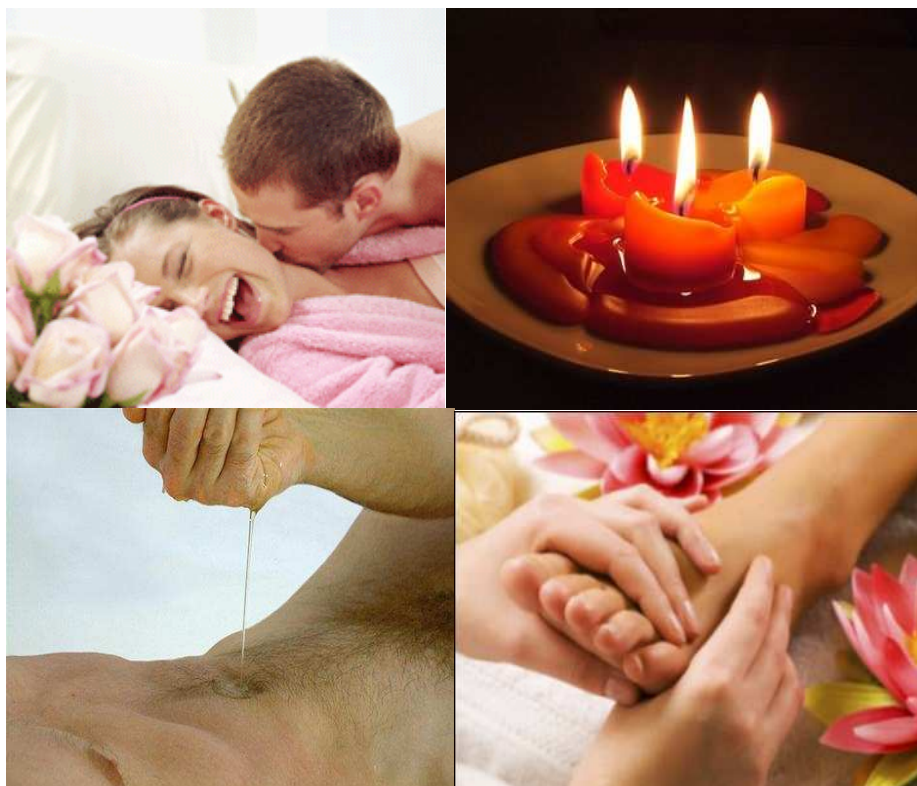




Sensuality Massage

“The Art of the Rub”

You’ve found your way to a

Peacefulmind.com

Sensual Massage © Copyright 2011 by Andrew Pacholyk. All rights reserved. This book may not be copied, in whole or in part, or transmitted, passed on or in any way given or sold to any third party by any means. Andrew Pacholyk asserts his right to be identified as the intellectual property holder. While every effort has been made to ensure the accuracy of this book, it is a condition of sale that the publisher or author for any inaccuracies, errors, or omissions accepts no liability. The following is a list of Andrew’s courses found through his web site <http://www.peacefulmind.com>

***The Crystal Light Crystal Therapy Certification Course** This incredible course is our biggest and most popular course on the internet! This is the study of crystals and how to heal with earth's precious gems!

***Crystal Medicine: A Clinical Approach to Healing Mind, Body, Spirit.** This is the most complete and definitive guide to working with, understanding and healing through crystal medicine! This specific, easy-to-understand course teaches you techniques, protocols and unique methods to healing on all three levels -mind, body & spirit.

***The Crystal Divination Workbook** This is Andrew's NEW workbook, which utilizes the power of crystals for divination purposes! Andrew includes in this workbook: crystal grids, pendulum work and techniques, metaphysical properties of crystals, his Crystal Oracle Cards...and much more!

***Chakracology - A Certification Workbook and Manual** This workbook format allows you to look at the energy of the Chakra and how they affect us on a daily basis. The book allows you to work through each center on a mental, spiritual, as well as a physical level and then find ways to re-align, balance and manage your energy in a positive way!

***The "Color Elite" Color Therapy Certification Course** Andrew Pacholyk, MS, L.Ac. has finally published his most complete healing course using the power of color and light therapy. This ultimate guide to chromotherapy teaches you about color and every aspect of it, how it is used in different therapeutic settings and how it has become such a great healing modality, no matter what profession you are in you will learn how to incorporate color into your daily life!

***Transitions: The Transformational Guide and Workbook for Creating Great Health** is Andrew Pacholyk, MS, L.Ac. culmination of years of clinical work. This is a manual you can use, whether you are healthy or ill or somewhere in between and you want to rebalance your mind, body and spirit to become the whole person you can be! This workbook gives you a plan to take care of yourself. It can be used over and over to find balance and keep yourself as healthy as possible. It gives you "tools" to use when and where you need them. It helps to evaluate where you are in your journey and offers ways to get you exactly where you want to be!

***Dynamic Healing Through Guided Imagery** The Peacefulmind.com Guided Imagery Course certifies you in the art of Guided Imagery! This course covers an extensive look at visual and guided imagery techniques, history, usage, and therapeutic work. The power of visualization and guided imagery is one of our most powerful gifts. Learn the secrets of visual and guided imagery work, develop your imagination as a healing tool, use "Mind Medicine" to connect mind and body, free yourself from pain, use imagery for ANY medical condition!

***The Book of Stones - Healing Therapy Course** This brand new course is a complete hands on study of healing with Hot stones, cold stones, and earth's precious gems! This very unique path of study will certify you to work with hotstones but also give you an in depth look at incorporating a variety of treatments with all kinds of stones such as the Chakra stones, cold stones, crystals for facials and additional treatments that can be "added on" to your stone healing methods!

Table of Contents

The Power and Art of Touch Therapies.....	4
Touching Secrets from the Kama Sutra.....	7
Preparing Your Setting.....	9
Sensual Massage Techniques.....	10
At the Start/Upper Back.....	10
Arms/Lower Back.....	11
Legs.....	12
The Eroticism of the Feet.....	13
Front/Legs/Abdomen.....	14
Chest and Breast Massage.....	15
Male and Female Genitalia	17
Tips for After the Massage.....	19
The Crown Jewel.....	20
Energy Centers of the Body: Chakra.....	21
Sexy Scents.....	23
Supplements for Love, Lust and Libido.....	24
20 Sacred Sexual Secrets.....	25
Crystal Pleasures.....	27
Making it Happen.....,,	30

The Power and Art of Touch Therapies

There are many different approaches to massage and applications of it. "Massage Therapy" is a holistic procedure that affects all systems of the body; digestive, elimination, respiratory, circulatory, lymphatic, endocrine and nervous systems. It is accomplished through specific manipulations with the hands on the soft tissue of the body for therapeutic effect.

A major concern is to realize and deal with the effects of stress. Massage Therapy makes us aware of how and where stress manifests itself in the form of tension in our bodies. Too much stress in our lives causes constant muscular tension. This tension or tightness reduces the flow of energy. This energy may be in the form of blood and oxygen, nerves, lymph supply, or the major energy within us; Life Force or "Qi" (pronounced "chee" in Chinese or "kee" in Japanese).

Reducing this flow, leads to feelings of fatigue, heaviness, density in some areas, reduced flexibility and range of motion in the joints. It increases the likelihood of strain and injury. It also leads to buildup of toxins in the body. Generally, blocked energy is felt as aches and pains but, can eventually lead to a wide range of more serious problems. Massage can, with the help of the client, release this tension and allow the body's own energy to heal itself. Very often, old injuries and habits can still be causing compensatory imbalance in musculo-skeletal alignment.

Our external environment is often seen as the cause of stress. However, the environment's ability to affect any individual stressfully is more often than not, determined by the individual's attitude or mind set.

Many of today's health problems arise from stress. Because stress upsets the delicate integral balance of all your body's functions, regaining this balance requires a holistic approach. Massage Therapy not only treats those parts of you, which are a problem, but also affects the whole of your metabolism through normalizing your circulatory, muscular and nervous systems and their interdependent functioning.

Massage Therapy is safe and effective when used for stress management, but it is also widely used to help obtain relief from many specific problems.

Massage and Touch Therapies not only treats those parts of you, which are a problem, but also affects the whole of your metabolism through normalizing your circulatory, muscular and nervous systems and their interdependent functioning.

Massage affects the dermatomes. A **Dermatome** is an area of skin associated with a pair of dorsal roots from the spine. Used for diagnosis purposes, especially for pain syndromes, the dermatomes are affected by touch. (see Massage and the Dermatomes).

Massage affects the emotions. The power of touch can be interpreted in many ways during a healing session. We all need to be touched. Those who are not touched often may be holding on to emotions that may come out during a session. Remember the golden rule as a therapist in any situation. You do not need to necessarily come up with an answer; your greatest strength can be just to listen. If a client wants to talk to you about an emotion, they will. Otherwise, the flow of your work, without interruption can be crucial.

Massage Therapy is safe and effective when used for stress management , but it is also widely used to help obtain relief from many specific problems, including the following:

migraines
post injury rehabilitation
whiplash
respiratory problems
arthritis
low back pain
circulatory problems
leg aches
neuritis/neuralgia
tendonitis/bursitis
digestive/lower bowel problems
neck & shoulder pain

Touch can benefit people of all ages and conditions -- babies, children, pregnant women, the elderly, and those in chronic care. Our need for human contact is necessary. Babies who are not touched fail to grow normally. Children, who are not lovingly touched often, grow up to be more physically violent. And that's a shame because our society is starting to become a "hands to ourselves" environment.

Universal Touch

Touch is a basic human instinct each of us is born with. Reaching out and touching another person is a universal action that offers love and caring.

Touching can make your immune system stronger and your mood lighter. The more touches you give or receive, the better you feel. Touching is a necessity for a healthy life. When we touch, be it a gentle pat, hug or massage, we receive various benefits. A half-hour massage can boost your immune system and lessen stress making you feel calmer, happier.

Various studies and experiments show the simple act of reaching out and touching another person frequently results in physical benefits such as slowing the heart rate, dropping blood pressure and speeding recovery from illness. For example, Dr. James Lynch, professor at Baltimore's University of Maryland School of Medicine conducts extensive studies on touch and its impact upon the body. "Physical contact has very dramatic effects upon psychological health," he says. "It lowers blood pressure. It relaxes you."

Other experts agree. "People who are more comfortable with touch are less afraid and less suspicious of other people's motives and intentions," says Stephen Thayer, professor of psychology at the City University of New York. "They tend to have less anxiety and tension in their everyday lives."

The bottom line is touching is good for everyone. One touch can soothe, comfort and convey caring in a way words never can. But what about the many people who simply want to reach out and touch but are uncomfortable with touch? The following are four suggestions for putting more touch into your life.

1. Your mind may be conditioned to defend itself from outside sources. Interact with someone close with just simple, slow strokes of your hand. Repeat this until you relax. In this way you may be able to condition yourself to see touch as pleasure rather than a threat.
2. When you become comfortable with this have this person rest their hands on your arms.
3. Then, graduate to a hug. Remember: if one is conditioned to expect one thing they should be able to be conditioned to expect the other.
4. Each morning look in the mirror and say aloud with gusto, I look great I feel great and I am going to have a great day. This consistent positive affirmation is used by salesman, healers and conscious people to help you to have a more positive, life affirming day.



“Touch is only as taboo as YOU make it”
~ Shivananda Ustade, yoga teacher

The expression of touch registers emotion. The way we touch can be more expressive than any words spoken. We can convey a message through touch. Subtle touch can be even more powerful than blatant touching. It is all in your approach.

Sensual touching is touch that is mutual. It is often initiated by one and reciprocated by the other. By discovering how responsive your bodies are to certain sensations you and your partner can heighten your potential for arousal.

Sensual touching is a very erotic activity. And contrary to what people often think, sensual touching is actually a two-way street. As your partner derives pleasure from you touching their skin, you also get pleasure feeling your partner's skin. The most wonderful moment is whenever you and your partner are in tune with each other and both have one goal - to pleasure each other.

Touch is something that we can absolutely love. But even though most love it, different people would react to it. Some will be more in tune with their sensuality and will be open to it, while others will be more reserved and will be quite closed to it. You should create opportunities to touch your partner more often so that they'll get used to it and drop their inhibitions. By touching your partner often you'll also elicit more feelings of comfort and attraction from them. They'll also gain feelings of safety and sexual excitement.

Touching Secrets from the Kama Sutra

The Kama Sutra (Sanskrit: pronounced, Kāmasūtra) is an ancient Indian Hindu text widely considered to be the standard work on human sexual behavior in Sanskrit literature written by Vātsyāyana. A portion of the work consists of practical advice on sexual intercourse. It is largely in prose, with many poetry verses.

"Kāma" which is one of the three goals of Hindu life, means sensual or sexual pleasure, and **"sūtra"** literally means a thread or line that holds things together, and more metaphorically refers to an aphorism (or line, rule, formula), or a collection of such aphorisms in the form of a manual. Contrary to popular perception, especially in the western world, Kama sutra is not just an exclusive sex manual; it presents itself as a guide to a virtuous and gracious living that discusses the nature of love, family life and other aspects pertaining to pleasure oriented faculties of human life.

The Kama Sutra is the oldest and most notable of a group of texts known generically as Kama Shastra. Historians attribute Kama Sutra to be composed between 400 BCE and 200 CE. The Kama Sutra is a compendium that was collected into its present form in the 2nd century CE.

Caresses and sensual touching

The Kama Sutra describes many embraces that are designed for partners to be in sensual physical contact with one another without the act of sex. These embraces usually occur naturally in relationships, but you can use them in preparation for sex. Try a selection of these throughout the day with your partner. You'll soon discover that by the time the lights go out, you'll have your partner more than ready for some steamy action.

The touching embrace

"When a man under some pretext or other goes in front of or alongside a woman and touches her body with his own, it is called the touching embrace."

A soft unexpected touch can be very erotic. This act is a subtle display of affection, reminding your partner that you are still there, and of what is to come. Soft, unexpected touches throughout the day will do wonders in preparing your partner for the night of love ahead.

The pressing embrace

"When on the occasion of walking together a lover presses the other's body forcibly against a wall or pillar, it is called a pressing embrace."

Perhaps 'forcibly pressing' your partner against walls and pillars all day might become a bit much, but it is good to help emphasize the importance of pre-sexual foreplay. Passionately embracing your partner during the day shows them that you are still there, and that you're still keen.

The twining of a creeper

"When a woman, clinging to a man as a creeper twines around a tree, bends his head down to hers with the desire of kissing him and slightly makes the sound of sut sut, embraces him, and looks lovingly towards him, it is called the embrace of the twining creeper."

Though it is difficult to interpret what the sound of 'sut sut' is, what is important with this embrace is the display of affection the woman is giving. This embrace is a very personal one, and is a display of physical affection given by the woman.

The milk and water embrace

“When a man and a woman are very much in love with each other, and, not thinking of any pain or hurt, embrace each other as if they were entering into each other’s bodies either while the woman is sitting on the lap of the man, or in front of him, or on a bed, then it is called an embrace like a mixture of milk and water.”

This embrace can be interpreted as dry sex in modern terms. Simply, this means sex with your clothes on. Again, this is a very passionate act, and can be extremely erotic because of the concept of that small barrier of material that is the only thing stopping a couple from actual intercourse.

The embrace of the Jaghana

“When a man presses the jaghana (area between the navel and the thighs) of a woman’s body against his own and mounts upon her to practice scratching with the nail or finger, biting, striking, or kissing, the hair of the woman being loose and flowing, it is called the embrace of the jaghana.”

A little gentle pain can be an extremely sensual and erotic experience. Try soft scratches on the upper and lower back, or gentle bites all over the body. Body massages can also help get your partner in the mood, but be sure not to kill the night with over-zealous sexual aggression.

The embrace of the forehead

“When either of the lovers touches the mouth, the eyes, and the forehead of the other with his or her own, it is called the embrace of the forehead.”

This embrace is a very personal one, with the faces of the two lovers coming into contact. It is a gentle gesture of affection, and good for any relationship.

The trick is to draw out being with each other for as long as possible. There are many things that can be done prior to penetration. Abstaining from penetration for as long as possible will increase the anticipation of the act, and will intensify the moment of penetration for both partners.



Getting Started: Prepare Your Setting

Preparing your sacred space can be done in many ways. To create enticing surroundings is to set the mood for the magic to come. Try some of these ideas:

Use water therapy by drawing a warm bath. After the water has run, add some essential oils and rose petals. Bathe together. Massage each other with the soap.

Turn up the heat by anointing the room with rose petals, soft flowing fabric, scented pillows, sheets or linens or other props like Shiva lingam stones, crystals, massage wands or exotic items you need for the second half of the massage. Set the mood with candles and turn down those room lights. Make the experience the best it can be for both you and your partner.

Flow of the massage is very important. Make sure you have all your items close by and/or prepared. Devise a rhythm and method in your massage. This book will show you how.

Music is a therapy unto itself and should be used during your session. Place music that is soothing/or slightly rhythmic and keep it as mood music. Don't let it overpower your session. Work with the music during your session. Keep it smooth, flowing and within the tempo of the music.

Aromatherapy is a brilliant partner to massage. You can diffuse essential oils through the air and use our Angel's Mist Massage Oils or our stain free oil products for great results. Try our **Love Butter** for a warm and stimulating experience!

Your Angel's Mist Aromatherapy Massage Oils, warmed for 30 seconds in the microwave, or a pan of hot water (take off the top) will not only diffuse the oil beautifully, but will feel incredible when rubbed into your partner's body.

Sheets and two to four nice fluffy towels should be available. One or two for the bed, floor, shiatsu mat or massage table, and one or two to cover your partner during the massage. You should also consider the **HotStone Thermal Blanket** for maximum coverage and for retaining heat and keeping your partner warm after your massage.

Candles set a mood and change the lighting in your space. Use candles that look and smell good. Consider scented candles, candles with herbs and oils or colored candles, such as red, pink, orange, black, white.



Sensual Massage Techniques

AT THE START

Begin by having your subject lie on their stomach on the floor or bed (if they are on a bed, have their head at the END of the bed), or massage table. Drop about a quarter's worth of oil into the palm of your hands. Rub your palms together. Starting at the top of the trapezius (the base of the neck, or top of shoulders) place your palms on them and just keep them there for several moments...feel how the subject's body will adjust to your touch. As you wait with your palms on the trapezius, feel how their body begins to relax in your hands with each breathe

UPPER BACK

Slowly slide your palms down either side of their spine, slowly spreading the healing oil into their skin. Disperse the oil over their back and up the sides right up into the lats (the muscle under the armpits). Circle back to the top of the trapezius, pressing firmly down over them, and slide back down along either side of the spine down along the lower back and back up. Long, slow, sweeping circles. Always keep your hands in touch with your subject's body. Try to not take your hands off of them except for when they turn over! Apply more oil, if needed. Be creative! Make small circles along the back as you move down the back, always keeping your palms/fingers on either side of the spine.

When pressing up the back start at the very, very base of the spine (even as low as the upper buttock). Apply pressure with the heel of each hand. Lean forward as you press. Slide your hands along the ridges of muscle from the very base of the spine until you reach the shoulder blades. In contrast to the circulation stroke, bring your hands back along the side of the back. Bring them back just along side of where you just massaged. You will know when you are doing this stroke properly. Your partner will moan with delight. At least 40 strokes are appropriate. Entertain them with different variations (small circles as you glide up the spine, use your thumbs in place of the heel of your hand, gently scratch their back as you return to the base of the spine, use your imagination). Underneath the right shoulder blade, run your thumbs in and along the inside of the shoulder blade, working over all the knots you will feel in your subject's body. Repeat for a good 30 to 40 strokes then circle over and underneath the left shoulder blade. Then take your thumbs and pushing down into the trapezius from the top downward about 30 to 40 strokes. Go slow, take your time, feel their tension releasing.



ARMS

Oil into the palm of your hands, glide the oil from the top of the shoulder all the way down into the palm of their hand and fingers. Slide back up and do 30-40 strokes by pressing down just on the triceps (upper arm above the elbow). Then, glide over the elbow, not applying pressure, and then 30-40 strokes along the inside of the forearm. Your subject's fingers should move each time you apply the downward strokes, this is natural. (Great stroke for those who work on computers or work with their hands for a living!) Then do small circles in the palm of their hands and slowly take each of their fingers and pull them away from you.

Glide back to the palm, up the arm and cross slowly over to repeat on the left arm and hand. Hold your partner's arm up with one hand. With the other hand start at the shoulder and grip the muscle tissue between your thumb and four fingers. Quickly grip and release the muscles while sliding your hand up toward the wrist. This pulsing effect is quite enjoyable. Complete this movement 10-20 times.



LOW BACK

Back at the top of the trapezius, slowly glide back down, palms on either side of the spine and deep into the lower back. At this point, change your body position, from standing over them at the top of their head to either by their side or straddling them, without your body touching them except for your hands. Try to keep your body weight centered and over your subject as much as possible, to keep your pressure firm and keep your body in alignment.

Now do small circles with the palms into the lower back, circling and pushing upwards into the mid-back, then circling and coming back down into the lower back. Keep replenishing that oil if need be. Slowly move your hands to the right buttock. With thumb and forefinger of both hands, glide your hands down into the dimple of the buttocks.

Start with a light stroke and go a little deeper each time. We hold a great deal of tension here so go slowly and make sure your subject is breathing normally as you work. Then, glide both hands to the left buttocks and repeat.

LEGS

Since you are on the left buttocks, simply continue the stroke down the left leg. The back of the legs and buttocks have more flesh than other areas of the body. Your partner will love a little increased penetration. You will both agree that deeply massaging the tissue in this area is appropriate. When executing a massage of the back of the legs your partner will be most comfortable with their legs outstretched and slightly apart. Be cautious around the back of the knees. Brushing this ticklish area can be quite alarming and can spoil the gentle mood.

[TIP] Just turn the palm of your hand over and pour the oil into it while leaving your knuckles still in contact with the subject's body. Then bring your other palm together and rub them, still keeping your knuckles on the subject. Then, flip both palms over and glide both palms down the back of the left leg all the way down to the feet and back up.



Now, with both hands work the oil into the upper hamstring (back of the upper leg, above the knee). 30-40 strokes, circular up and down motions, slowly. Glide lightly over the back of the knee and then deep again into the calf muscle. Downward strokes with thumb and forefingers of both hands works great, alternating with your palm for lighter pressure.

Glide down to the legs, brushing the genitals on your way down. After finishing the fronts of the legs and feet, glide back up and slowly brush over the genitals. Tease your partner by brushing his or her inner thighs near the genitals, and very lightly touching the pubic region. Engage the erotic energy.

You may work down into the bottom of the left foot, if you like. (There are 100's of nerve endings here which relate to all points of the body, which we call REFLEXOLOGY. Rubbing the warm oil into the bottom of the foot and over and around each toe feels great, so I suggest you explore the feet and discover what your subject is feeling.) Back up the leg, across the lower back and buttocks, reapply your oil and down the right leg you go and repeat.

The Eroticism of the Feet



Foot and hand Reflexology is a scientific art, based on the premise that there are zones and reflex areas in the feet and hands, which correspond to all body parts. The physical act of applying specific pressures using your hands or tools such as hotstones or crystal techniques result in stress reduction, which causes a physiological change in the body. Reflexology is the application of, specific pressure by the use of the practitioner's hand, thumb and fingers to a reflex map resembling the human body, which is believed to exist on the extremities. **The nervous system** is the key to access, control, and releasing subtle energy patterns, which are apart of the body's nervous system. It is thought that stimulating some of the more than 7,000 nerve endings on the foot can unblock and increase the flow of this vital energy to various parts of the body and therefore promote healing. The reflexology theory is consistent with the theory behind acupuncture and acupressure, in which mapped points on body parts such as the ear, body or hand are treated to affect corresponding remote organs or body zones. **A great foot massages** starts with a leg massage on the foot you are going to work on first. Since most people love to have them massaged and it's a great way of relaxing the whole body. However, if your partner has slightly swollen ankles, I would recommend starting on the thighs with the aim of clearing the ankle swelling, by stimulating the circulation. Then the order of massage would be thighs, knees, calves, and feet.



Preparing the foot

Some people have claimed that they can reach orgasm just by having their feet rubbed (which is probably why some are so fond of playing footsie with table legs). The key to a foot massage that doesn't tickle: a firm touch. "You should press in and stroke hard enough to give her pleasure -- but not hard enough to cause pain, or light enough to tickle.

Kneel at your partner's feet and work first on one foot then on the other. You don't need to use much oil; if you have too much, your fingers will slide around, which can be ticklish. If your partner has ticklish feet, use very firm strokes for the massage; alternatively, if you massage the legs first, by the time you reach the feet they may be less sensitive. Ticklishness seems to be linked to tension, so if you can release some of the tension through massage, your partner may be more relaxed and better able to enjoy the foot massage. Work through the whole sequence of massage moves on one foot, and then go back to the beginning and start on the other foot.

The Foot

Leonardo da Vinci referred to the foot as "the greatest engineering device in the world." The feet contain almost a quarter of all the bones in the body, each having 28 bones. The bones are arranged in arches that help the foot support the weight of the body and provide leverage when walking. An intricate web of muscles, tendons, and ligaments surrounds and supports these bones.

Stroking

Start the massage by stroking one of your partner's feet to get it used to your touch.

Sandwich the foot between your hands and stroke firmly with both hands from the toes toward the body. When you reach the ankles, swing your hands round and return them to the toes with a light stroke. This warming movement, and is ideal for anyone who suffers from cold feet. Repeat at least four times.

Thumb stroking

In this move, you will apply more localized pressure with your thumbs.

Support the foot with your fingers underneath it, and place your thumbs on top of the foot at the base of the toes. Stroke up the foot with your thumbs, fanning out to the sides and gliding back to the toes, ready to start again. Repeat three or four times.

Now stroke with your thumbs, working alternately. Stroke, up with one thumb as the other glides back down the side. The movement can go a little higher than before, reaching up to the ankle. Again, repeat several times.

Gently knead the bottom of their foot from ankle to toe, using your entire hand.

Now focus on each toe separately, tugging and massaging as you go. Pay special attention to the middle toe, which some researchers believe has a direct nerve connection to the genitals.

Apply pressure lightly and in small circle. As you massage into one area, start going slower and deeper a little at a time. Work from the heel forward.

Follow along the outside of the foot and then back to the heel. Then move closer to the inside (medial side) of the foot, then back to the heel. Follow a lateral line from the heel to the pad of the foot and back. Finish with deep, relaxing strokes in the arch. Now, if you haven't done so already, move back up the leg, across the lower back and buttocks, reapply your oil and down the right leg you go and repeat.

When you are finished with the right leg, place both hands on the ankles and slowly move your hands simultaneously up both legs to the lower back, up either side of the spine to the top of the trapezius and slowly back down to the feet. Repeat twice more and slowly end at the bottom of the feet, by **SLOWLY** lifting your hands off the subject's feet. This is the first time your hands leave their body! Then say "**OK, YOU MAY TURN OVER, SLOWLY!**" (Watch how their body reacts when you say the word "**SLOWLY**"). **It is quite a study in Body Language!**

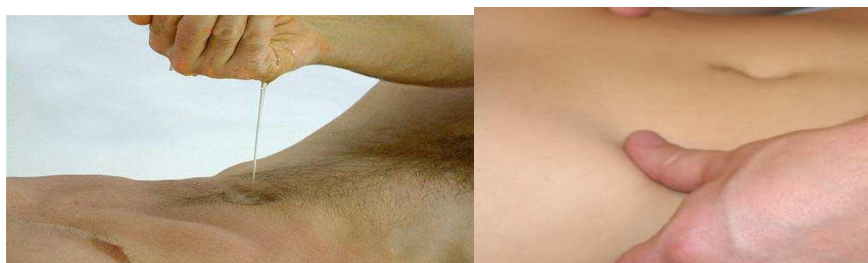
AS THEY TURN

If they wish to be semi-covered with the towel, you can lift the towel, standing on the opposite side of the way they are turning, for discretion purposes, and redrape them. You may start back at the same leg (right) that you left off with, for continuity. Again, oil in the palms, rub both hands, and starting at the top of the quadriceps (top of the leg) spread the warm oil over the entire leg down to the top of the foot and toes. Slide back up and do your 30-40 strokes in slow, large circles over the top of the leg and along the sides above the knee. Work deep into the muscle for it is very thick and carries a lot of tension. Glide ever so lightly over the knee and again, with thumb and forefingers of both hands, slide up and down either side of the shinbone down into the dimples of the ankles and over the top of the feet. A good 30-40 strokes from below the knee down. Moving back up the leg and crossing over the lower abdomen above the pubic bone, flipping the palm to add more oil and slowly move down the left leg, repeat your same strokes.



ABDOMEN

As you finish the left leg, move your palm to the lower abs, flip the palm, keeping your knuckles on the body, add your oil, rub your palms then turn both palms back over to the stomach. In large circular motions, with both palms, move your hands clockwise over the entire abdomen area from below the top of the ribcage at the solar plexus, down along the obliques (the muscles on the sides of the stomach) across the lower abs above the pubic bone and back up the other side of the obliques. 30-40 slow, circular motions.



CHEST (MEN)

Move your fingers up the center of the breast bone and work the fingers to the outside of the pectoral muscle (outer chest) small, downward strokes on the outside working in, to under the breast bone. Glide across the top of the chest to the outside of the other chest/breasts. Slide your hands to the shoulder/upper-chest area. The Shoulder Well, an acupressure point in the middle of the tendons on either side of the base of the neck, needs to be kneaded. This area is a real tension center, but only work on it for a minute. Pay attention to the clavicle: The indentations below the collarbone are unsung erogenous zones. Press them gently with your thumb and forefinger. Then move to the center of the breastbone, right over the heart. Feel for a dimple in the bone.

This acupressure point is called the Sea of Tranquility, a heavy-duty relaxation trigger. When pressed with your fingers, it'll ease tension in his chest. Now it's time for the oil. An anointing agent will help you slide across larger expanses of skin — his chest, belly. Pour some oil on his upper chest, and using what the connecting stroke (long, fluid, flat-handed rub), moving from his breastbone over to the nipples.

Nipples are highly erogenous zones on men. Gently pass your well-oiled palm lightly over the nipples moving in small circles around his pecs to the outside borders of the muscle group. Start with small circles and move out to bigger circles as you go. To heat his blood, pinch the nipple (not too hard) and roll the flesh between your thumb and index finger. (Roll means don't twist them.) Short, downward strokes. With the palm of your hand lightly stimulate the nipples with each stroke.



BREAST (WOMEN)

Breast massage is also a great way for a man to give pleasure, healing, and intimacy to his partner. The breasts are the seat of a woman's sexuality and need to be loved and honored before any other part of her body will open up to you.

Breast massage can be tricky because breast tissues are quite delicate. However, if done properly and with exerting only moderate pressure, massaging the breasts is quite simple and erotic.

Begin the breast massage by resting one hand on her heart and the other on her yoni and visualize warm heart energy moving from your heart into your hands and down towards her heart and yoni. This is a very connecting and healing visualization to use before beginning the breast massage.

To avoid friction and discomfort, using massage oil on the breast tissue is also necessary. The application of the massage oil onto the breast is the first stage of the massage. The oil is applied in circular movements on the breast, with the direction going from the center of the chest towards the underarm area. Caress her breasts slowly and gently. Try brushing the palms of your hands over the whole breast for a silky smooth sensation.

Get into a rhythm. Repeat your moves several times and be consistent. If you're working in a clockwise motion, do that on both breasts. Or try this move: place your palm over the entire breast (with the nipple in the center of your palm). Fan out your fingers as if they're the spokes of a wheel. Now bring them in toward the nipple and finish off with a slight pinch. Then repeat.

The second step to massaging the breast is done after the breast is fully covered in oil. The breast is kneaded gently by lifting it from the chest and pressing delicately with both hands. Alternately, with both hands holding the breast, the flesh should be twisted and wrung VERY gently.

Next, as the third step, try to scoop the flesh of the breast with utmost gentleness using the flat of the fingertips. The strokes should be done clockwise, and then counterclockwise.

After this, as a fourth step, you can move to directly massaging the nipples. Take both thumbs and place them on opposite sides of her nipple, starting at the outside edge of her areola. Slowly and gently bring your thumbs together, lightly squeezing her nipple between your thumbs and pull outward towards you. Repeat this until you make a complete circle all the way around her nipples. Be sure to adjust the pressure depending on how she reacts. Some women like it light, some a bit harder.

As a last step, the skin of the breasts should be stroked and smoothed, with the direction of the fingertips going from the center away towards the side. This is the cooling down phase of the massage. When this is done, repeat all the steps on the other breast.

End the breast massage the same way you began by placing one hand on her heart and the other on her yoni and visualize warm heart energy moving from your heart into your hands and down into your partner. Breathe slowly and deeply together for several minutes.



MALE GENITAL MESSAGE

The Sanskrit word for the male sexual organ is Lingam and is loosely translated as "**Wand of Light.**" In Tantra or Sacred Sexuality, the Lingam is respectfully viewed and honored, as a "Wand of Light" that channels creative energy and pleasure. Orgasm is not the goal of the Lingam massage although it can be a pleasant and welcome side effect. The goal is to massage the Lingam, also including testicles, perineum and Sacred Spot (prostate) externally, allowing the man to surrender to a form of pleasure he may not be accustomed to. From this perspective both receiver and giver relax into the massage.

Men need to learn to relax and receive. Traditional sexual conditioning has the man in a doing and goal oriented mode. The Lingam Massage allows the man to experience his softer, more receptive side and experience pleasure from a non-traditional perspective.

Begin by applying some lubricant to the palm of your hands and rubbing it gently into the penis and testicles. Male genital massage is guided by one main principle: slow down and stop or change what you are doing just before ejaculation becomes inevitable. Ask your partner to let you know if he is about to ejaculate, or develop a signal – verbal cues, raising a hand, pulling away slightly, or even subtle body language cues can all work well. It's usually best to vary strokes at the beginning, and then concentrate on one or two kinds of strokes as the massage nears completion. By bringing your lover to the peak without allowing him to ejaculate, you prolong the massage and help your lover have a more intense orgasm.

The Sacred Spot

Find and massage the male **Sacred Spot**. There is a small indentation about the size of a pea or maybe larger midway between the testicles and anus. Be gentle and push inward. He will feel the pressure deep inside and it may be uncomfortable at first. Eventually, as this area is worked on and softened, he will be able to expand his orgasms and master ejaculatory control. You can massage his Lingam with your right hand and massage his Sacred Spot with your left hand.

FEMALE GENITAL MESSAGE

Yoni is the Sanskrit word for the vagina that is loosely translated as "sacred space" or "Sacred Temple." In Tantra, the Yoni is seen from a perspective of love and respect. This is particularly important for men to learn.

Before beginning the Yoni Massage it is important to create a space for the woman (the receiver) in which to relax, from which she can more easily enter a state of high arousal and experience great pleasure from her Yoni. Her partner (the giver) will experience the joy of giving pleasure and witnessing a special moment. The Yoni Massage can also be used as a form of "safe sex" and is an excellent activity to build trust and intimacy. Some massage and sex therapists use it to assist women to break through sexual blocks or trauma.

The goal of the Yoni massage is not solely to achieve orgasm, although orgasm is often a pleasant and welcome side effect. The goal can be as simple as to pleasure and massage the Yoni. From this perspective both receiver and giver can relax, and do not have to worry about achieving any particular goal. When orgasm does occur it is usually more expanded, more intense and more satisfying. It is also helpful for the giver to not expect anything in return, but simply allow the receiver to enjoy the massage and to relax into herself.

Tips for After the Massage

HOLD EACH OTHER

After the massaging is finished and you are both relaxed, remember to spend some time together before falling asleep or running out the door. You have both just shared an extremely intimate experience. Hold each other, talk to each other, and enjoy the intimacy as long as you can. Be positive about the experience, especially if it was your first time. Remember, practice makes perfect!

COMMUNICATION

Remember to talk to your partner about your experience. Make sure he or she understands that comfort level is important! Learn more about body language as you go.

CONNECTION

Stay connected with your partner. This will vary from couple to couple, so follow your instincts. You might kiss his or her face, lightly touch his or her body, or gaze into one another's eyes. When you both feel connected, invite your partner to the next comfort level. Follow the journey to where it leads you.

SENSUAL MASSAGE

By lightly stroking your partner's body with the tips of your fingers, you great a gentle sensuality. Remember to use light, teasing strokes when you want to create arousal. When you sense that your partner is relaxed (you might have to ask), you are ready to progress to massage.

Enjoy the experience!



The Crown Jewel

The clitoris is an amazingly complex structure, similar in function to the male's glands, but surprisingly - up to four times more sensitive. The glands portion of the clitoris holds 6,000 - 8,000 sensory nerve endings, more than any other structure in the human body. This hypersensitive node has only one purpose: pleasure. Nothing exceeds its ability to receive and transmit sensations of touch, pressure or vibration. The glands are "crown jewel" of the clitoral system! **Stroke the clitoris** with clockwise and counter-clockwise circles. Gently squeeze it between thumb and index fingers. Do this as a massage and not to get the receiver off. The receiver will undoubtedly become very aroused but continue to encourage her to relax and breathe.

Slowly and with great care, insert the middle finger of your right hand into the Yoni (there is a reason for using the right hand as opposed to the left. It has to do with polarity in Tantra). Very gently explore and massage the inside of the Yoni with this finger. Take your time, be gentle, and feel up, down and sideways. Vary the depth, speed and pressure. It is important to remember that this is a massage in which you are nurturing and relaxing the Yoni. With your palm facing up, and the middle finger inside the Yoni, move the middle finger in a "come here" gesture or crook back towards the palm. You will contact a spongy area of tissue just under the pubic bone, behind the clitoris. This is the G-spot or in Tantra, "the sacred spot". She may feel the need to urinate, experience a little discomfort or most hopefully pleasure. Vary the pressure, speed and pattern of movement. You can move side to side, back and forth, or in circles with your middle finger. You can also insert the finger that's between your middle finger and pinky.

Start by gently rubbing the entire vulva, follow with clitoral stimulation, and finish with internal and clitoral stimulation -- don't forget the G-Spot! Remember that vaginal penetration usually doesn't feel good unless she is already in a fairly high state of arousal. If your partner is comfortable, feel free to use a vibrator to assist you in the massage. Most women should have no problem and will enjoy the increased stimulation from two fingers. Take your time and be very gentle. You may use the thumb of the right hand to stimulate the clitoris as well. An option to try if the receiver wants it is to insert the pinky of the right hand into her anus. [In Tantra, it is said that when your pinky is gently massaging her anus, the next finger and middle finger in her Yoni and your thumb on her clitoris, "You are holding one of the mysteries of the universe in your hand."]

You can use your left hand to massage her breasts, abdomen, or clitoris. If you massage the clitoris it's usually best to use the thumb in an up down motion, with the rest of the hand resting on, and massaging the mound. The dual stimulation of right and left hands will provide much pleasure for the receiver. Continue massaging, using varying speed, pressure and motion, all the while continuing to breathe deeply and looking into each other's eyes. She may have powerful emotions come up and may cry. Just keep breathing and be gentle. Some women have been sexually abused and need to be healed. A giving, loving and patient partner can be of immeasurable value to her. If she has an orgasm, keep her breathing, and continue massaging if she wants. More orgasms may occur, each gaining in intensity. **In Tantra this is called "riding the wave."**

YOU MAY END

You can finish up the massage by having them close their eyes...Rub your palms together very hard and fast in order to create heat between your palms. Gently place both palms over their eyes, lightly touching their skin. **EVER SO SLOWLY**, lift your palms away from their eyes. Observe their expression of total bliss and the calm and centered subject you have created from the **HEALING TOUCH OF YOUR HANDS!!**

The Bodies Energy Centers: Chakra Correspondence

Sex is energy. You will find yourself drawn to this energy. Light stimulates our body's endocrine system, which is connected to our energy centers or chakras. All organs, body functions, and body's systems are connected to the Chakra. Scientist have shown that color not only affects one's psychological behavior, energy and moods but, also affects our physiological process in helping us to relieve stress, balance heart rates, detoxify, or stimulate our immune system. The first three Chakra are the more physical related. The Root/Base Chakra and the Spleen/Sex Chakra are the first two, which deal with the most physical energies revolving around sex. The Brow and Crown Chakra deal with the spiritual aspect of these emotions and the heart rules the center of these energies.

The Root Chakra, 1st chakra: Base of Spine: red/black:

Red Energy is governed by the spine or the Root Chakra. The power center is closely grounded by earth, is outgoing, and portrays a positive attitude. The Root Chakra must be grounded. Fatigue, fear, and anxiety are helped by the power of red and it's grounding reality. Considered the genitalia center.

The Spleen Chakra, 2nd chakra: Lower abdomen to navel: orange:

Orange Energy is governed by the Spleen Chakra. Orange is the best stimulant, helping us in times of depression, loneliness, and boredom. It is the best emotional stimulant. Joy comes from orange energy. It strengthens confidence and allows independence. Considered the sexual center.

The Solar Plexus Chakra, 3rd chakra: Above navel to below chest: yellow

Yellow Energy is governed by the Solar Plexus Chakra. This is often referred to as the brain of the nervous system and is the most critical point of all vitalization points in our body. It allows clarity of thought and good digestion.

The Heart Chakra, 4th chakra: Center of chest: pink/green:

Green Energy is governed by the Heart Chakra. Green is the harmonizing, balancing energy. It has strong influences on the heart and blood supply. Green has much to do with the way you feel about yourself. It is associated with abundance and giving. It's strong tie to nature is very important in order to be balanced, peaceful, harmonious.

The Throat Chakra, 5th chakra: Throat area: blue:

Blue Energy is governed by the throat chakra. Blue represents the spiritual aspects of our life. The sky and the ocean give us the feeling that life is an endless process. It is the greatest healing power in the world. Blue is the color of purity and those who enjoy it, carry with them a sense of calmness, peace, serenity, and beauty.

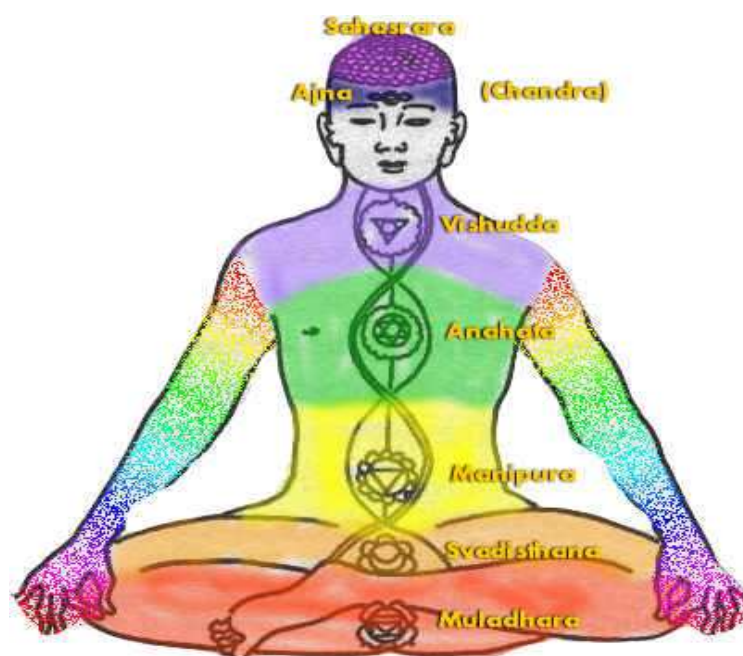
The Brow Chakra, 6th chakra: Center of forehead : indigo:

Indigo Energy is governed by the Brow Chakra, or the "Third Eye." Indigo energy is where our intuitive experiences come from. Here lies the understanding of the life process, the need to serve mankind, and gives energy to seekers of beauty, love and justice.

The Crown Chakra, 7th chakra: Top of head: violet:

Violet Energy is governed by the Crown Chakra. This is the most exalting, most unobtainable of all the energy rays. An extremely balanced and refined space of unconditional enlightenment is found here. It is the highest frequency of vibrational speed and can be utilized in feeling and experiencing true spiritual enlightenment.

Chakra	Root	Spleen	Solar Plexus	Heart	Throat	Brow	Crown
Location	Coccyx Perineum	Lower Abdomen	Solar Plexus Stomach	Centre of Chest	Throat	Forehead	Top of Head
Colour	Red	Orange	Yellow	Green	Blue	Indigo	Violet
Psychological Functions	Survival, Vitality, Reality, Grounding, Security, Support, Stability, Sexuality, Individuality, Courage, Impulsiveness	Feelings, Emotions, Intimacy, Procreation, Polarity, Sensuality, Confidence, Sociability, Freedom, Movement	Personal Power, Will, Knowledge, Wit, Laughter, Mental Clarity, Humor, Optimism, Self-Control, Curiosity, Awareness	Relationships, Love, Acceptance, Self-Control, Compassion, Guilt, Forgiveness, Harmony, Peace, Renewal, Growth	Communication, Wisdom, Speech, Trust, Creative Expression, Planning, Spatial, Organization, Caution	Intuition, Invention, Psychic Abilities, Self Realization, Perception, Release, Understanding, Memory, Fearlessness	Knowingness, Wisdom, Inspiration, Charisma, Awareness, Higher Self, Meditation, Self Sacrificing, Visionary
Emotions	Passions	Emotions, Desires	Purpose, Sunshine	Balance, Love	Expansion, Healing	Imagination, Intuition	Bliss, Spirituality
Glands	Adrenals	Gonads	Pancreas	Thymus	Thyroid	Pituitary	Pineal
Associated Body Parts	Spine (Chi, Life Force) Legs, Feet, Bones, Teeth, Large Intestines, Prostate, Bladder, Blood, Circulation, Tailbone	Ovaries, Testes, Womb, Kidneys, Urinary Tract, Skin, Spleen, Gallbladder, Recharges Etheric Body/Aura	Digestion, Liver, Stomach, Diaphragm, Nervous System, Pancreas, Metabolism, Small Intestines	Lungs, Heart, Bronchia, Thymus Gland, Arms, Hands, Respiratory, Hypertension, Muscles	Throat, Vocal System, Mouth, Jaw, Parathyroid, Tongue, Neck, Shoulders, Lymphs (Perspiration), Atlas, Menstrual Cycle	Eyes, Nose, Ears, Sinuses, Cerebellum, Pineal, Forebrain, Autonomic Nervous System, Heals Etheric Body/Aura	Upper brain, Cerebral Cortex, Cerebrum, Pituitary, Central Nervous System, Hair Growth, Top of Head
Physical Disfunction	Anemia, Fatigue, Obesity, Anus, Rectum (hemorrhoids), Constipation, Colds, Body Temperature, Bladder Infection, Rebuilds Blood Cells & Haemoglobin, Sciatic, Numbness, Leukemia	Impotence, Frigidity, Ovaries, Uterine Problems, Candida, Eating Disorders, Drug Use, Depression, Alcoholism, Polarity, Imbalances, Gout, Allergies, Asthma (Oxygen Deficiencies)	Ulcers, Diabetes, Hepatitis, Hypoglycemia, Blood Sugar Disorders, Constipation, Nervousness, Timidity, Additions to Stimulants, Parasites & Worms, Toxicity, Jaundice, Poor Memory	High Blood Pressure, Passiveness, Lethargy, Asthma, Immune System, Breathing Difficulties, Pneumonia, Emphysema, Cell Growth, Muscle Tension, Heart Problems, Chest Pain	Thyroid, Flu, Fevers, Blisters, Infections, Herpes, Itching, Sores, Tonsillitis, Toothaches, OCD, Speech Disorders, TMJ, Hyperactivity, Melancholy, Hormonal Problems, Swelling, Hiccups, PMS, Mood Swings	Blindness, Vision, Headaches, Migraines, Earaches, Nightmares, Sleep Disorders, Fear, Manic Depression, Anxiety, Schizophrenia, Paranoia, Equilibrium Imbalances	Depression, Alienation, Mental Illness, Neuralgia, Confusion, Senility, Veins, Blood Vessels, Lymphatic System, Bacteria, Warts, Skin Rashes, Eczema



Sexy Scents: Romantic Oils For Love and Beauty

As featured in Om Times Magazine 2/1/11

Try something new and different with your lover. Combine the art of massage with the magic of aromatic massage oils. This sensual mix stirs the senses and can send sparks flying between sweethearts. Also try diffusing any one of these oils in the air to spark the senses. First and foremost, it's important to remember that some smells send certain noses into ecstasy and others into furious twitches. Check in with your partner to find out which scents allure, and which sends their nostrils flaring. Sexy scents in the essential oil department are:

Jasmine

Jasmine is a bold, sweet scent. Jasmine is the greatest aphrodisiac of all. These night blooming flowers are picked at their height to bring out one of the most sexy scents. Associated throughout history with the compassionate Goddess of the Moon, Jasmine, grown along the Nile in ancient Egypt, is represented Isis, the Egyptian Mother Goddess who held the secrets of fertility, magic and healing.

Patchouli

Patchouli is a sweet, earthy scent. Its smell is intense and spicy. From an energetic point of view, Patchouli, like Jasmine, is warm and yet anti-inflammatory in action. It combines a calmativ property with a gentle stimulating effect that uplifts the spirit! Patchouli is a sweet and grounding harmonizing fragrance!

Neroli

Neroli is distilled from bitter orange trees. It has a refreshing, spicy aroma and is known for its sensual, exotic effect. Neroli oil is emotionally unifying and soothes with harmonizing effects. Described as both sensual and spiritual, Neroli helps to re-establish the link between a disconnected mind and body. Neroli paves the way for a gradual release and allows us to recall hope and joy!

Ylang Ylang

A rich fragrant oil that means "flowers of flowers". A scent to perfume the body or use for an euphoric massage. Ylang Ylang is relaxing, sensual zing and euphoric. The ecstatic sense of merging is inherent in Ylang Ylang. Like Jasmine, this oil helps to reunite our emotional and sensual natures, aspects of our being that need to contain each other and unite.

Rose

The Mother of All Flowers, the Rose has amazing powers of love, trust and self-acceptance. Roses are representative of faith, hope and love and have the qualities to restore the very center of one's being. A gentle tonic of the heart, Rose oil's psychological properties lie mainly in its effect on the mind, the center of our emotional being. Rose oil calms and supports the heart and helps to nourish the soul! **All you have to do is pick the scent.** They also create special gift when given to someone you fancy. For another sensual experience, add five to ten drops of your favorite **oil to your bath water**. Bath or massage, **diffused or worn**, the soothing qualities of these sexy oils will enhance any romantic experience and make it memorable.

Supplements for Love, Lust and Libido

Every culture has its own history and knowledge of aphrodisiacs from their own areas whether it be from myths, stories and objects or plants were labeled as such because of shapes and textures. Staying healthy is your best and number one bet for a great sex life! There are dozens of natural herbal and nutritional supplements that not only enhance sexual drive and libido, but they enhance most aspects of the human sexual response, particularly if they are used in combination. Here is just a few:

Avena Sativa:

An extract from wild oats straw, and a rather recent entry to the field of aphrodisiacs. Avena sativa is said to free up bound testosterone in both men and women.

Cocoa:

Yes, chocolate can be a pleasure herb. Compounds known as phenylethyamines work like natural neurotransmitter dopamine with epinephrine (also known as adrenalin) creating an elevation of senses and feelings of well-being.

Dong Quai (Angelica Sinensis):

Dong quai has been called the "female ginseng" and is excellent as an all purpose women's herb. It has been used for centuries in China for regulating the menstrual cycle. Dong quai helps dilate peripheral blood vessels, increase circulation, and has been used as a mild laxative.

Ginseng:

The herb Panax ginseng has a traditional reputation for enhancing sexual function in men. One study supports this use for a particular form of ginseng: the steamed and heat-dried product called red ginseng. Red ginseng improved erectile function. Contrary to some reports, ginseng does not appear to affect estrogen or testosterone levels, or mimic their effects.

Ginkgo Biloba:

Ginkgo biloba is an herb that can improve sexual function in men. Ginkgo not only helps brain circulation but also penile blood flow. A study using a standardized extract showed 78% in regained erections which were known to be caused by poor blood flow.

Horny Goat Weed (Herba Epimedium grandiflorum)

Yin Yang Ho in Chinese Medicine, under conditions of high stress, the increased cortisol levels are known to cause fatigue and depress sex drive - so bringing cortisol levels back into normal ranges is also thought to help restore normal metabolism, energy levels and libido.



20 Sacred Sexual Secrets

1. **Be In The Moment:** Most people miss what is going on for them in the moment. Be present for the fun.
2. **Make Conditions Right:** Turn off the TV, get focused, feel rested and take advantage of the desire.
3. **Cultivate Sexual Mindfulness:** Be playful, attentive, erotic and be involved in the sensory moment.
4. **Create A Sensual Atmosphere:** Utilize the power of light, the scent of aromatherapy, the magic of incense and the toning of music.
5. **Entice with Natural Aphrodisiacs:** Nature holds the key to with sensual foods with a reputation such as oysters, cocoa and juicy fruits.



6. **Open Your Mind:** Expectations can kill the moment! Try things that empower, enlighten and return you to the magic of youthful energy.
7. **Let Go of Fears:** Inhibitions are useless and block who you really aspire to be. This is really the time to complete who you are. The more you let go of your fears, the more highly aroused and more deeply impacted you will be by the sexual experience.
8. **Be In Tune With Your Surroundings:** Feel each sensation, your breathing, your environment, your sounds, your motions. Whether you are alone or with a partner, be conscious.
9. **Experience The Power of Color:** Use color therapy by incorporating candles of color, lingerie, lighting or fabric in order to bring color into your environment.



10. **Use Your Chakra Energies:** The Chakra are stations along the central axis of your being. Each one is a point at which energy can be expressed in a certain set of actions, attitudes and emotions.

11. **Rev Up Your Kundalini:** This major life force energy is an ancient system originating from India that helps the student awaken and emerge their spiritual natures.

12. **Give Up Control:** Allow for the give and take of each other's lead. The giving up of power can be just as arousing!



13. **Flow With The Rhythm:** Entrainment is the tendency of two oscillating bodies to lock into phase, so that they vibrate in harmony.

14. **Take Your Time:** Only by exploring the erotic landscape, savoring all of the body's hot spots, can we find a road to ultimate fulfillment.

15. **Express Your Joys:** If it works, let your partner know. Being vocal about your pleasure may help entice your partner. If it's not, show them where it can.

16. **To Release or Not To Release:** Whether you're a believer in the great release of energy or simply transmuting this sexual energy through other channels, there is always pleasure through a Sacred Union.

17. **Reach New Heights:** Rediscover the deep interrelationship between sexuality and spirituality.

18. **Sex Is The Common Denominator:** Sex is the energetic healer of our mind, body, and spirit.



19. **Honor Pleasure As A Divine Gift:** Sex is the most honest aspect of the Universal creative life force, which electrifies every stage of our life.

20. **Cultivate Pure Ecstasy:** The goal of your Tantric practice is to bring high states of sexual arousal while remaining completely relaxed.

Crystal Pleasures

Ben Wa Balls

These naturally and genuine crystals are authentic Ben Wa balls which are sure to stimulate all your vital nerve endings in your body. Starting with the nerves in the hands, exercise some hand muscles you never knew you had. You can use these to help relieve stress, decrease the pain from arthritis, focus during meditation or while watching TV.

History Of Ben Wa Balls

These balls originated in the Chinese city of Baoding during the Ming Dynasty (1368-1644 AD). According to traditional Chinese beliefs, the vital organs of the human body are all connected to the meridian zones. By manipulating these balls in your hands (and elsewhere), it stimulates the circulation of blood and energy throughout the body. Take the challenge of spinning these orbs in your hands without dropping them. These balls have been duplicated in every medium from iron to plastic. Hollowed balls are outfitted with peacefully toned chimes.

History Of Ben Wa Balls as Pleasure Balls

Ben Wa Balls, or Ben Wah Balls have been around since about 500 A.D., used in the orient. They are also known as Love Balls and Pleasure Balls. Ben Wa Balls were originally meant to provide the man with extra pleasure during intercourse but then it was apparent that Ben Wa Balls had a positive effect on the woman. The feeling of the balls floating freely in the vagina and constantly massaging the vaginal walls caused intense sexual arousal.

What Do Ben Wah Balls Do?

Thanks to modern knowledge, it is now known that Ben Wa Balls are excellent at strengthening the pubococcygeus (PC) Muscles, also called Kegel exercises. Kegel exercises are recommended for women who recently had childbirth to restore the vaginal muscle tone and to help strengthen a weak bladder. It has been proven that the strength of the PC muscles was directly related to the intensity of an orgasm.

Kegel exercises - wearing Ben Wa Balls for a few hours every day, strengthens the vaginal sphincter and many men and women report intense sensations while the woman squeezes her vaginal muscles tightly around her partner's penis.

Ben Wa Balls are the best and easiest way to exercise the PC muscles because the vagina is forced to flex in order to hold the balls inside. Additionally, when the muscles are flexed, it rushes blood to that area, that indicates sexual arousal. Most women are aroused constantly while wearing Ben Wa Balls.



Instructions on how to use Ben Wa Balls:

-Purchase our crystal or iron balls (with duotone bells). If you are a first timer, the metal balls tend to fall out if your PC muscles are not strong. The crystal balls have a tendency to work on all vaginas.

- Empty your bladder first, it will make it easier to hold the balls in.

- Apply some lubricant vaginally. Consider Andrew's Rose Massage Oil. Insert one ball at a time, this is easier done if one leg is lifted up. Squeeze the PC muscles and hold the balls in. You will notice a feeling of fullness and notice the balls pushing down, but after a while you will be used to it, somewhat like wearing a tampon.

- Wear them for a few hours every day.

- To remove the balls, you can lift up one leg and cough or jump up and down. There is no way that the balls will 'disappear' into your body.

Ben Wa Ball Beginner Tips:

- When you first wear Ben Wa Balls, stay home and do not do any heavy physical activity, the balls will fall out. If they do, wash them off with soap and water and put it back in. It is also not recommended to go out and do any chores while you are getting used to the Ben Wa Balls, that would be embarrassing to sneeze in the supermarket and have a ball fall down your pant leg!

It will take a few weeks of regular wearing before your muscles will be able to hold them in through physical activity. Be patient!

- Once you have no problem holding in the duotone balls, you can upgrade to metal balls and enjoy the benefits of strong PC muscles, it will pay off especially when you are older or if you want to give birth!

- You can wear Ben Wa Balls during sexual intercourse, this will add more fullness to your vagina and stimulate the penis as well. Using them during sex is also a good way to create more natural vaginal lubrication.

For Stimulation

Whichever style of balls you use, they all cause sensations and stimulation. In the old days, women would insert the balls into the vagina and rock back and forth on their rocking chair. The balls would roll and move around inside eventually reaching an orgasm for the woman. You can be creative. Try them while riding the bus, during intercourse, taking walks, or secretly while working.

As a Kegel Exerciser

Ben Wa Balls are great for strengthening your pelvic floor muscles. Since the balls are weighted, you have to use your muscles in the vagina to hold them in. With these "Kegel Balls", you can squeeze on the balls or increase resistance by pushing up on them. Doing these exercises daily will tighten and firm your vagina muscles. Many gynecologists also recommend using kegel exercisers to treat urinary incontinence since stronger pelvic muscles improve bladder control.



Shiva Lingam: The True Tantic Stone

Shiva Lingams originate at the **Narmada River** in the central western part of India, which is one of India's seven holy sites. Accessible only during the dry season, these stones are collected from the river bed. Lord Shiva is the supreme being revered by Hindus, and this fertility stone is often worshipped as his embodiment. Lingam describes the egg-like shape that is hand-polished to balanced proportions. Lingam is the sacred Sanskrit word for phallus.

In Tantra, the shape embodies the masculine energy; dynamic expression and knowledge. The markings or **Yoni** depicts female energy; wisdom and intuition. The Tantric Shiva Lingam unifies the dualistic female/male world into harmonious balance. This Sacred Stone relates to the Heart Chakra representing the harmony and balance of the soul that is maintained within the hearts of all of us. It also represents the Spleen/Sacral Chakra representing the stimulation of your reproductive organs.



Crystal Eggs

These beautiful tools also work like the Yoni or Ben Wa balls, only one end is tapered on one end while the other is wider. **Crystal Eggs** balance the energies of intellectual, emotional, and physical bodies. They bestow stability, strength, invigoration and peace. Metaphysically, they assist in the assimilation of new ideas and hence, new (sexual) frontiers!



Crystal Spheres

Sphere shaped crystals are representative of the Universe and everything contained in it. Spheres are synonymous with the "whole" person. The whole person includes consciousness, mobility, non-attachment, self-containment and a powerful mind. Tied to our spiritual nature, metaphysically these spheres allow for our purity, clear mind and flexibility to emerge.



Making It Happen

Our sexual health is one of the most important elements of our whole being and natural existence and yet, one that is often shunned, ignored or found to be down right "dirty". A mentor of mine once said, **"You should look at EVERY person as a sexual being!"**

Our most sexual organ is the brain! Our minds can create the most perfect fantasies or sexual relationships. It is the power of our minds that can enhance the desired sexual experiences and is what realizes our Sexual Health.

Sexual health refers to the many factors that impact sexual function and reproduction. These factors include a variety of physical, mental and emotional issues. Disorders that affect any of these factors can impact a person's physical and emotional health, as well as his or her relationships and self-image.

Aspect of our sexual health may include whether anyone will find us sexually desirable, whether we will ever enjoy sex again, whether we can still have children or whether our sexual partners will stay with us,

Our "sexual-esteem" or positive reverence for and confidence in our capability to experience our sexuality in a satisfying and enjoyable way are all a part of our sexual health and are a very important part of our well being.

It is through this book and my clinical practice in New York City, that I have had the privilege, the practice and the experience to meet and work with so many hundreds of people. All reaching for a similar goal, only in the way they know how. Learning the lessons we each have to learn and having the support to do so.

I hope this book gives you much pleasure, love and support and that you use it as a workbook. We know everyday is different with different challenges. Use this book to bring you through each experience. Use it to your advantage.

In happiness,

Andrew Pacholyk MS L.Ac
Peacefulmind.com
Therapies for healing
Mind, body, spirit