANTRA MASSAGE A Little Pocket Guide for Loving Women Rediscover mindfulness touch feminine energy Touch is more than physical contact it's communication trust and a gateway to emotional and sensual depth Tantra massage combines sensuality with mindfulness and invites women to reconnect with themselves and their bodies in a gentle loving way This compact pocket guide is designed for women who wish to gently explore the world of tantra Whether alone or with a partner the rituals techniques and inspirations in this book create space for connection healing and relaxation Inside this book you'll find An introduction to the philosophy of tantra massage Exploring femininity energy centers mindful self touch Rituals and exercises to deepen body awareness Inspiration for solo practice or shared experiences Clear warm hearted guidance perfect to take with you TANTRA MASSAGE A Little Pocket Guide for Loving Women is your personal companion for more presence pleasure and feminine empowerment gentle inspiring and practical Yoga Journal , 2000-01 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty **Yoni Massage** Michaela Riedl, 2009-03-02 A tantric massage practice for

awakening and enhancing women's innate sensual, emotional, and spiritual energies. Provides emotional healing by releasing traumatic memories stored in the yoni. Includes exercises that use sexual energy to cleanse and stimulate the chakras. Empowers women to draw strength and radiant vitality from the restored connection to their innermost core. Yoni is the Sanskrit word for the female genitalia, describing not only the anatomy but also encompassing the energetic and spiritual dimensions. While a yoni massage offers women the opportunity to enhance their sexuality, Michaela Riedl shows that the effects of this practice are much more profound and have ramifications affecting every area of life. Long-held inhibitions in the West about sexuality and the shame and guilt associated with the sexual zones of the body have created deep-seated barriers that prevent individuals from fully expressing themselves. The practices provided in Yoni Massage are designed to allow women to overcome these barriers and reconnect to their innermost core and deepest feminine nature. Yoni massage is not simply a hands-on technique but involves the conscious direction of energy throughout the body through deep breathing and visualization. It provides women the ability to cleanse and energetically stimulate the chakras as well as achieve emotional healing by releasing the traumatic pain that often becomes seated in the yoni. The author explains that the relegation of this important spiritual and energetic center to a private part hinders the process of enlightenment. Once women are able to be in touch with their yoni energy, their connection to the entire web of life is restored to its rightful place.

Yoni and Lingam Massage Jesús Cediell, 2023-03-07 Yoni and Lingam Massage is designed to help you get into the art of conscious sex, giving you practical tools to apply to your private life as well as professionally. Tantric massage conveys concepts of harmony and total joy by working all parts of the body and facilitating the flow of energy. It begins with breathing exercises and exercises to connect the masseur and the patient. Objectives: To learn the main working tools used in Tantric Massage so that you can use them both personally and professionally. To experience a transformative experience of joy and inner growth that allows you to integrate the theoretical and practical knowledge learned. In this book, you will learn the fundamentals of tantric massage from scratch. We will learn the basic theory and some simple but profound massage techniques. No previous knowledge is necessary. Conscious massage is a universal technique that will help us improve and give quality to our relationship as a couple or to learn the principles on which being a good massage professional is based. What will you learn with this book? What is tantra? History of tantra. The relationship between consciousness and energy. The technique of conscious breathing or yogic. How the mind works. What is tantric connection? What is sexfulness? How to condition a room for massage. Massage techniques. The complete body massage sequence. How to give a Lingam massage. How to give a Yoni massage. This book complements the CONSCIOUS MASSAGE TRAINING course that the author usually teaches.

Culture & Sexuality Lois McDermott, 1996 Lingam Massage Eliza Schuiling, 2022-09-23 A lingam massage is a tantric sex practice zeroed in on rubbing the penis. Dissimilar to your typical hand work, the lingam rub includes massaging and stroking the penis as well as integrating further developed methods including the balls, perineum, and the prostate also.

known as the Consecrated Spot too The lingam rub isn't tied in with having one climax and being finished All things considered it's tied in with attempting to feel increasingly more delight that will become floods of numerous climaxes all through the back rub Indeed different climaxes aren't only for individuals with clitorises Lingam is the Sanskrit word for penis and freely means wand of light In tantra reasoning we approach the lingam from a position the very pinnacle of adoration and regard the same way we approach the yoni or vagina The yoni back rub may be viewed as what might be compared to the lingam massage just performed on individuals with vaginas While you give your accomplice joy through their wand of light you are loaded up with that equivalent energy or light in a cognizant trade of energy in giving and getting joy A major piece of hallowed sexuality is figuring out how to cherish the penis and not fear it Numerous ladies I work with are as yet not absolutely OK with taking care of a man's penis Assuming that is an ideal case for you carve out opportunity to consider any bad introductions you might have acquired from your folks or your way of life Lingam rub is a training that really respects the penis and the individuals who have them We do it to give them joy There is likewise an enormous measure of sexual energy or chi in an individual's penis and figuring out how to animate and circle it is extremely strong At the point when I went to India to concentrate on tantra and yoga I was stunned at first to see sculptures of the Shiva lingam that addressed the God Shiva For a great many people it addresses a condition of reflection In any case for old tantric professionals this held a mystery meaning that this strong God energy was in the penis which was remembered to contain the most manly pith packed in one spot

Yoni and Lingam Massage 2 Jesús Cediél, 2023-05-26

Taoist Secrets of Love Mantak Chia, 1984

Spiritual Sex - Energy Pathways To Absolute Bliss And Ecstasy Francisco Bujan, 2012-03-15 This book covers dozens of key techniques to practice sacred sex in your life Sacred sex is a powerful way to use your sexual energy and connect with your lover We live in a world in which sex is often so taboo that the fears, guilts and anxieties related with the sexual act totally overshadow what sex can actually be I spent a good 25 years of my life exploring this mystery and discovering wonders in my own body I sometimes spent months in intense sacred sexual practices with or without a partner and what I unveiled blew me away I experienced freeing energy explosions in my heart chakra powerful energies in my third eye and crown area In fact I often entered bliss states that lasted for hours or even days I am a pro life coach with 10 years of solid experience transmitting these techniques to couples and individuals within the safety of coaching sessions I know now that sacred sex can be your path to incredible expansions of consciousness and unlimited bliss You can trigger powerful states of emotional freedom and connect with your lover in ways you could not have dreamt off The thing to understand is that these are not just some vague ideas They are a solid path of energy that can sponsor and guide you to sexual bliss In this material I give you techniques, core values and approaches to make this an unforgettable experience I know that armed with the right tools this inner awakening is within anyone's range The absolute delight, degrees of pleasure and orgasmic waves that you will wake up in your body and mind will shift, change your life forever

Tantric Secrets for Men Kerry

Riley,2002-10-01 Contains everything a man needs to know in order to be a good lover based on esoteric traditions of sexual ecstasy Includes practical and easy to follow Tantric rituals and sacred sexuality exercises for a modern lifestyle Uses real life stories of couples to show the benefits achieved with the practices Offers an approach to lovemaking that encompasses all dimensions physical emotional and spiritual Written by the co creators of The Secrets of Sacred Sex video Being a good lover isn t easy With more freedom knowledge and body awareness today s woman knows better than to settle for predictable performance based sex Tantric Secrets for Men offers everything a man needs to know in order to satisfy a woman s physical emotional and spiritual yearnings Employing the ancient secrets of physical ecstasy men learn to transform rote sex into passionate lovemaking pleasure into ecstasy and partnership into union From the expert teachings of a committed couple practicing and teaching ecstatic sexuality in a modern day context men will learn how to satisfy a woman on the levels of body heart and soul and how to bring themselves to new heights of ecstasy in the process The authors draw upon time honored tantric and Taoist practices and modern sexology that will enable couples to make love more frequently achieve higher and prolonged states of orgasmic intensity experience lovemaking as a sacred endeavor and deepen loving relationships

The Tao of Sexual Massage Stephen Russell,Jurgen Kolb,2003 With all new color line drawings a new cover and fresh four color photos this elegant guide explains how to combine the erotic ancient Oriental art of lovemaking with modern massage techniques to enhance sexual experiences Full color [Sacred Sex - Energy Pathways To Absolute Bliss And Ecstasy](#) Francisco Bujan,2012-03-15 This book covers dozens of key techniques to practice sacred sex in your life Sacred sex is a powerful way to use your sexual energy and connect with your lover We live in a world in which sex is often so taboo that the fears guilts and anxieties related with the sexual act totally overshadow what sex can actually be I spent a good 25 years of my life exploring this mystery and discovering wonders in my own body I sometimes spent months in intense sacred sexual practices with or without a partner and what I unveiled blew me away I experienced freeing energy explosions in my heart chakra powerful energies in my third eye and crown area In fact I often entered bliss states that lasted for hours or even days I am a pro life coach with 10 years of solid experience transmitting these techniques to couples and individuals within the safety of coaching sessions I know now that sacred sex can be your path to incredible expansions of consciousness and unlimited bliss You can trigger powerful states of emotional freedom and connect with your lover in ways you could not have dreamt off The thing to understand is that these are not just some vague ideas They are a solid path of energy that can sponsor and guide you to sexual bliss In this material I give you techniques core values and approaches to make this an unforgettable experience I know that armed with the right tools this inner awakeneing is within anyone s range The absolute delight degrees of pleasure and orgasmic waves that you will wake up in your body and mind will shift change your life forever

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