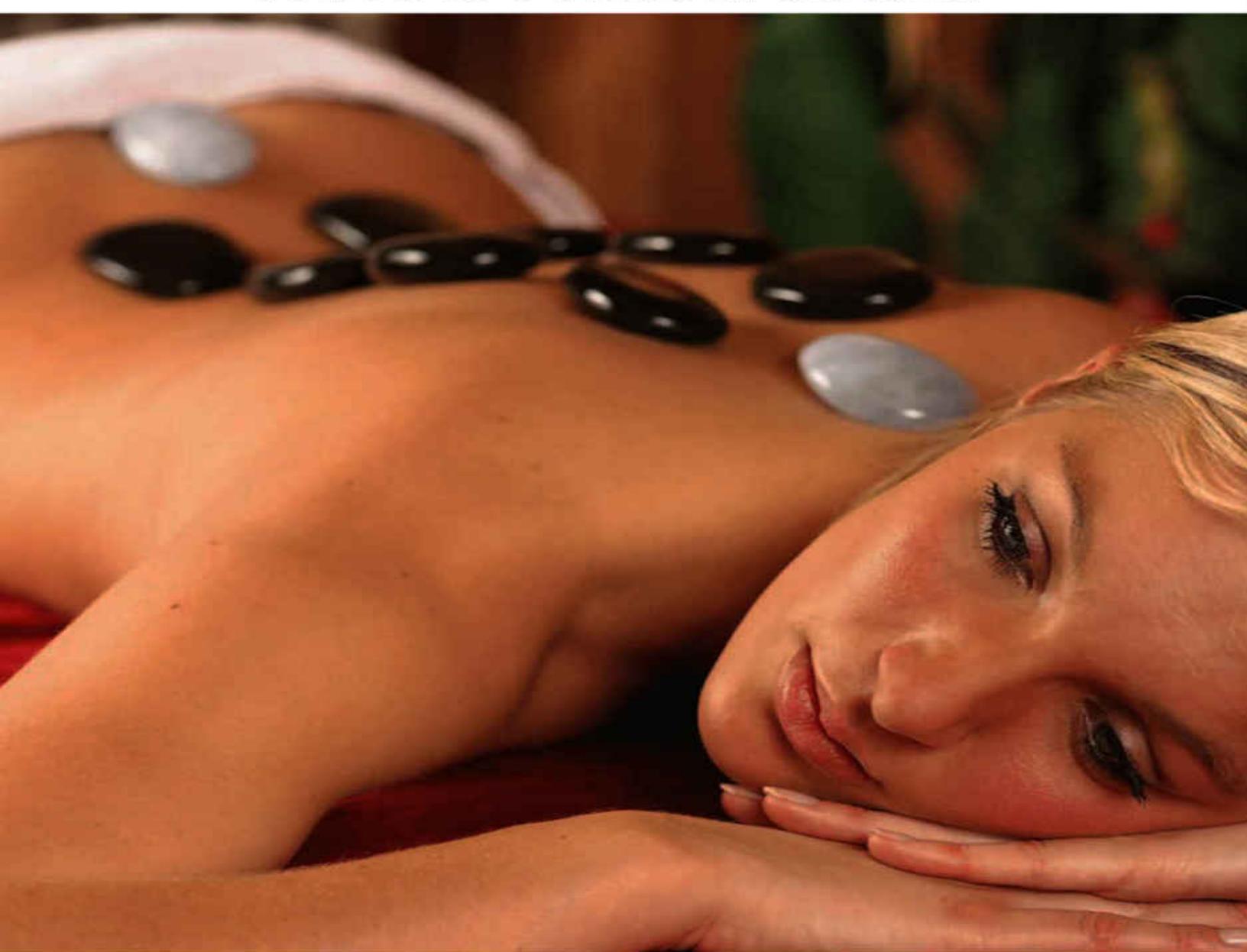


TANTRIC MASSAGE

TANTRIC MASSAGE FOR BEGINNERS – HOW TO
IMPROVE AND SPICE UP YOUR SEX LIFE WITH
AMAZING TANTRIC MASSAGES!



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Tantric Massage:

Tantric Massage For Beginners –

How To Improve And Spice Up

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Introduction

A love massage? Sounds kind of cheesy doesn't it? Tantric massage is more than just that cheesy image of a couple rubbing oil all over each other.

Tantric massage techniques help to make your connection with your spouse stronger, healthier, and more intimate. In these chapters you will find tips on how to open up your mind, body, and get your blood pumping.

While you can use these techniques toward a night filled with passion, you should also consider using tantric massage as a regular way to connect with your significant other.

Chapter 1 – What is Tantric Massage?

When you hear the phrase “tantric massage”, what do you picture? A massage with a “happy ending”, right? It’s what most people picture but it’s not quite right.

Tantric massages have to do with sensuality, yes – but not necessarily sex. It combines traditional massage practices with sexual energy. The point of a tantric massage is to awaken all of your seven chakras.

Performing Tantric Massages

Performing tantric massages are a little different than regular massages in the intricacies of the techniques. Let's talk about the different steps that need to take place in order to have a comfortable and successful tantric massage.

Make sure to create a comfortable environment and atmosphere for your massage.

The first step to a tantric massage is to make sure that the environment is a comfortable, inviting, and intimate place. Instead of bright lights and strong smells, try gentle lighting (perhaps strictly candlelight) and subtle smells like sandalwood or vanilla. Play some soft music to help create that relaxed atmosphere.

Have your partner lay on his or her stomach.

Invite you partner in and have him or her lie face down on a comfortable surface like your bed. Place some pillows at strategic places so that they are the most comfortable on their stomachs.

Try having them lie in a way which their arms create a V- shape that is facing up, with their arms and legs spread out. This will allow you the most access to their different appendages.

You may even want to gently place his or her arms and legs in this position to help build that connection with each other. Focus on your breathing as well as having your partner focus on his or her breathing as well. Try to breath in synch in order to connect on that level as well.

Make sure that the massage is personalized to your partner's needs.

Based on how well you know your partner, the rest of the massage should be personalized. Move your hands all over their body in the way that best stimulates their mind, body, and soul.

Start with your fingertips and make slight strokes all over his or her body. As the massage goes on, move to using your whole hand and making soft and/or stronger caresses all over their body.

In addition, your massage should go all over his or her body (front, back, and sides).

Pay attention to any changes in his or her body including his or her breathing. Adjust your massage accordingly depending on what you both desire out of the experience.

Focus on connecting with your partner during this whole experience.

Connection is the key to this whole experience and to any of the techniques given to you in this book. The point of tantric massage is to make sure that the connection between you and your partner promotes healthy relaxation and intimacy.

If you find that massaging a certain spot on his or her body makes you most connected, then focus on that spot for a bit longer. This is also a great exercise in communication.

You should be able to communicate to one another without talking. By paying attention to non-verbal communication and the sound of each other breathing, you should be able to tell how he or she is feeling and what he or she needs during the massage: softer strokes, different placement on his or her body, etc.

Remember that while this create sexual stimulation, it is not intended as a sexual practice.

The intention of tantric massage is connection, not necessarily a sexual practice. You should be able to create that sensual mood by aligning the different energies of your bodies and minds.

After a massage, your partner should feel relaxed and peaceful. Unless you are both comfortable with it at that moment, you shouldn't massage any of your sexual organs.

In fact, in the beginning, while you are performing this as an exercise in connection, you should be engaging in casual tantric massages. As you get closer and more intimate, then you can connect in a more sexual way while you are practicing these techniques.

Chapter 2 – How Tantric Lessons Can Improve Your Love Life

Tantric massages are great for helping to improve your breathing, relaxing your body, and creating sexual energy. Let's talk about each of these...

Improving Your Breathing

When you improve your breathing, you feel better in everyday situations and especially when you are in stressful situations. Usually when we are stressed, we hold our breath. It is an involuntary act.

Regular tantric massage can help you with breathing techniques. When you are breathing well, you are more alert and you can better exercise. It also helps with headaches and resiliency when it comes to diseases, sickness, and injuries.

Relaxing Yourself

Massages in general are really relaxing. We live such busy lives that we often forget how to relax. Relaxing is important for many reasons. When you regularly relax you:

1. Lower the risk of getting sick from diseases,
2. Lower your risk of having a stroke,
3. Boost your memory,
4. Keep away depression and anxiety,
5. Make better, safer, and smarter decisions,
6. Lose weight and make healthier decisions,
7. Improve your complexion,
8. Put yourself in a better mood,
9. Can slow the progress of breast cancer,
10. Feel better about yourself and your self-esteem rises because of it.

Some people even say that it helps them feel more energetic and alert when stressful situations come up. In addition to that, their sleeping patterns become less erratic and they find that they can sleep more soundly at night.

Creating Sexual Energy

Massages are sensual in nature. The vulnerability of being at someone else's hands. A soft touch. It can definitely be a way of creating sexual tension and arousal between a couple.

Because of this, sexual arousal can be achieved between a professional and a client. However, it is important to note that a masseuse who performs tantric massages isn't necessarily a consenting adult and it is unprofessional to suggest anything after the massage.

Also remember that if you are feeling these sensations and if it makes you feel uncomfortable, you should always stop and inform the masseuse what's going on.

Chapter 3 – Other Exercises to Help You & Your Partner with Mutual Relation

Mutual relationship between you and your partner means that you're working together for a better, more connected relationship.

Have a Daily Check In.

Checking in with each other is a great way to make sure that you're on the same page when it comes to being happy in your relationship.

Just like in an office where a manager has team meetings, you should have a team meeting with your significant other on a regular basis. Don't know how to get started? Try something like this:

- Start the check in by talking about something that you appreciate about your spouse. Perhaps he or she did something thoughtful that day. Maybe he or she was being extra helpful around the house. It can even be something that he or she does on a regular basis, which you find pleasant or endearing.
- Talk about something new that happened to you that day. It can be about work, home, your personal goals, or something that you ran across which you think your spouse would find interesting.
- Bring up a question or something that you are having trouble wrapping your head around. It could be something about yourself, about your partner, maybe something about your relationship, or even just a current event if none of the other things are applicable.
- Ask for a small request without judgements or complains. For example, instead of "You never help out around the house. Do you think you could take out the garbage tomorrow night?" or "When will you finally do the dishes around here?" Try something less critical like, "I couldn't find any towels in the kitchen this morning. Could you please fold the towels and put them in the drawer after you've done the laundry?"
- Finish it off with a hope for the future. It can be something big or small as long as it will affect the both of you. "I hope

that we will have a great date night this week!” or “I can’t wait to have kids with you one day.”

Create a Ritual With Each Other

Do something on a regular basis which can bond the both of you together. If your relationship is strong and you're trying to build a stronger relationship in the bedroom, try a nighttime ritual of helping each other get ready for bed.

However, you should work on building connections for each part of your relationship. Try talking to each other about your day right when you lie down for the night. Have a morning cup of coffee together. Save a date each week or month for a date night.

Build some healthy boundaries.

When it comes to being connected and being intimate with one another, a lot of people think that in order to do those things, you have to be with each other at all times. That's not true.

Marriages and relationships in general should have a semi-permeable type boundary. Your friends and family should be able to connect with you as well as your spouse without affecting your hopes and dreams.

When this doesn't occur, you can often feel stifled or smothered in a relationship. That is similar to a mold that can grow in a relationship. Once you see this happening, you have to stop it at that moment. Talk with each other about making those healthy boundaries.

Do some intimate activities together on a regular basis.

Yes, we are busy. No, we aren't too busy to do some healthy intimate activities together. Mutual relations on a sexual level help with tantric massages because you will be more comfortable with each other as you do these activities together. Try some of these on for size:

- **Shower or bathe together.** The tub or shower can be a little cramped but it's fun to still experiment a little while you're getting clean.
- **Have sex in a public place.** Don't get caught because public indecency is more than just embarrassing. However, the risk involved in having sex in a public place can be quite invigorating and thrilling!
- **Mix up the foreplay.** Add some food. Bring in props. Read sexy stories to each other. Write some sexy scenes or stories for one another.
- **Watch some porn together.** It is said that porn can ruin a relationship. However, that just means that they're not using it in the right way. Usually it is used to replace an intimate connection with someone. Instead, why not use it as a way to connect with your significant other? Don't be shy. It can be used as a way to explore the fantasies that you've been too shy to talk about in the past.
- **Getaway together (even for just a day).** Being able to get away for a little bit can do a lot for your soul and spirit as much as it can benefit your relationship.

Chapter 4 – Tantric Massage VS Tantric Sex

As I said before, tantric massage does not mean that you are 100% guaranteed to engage in tantric sex. The massage itself is meant to relax you

Tantric Sex

Tantric sexuality can help you awaken your sexual energy and can take you to a higher level of sexual energy. When you make love with one another (it's not "to one another" but "with each other"), tantric sex can help you make that connection last for at least a half an hour.

When you participate in tantric sex, you are activating those nine chakras during your union with your partner. When you activate all nine, you are able to experience bliss for longer and in a stronger sense.

Tantric sex isn't a fetish or something dirty. It's an art form that combines meditation with an open mind while you are engaging in sexual intimacy with your partner.

Curious about what tantric sex is all about? Here's a sneak peak into the intricacies of tantric sex. First, make sure that the environment is sexy, romantic, and inviting.

Use fragrances that you like and that stimulate all of your senses – not just your sense of smell. Light candles and play some soft music that you find soothing. Dress in clothing that will come off easily, like a robe. In tantric sex, the color red is used most often since it represents fertility.

Choose some aphrodisiacs that you find appealing. For example, it is said that oysters are an aphrodisiac but not everyone finds it appealing. If you don't, choose something different: strawberries, chocolate, etc.

This is only the beginning of tantric sex. It is called the awakening. Sit down, facing your partner, with your legs crossed or with your knees in front of your partner. Feel the environment.

Gaze into your partner's eyes. Move your palm all over your partner's body in order to awaken his or her nerves.

Allow your partner to do the same with you. As you touch one another, tease them with long strokes all along the length of their body.

Get close to the most intimate sections of their body (the sections which are the most sensitive to him or her), however don't touch those areas.

Why is it drawn out like that? When you're engaged in tantric sex, it isn't the climax which is considered the most important but all of the actions that lead up to it. What most people call foreplay, tantric sex experts consider to be the most important.

Yes, you connect physically during the actual act of sex. However, there are different connections that are made before the act of sex – during that foreplay period which most people just shrug off or ignore.

Even the final act after the act of sex is important. It is called "bidding farewell to the energy" and involves letting that energy slow at its own pace while staying connected (by physical touch – hand to knee) to your significant other.

Instead of just rolling over, you are staying connected with your partner and allowing yourselves to draw apart in a calm and intimate way.

Chapter 5 – Exercises To Help You Improve Your Sexuality With Your Partner

When we first meet our significant others, we are often in various stages of lust and/or love- at- first- sight. As we learn about each other and find ourselves in full- fledged relationships, that lust can often peter out.

We may find that our sense of sexuality (whether you're talking about your individual sexuality or the sexual drive that you have with each other) starts to fizzle out a little.

This is normal and has to do with the evolution of your particular relationship. However, this doesn't have to be how your relationship is for the rest of its duration.

You may need to rekindle that sex drive or you may be looking for ways to keep your sexuality as vibrant as it is right now. Either way, these tips should help you do just that...

- **Don't assume that you know everything about each other – sexually.** A couple can be together for decades without divulging every sexual secret that they have. This isn't a bad thing. As you slowly get more and more comfortable with each other, you'll release small secrets to your partner. It will help keep your bedroom intimacy exciting and ever- evolving. Sexuality is a very personal thing and even couples who have been married for 50 years may feel a little shy about what they have always wanted to do in between the sheets. Ask each other questions about new things. Divulge little secrets to one another. Take questionnaires. Be adventurous. But always remember to make sure that you are both comfortable with where you are at.
- **Play sex games.** I don't mean mind games. Turning sex into a sort of game can make it seem a little less

intimidating. Have a fantasy night with your partner where one of you can share three different fantasies. Then choose one of them to act out in the bedroom. Next time, the other person gets to share three. Be playful. Be adventurous. Don't rush it. Make sure that you've got enough time together that you can both explore this new fantasy without feeling obligated.

- **Don't get monotonous.** Yes, that is very different from monogamous. Monotony is when the same thing happens over and over again and begins to get boring. As we get more comfortable with one another, we have a tendency of letting all of that extra prep that we used to do before a date... go. We don't try as hard to impress one another. WHY? Why is that? Sure, it's nice to be able to change into some flannel pjs when it's cold but don't do that at the expense of your spouse. Dress up to impress each other every once in a while. Surprise each other with a little spontaneity in the bedroom.

It is much easier to just dress in sweats when it is your day off. It feels great to dress down after a hard day at work. You don't necessarily have to give these up. But don't lose sight of that person that your significant other fell in love with. Mix it up and show off those quirks in your personality. Maybe consider trying a new hairstyle every once in a while. Get a small tattoo. Try some different outfits – something adventurous or sexy. Don't fall into that BORING rut.

- **Have different types of sex.** I'm not just talking about positions. I'm talking about different types. After a while, we find that it's just easier to have sex in bed, at night, after everything's finally calmed down from a busy day. That's not really all that exciting anymore though. Try some of these to really mix up the routine a little:
 - **Romantic Sex.** Light some candles. Maybe soak in the tub together. Put on something lacy or something made of satin. Bring out the massage

oil. Really romanticize the whole experience. There's something special about a tender touch.

- **Quickies.** When you don't have time for a full evening of romance and dinner, sometimes it's nice to just have a quickie before work or on the way home from dinner (especially if you know that the sitter and kids are waiting for you guys when you get back).
- **Comfort Sex.** Comfort sex is what you have when one of you is going through something stressful. It is soothing, and passionate – not like lustful animal sex. If your partner is going through a rough time at work and is always coming home angry, try a gentle massage and a tender, intimate session.
- **Relaxing, Soothing Sex.** This is the type that you have when you don't have to worry about anything in the world. It's Sunday morning and you don't have a schedule to adhere to. You can have a long session of foreplay before intercourse and you have the time to cuddle (and maybe nap) afterwards.
- **Make-Up Sex.** We've all experienced this and if you haven't, you're really missing out. It can either be extra tender or extra passionate but it is special in its own way.
- **Lust-Driven.** Sometimes you just want to jump each other's bones. Maybe you haven't had sex in a long time. Maybe you've been teasing each other with sexts all day. Maybe you just can't get each other out of your minds. This is that passionate, animal sex that you see in rom-com movies. It's full of sweat and you work off a lot of calories in the process. Sometimes we just need a good one.

Chapter 6 – Rekindling Your Intimacy

Being intimate with your partner doesn't just mean that you are *sexually intimate*. Intimacy means that you are connecting on different levels. Being sexually intimate is only one way to connect with your significant other. Let's talk about some of the other ways that you can connect. Why? Because improving your intimacy with your partner will improve your sex life, the romance in your partnership, and strengthen your relationship.

The things on this list don't necessarily cost a lot of money. In fact the only thing that is mandatory on all of the items on this list is that you are together and thinking of each other.

- **Listen to what the other person has to say.** This is probably something that you both do already, right? Listening is an important part of any relationship. Why not try to do a little active listening exercise. It will help you practice good listening skills. In order to do this, have your partner talk about something and after each paragraph or sentence, repeat back what you've heard. This is a great way to know if you keep misinterpreting what your significant other is saying. You don't have to repeat everything back, word for word, but you should be able to say everything in your own words. Make sure to take turns!
- **Give your partner a cute pet name.** It may not seem like something important but studies have shown that doing this is a sign of a strong relationship. Make sure that it is endearing to you, your partner, and your relationship. Don't just say "sweetheart" if it doesn't feel natural. Calling your partner by a different name might come more natural to you.

- **Cook dinner together.** Okay, it doesn't have to be dinner. Cooking a meal together can be a great time for the both of you to be able to unwind and talk with each other about your day. It is a great time to have fun and be playful together. Being intimate doesn't just mean romance, it can be about fun and quirky times together also. Just make sure that you are both connecting and having a good time.
- **Dedicate a day to having sex.** All right, intimacy also has to do with being physically connected as well. Sex is an important part of a relationship. After a while, the sex may start to dwindle and it's important to nip that in the bud before it disappears even more. Turn your phone off. Don't bother checking your emails that day. Stay in bed with your partner and cuddle. Rent a hotel or a motel room if you have to. Just make sure that you're both connecting physically and that you're both having a good time.
- **Connect with your friends.** Being intimate means that you're taking your partner's interests into consideration when you do things. This means that you need to know and be considerate when it comes to your significant other's friends and family members. Invite his or her friends over for dinner. Even let them spend some time together after by cutting out early. Having some time apart can be just as important as spending time together. That way, when you come together again, you'll have some great stories to share. Spending time with other people can also help you become well-rounded people.
- **Do a random act of love for your partner.** This could mean that you make a pot of coffee for him in the morning before he gets up for work. It could mean that you do the dishes for her when you know that she's had a long day. You can buy your partner a favorite treat or make him or her a favorite treat for after dinner. Leave a love note on the table. It doesn't have to be something big, elaborate, or expensive. It just has to show that you care. Try to do something at least once a day for your partner.

- **Always give goodbye and hello kisses.** It is something that we take for granted – goodbye and hello kisses. Even good morning and good night kisses. If these four types of kisses are missing in your relationship, you should start actively doing them. A kiss is one of the most intimate things that you can do with a person. It shows that you care and love your partner. It can be a form of comfort. It can be a form of sympathy. It is so versatile and says so much.
- **You're never too old to cut up.** Remember what it was like when you both started dating one another? It wasn't just about lust but there may have been a sense of mystery or adventure that went along with it too. Make sure that those feelings still exist in your relationship.
- **Instill a monthly date night.** For those couple who are married and/or have busy lives, make sure that you're still having date nights. It does wonders for your relationships and your connection. Once you've placed a sense of importance in these date nights and you stick with them, you'll see a change in how intimate you are with each other. In addition to that, your sexual desire should heighten as well.

Conclusion

No matter if you want to spice things up in the bedroom or if you're looking to strengthen your relationship with your partner, tantric massage can help you achieve both of those goals. It can be one of the most empowering and intimate activities that you can do together. Utilize these techniques but don't be afraid to experiment a little.

You have to realize and recognize the importance of communication, satisfaction, and mutual respect toward one another in order for these techniques to work. Be open to one another's emotions as well as your different vibes. Feel what your partner needs. Being in tune with one another will help you connect on every level – including intimately and sexually.

In addition to tantric massage, you should be connecting with your spouse in other ways as well. You can't be in a strong relationship without a connection that is both sexual as well as of your mind and soul. If you "don't have the time," try some of these quickie ways:

- Touch each other daily: good morning kisses, goodbye kisses, goodnight kisses, hugs, high fives, holding hands, even back scratches.
- Laugh together. Things can get tense pretty quickly. Don't fall in that pit. Instead, share a laugh together. Crack a joke. Think about something that your significant other might find funny and share it with him or her. It is a great way to make your relationship even stronger.
- Create some new memories. Do something spontaneous. Go on an adventure (okay, this one isn't really a quickie). It doesn't have to be elaborate though. Go outside and watch the stars. Wake up early and watch the sunrise together. Take a detour on the way home and take a quick walk in a park.

- Get a dog. Okay, this one isn't really a quickie either. Studies show that couples who get a pet like a dog have healthier and happier relationships.
- Ask each other about your day, each day. But make it interesting. Show that you care by creating an open dialogue about things that are important to him or her.
- Leave your partner a love note. I am a big proponent of love notes. They are quick, simple, and can convey almost any emotion that you want. Want to spice things up a bit? Send your partner a sext or a flirty text message. Want to thank him or her? Leave a thank you note in his or her lunch. Do you want to express your love? Leave a sticky note on their steering wheel telling him or her how often you think about them – only not in a creepy way.
- Make sure to always thank your partner for everything that he or she does – yes, that's a little facetious. But you should always show gratitude. Studies have shown that showing a bit of gratitude does your mental health good as well as the mental health of the person that you are thanking.
- Flirt with your partner. It only takes a quick comment in the morning.
- Dress up for your partner. Does your significant other have a favorite outfit of yours? Dress up in it for him or her. Show your partner that you still care what he or she thinks about you and make him or her feel like they want to show you off to the world.
- Turn off the electronics for a moment. We're always hooked up to something. It might be your laptop, your phone, tablet, or your TV. Don't be sucked into social media when you have some free time that you can spend with your partner instead.
- Try sleeping naked. It could lead to more than spooning and you shouldn't be neglecting that portion of your

relationship.

- Talk about your favorite times. There will be some down time together. Maybe it is during dinner, maybe it is in the morning while you are both getting ready in the bathroom. Talk about the memories that you love.
- Actively listen whenever he or she reaches out to you. It is hard to talk to someone about something important, even if it is a partner or a family member. Show your partner some respect by actively listening to what he or she has to say.
- Make a bucket list of things that you both want to do together, in the bedroom and out of it. It is important for you to have goals for yourself. However, it is also important for you to be able to have goals for your partnership as well. Challenge each other.