

TANTRIC SEX

BY
THE SEXFULNESS



Hello, we are #1 Online Sex School

If you're reading this, that means you're taking a step into exploring sexuality. Welcome to this amazing journey!

Our mission is to educate people on demanded sex topics and to promote positive sexual experiences and wellbeing worldwide! With us you can watch hundreds of lessons from the sex experts as they share skills, shortcuts and practical techniques.
For Everyone, Solo or Couple and Any gender!

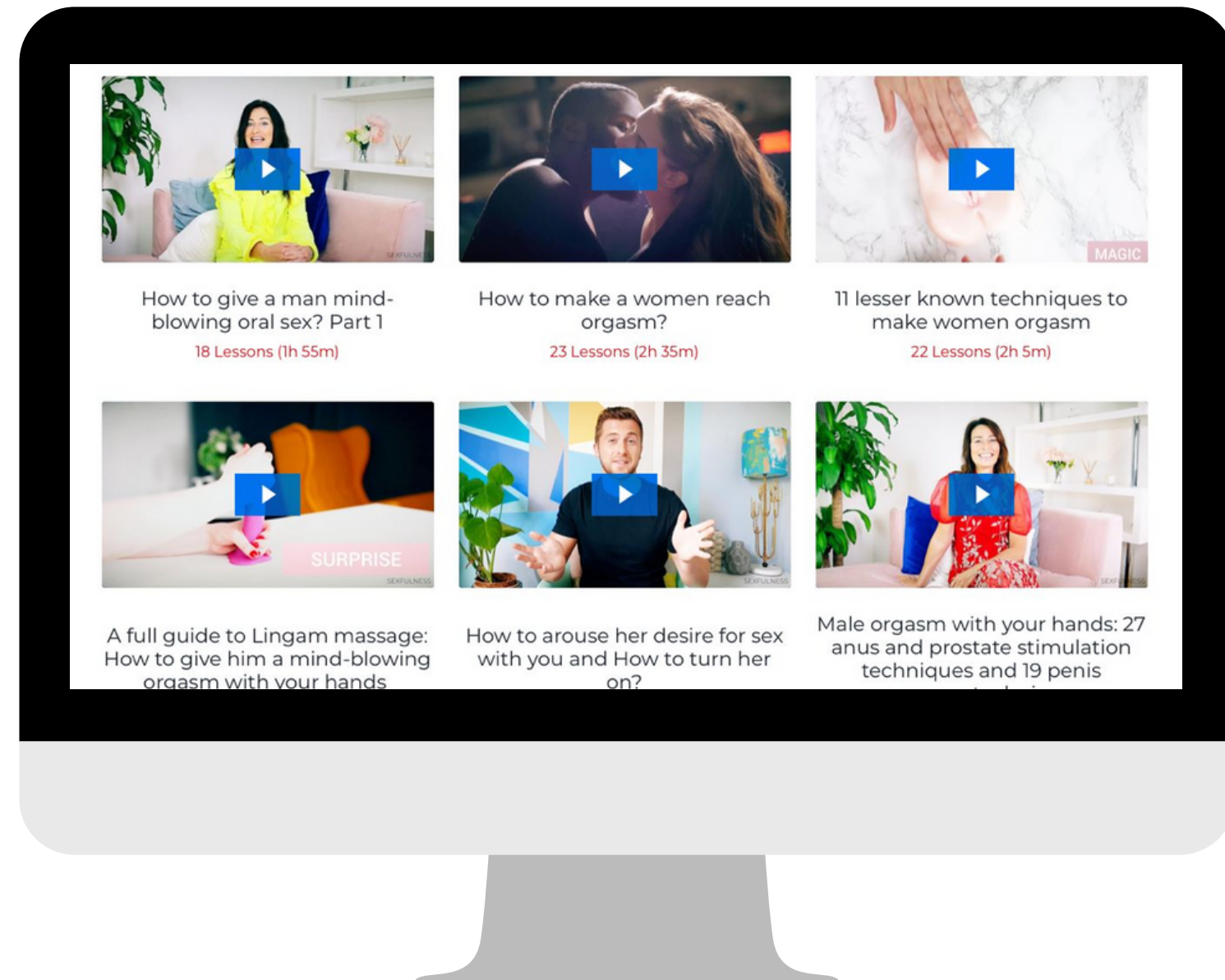


IMPORTANT

This Tantric Sex Ebook is loaded with information, and we know you are excited to start reading through it. But know that you will get MUCH more out of it if you use it along with the The Sexfulness courses on Lingam Massage.

The courses have so much more detail, video demonstrations with real-life models, and waaay more techniques!

LEARN MORE



So... What's Tantric Sex (Massage)?

Tantric massage is a holistic genital massage. Why holistic? Because in addition to physical release it also aims to heal the emotional blockages related to sexuality. Many of us store shame and negativity in our privates without even knowing it. Tantric massage can help you let go of it and put you on the right path to sexual happiness.

The underlying emotional part also means that this Massage is not only about touch. The intentions of the giver and receiver and the attitude they bring to the practice are also very

important here. Having a clear idea of your intentions will help you get the best results from the practice.

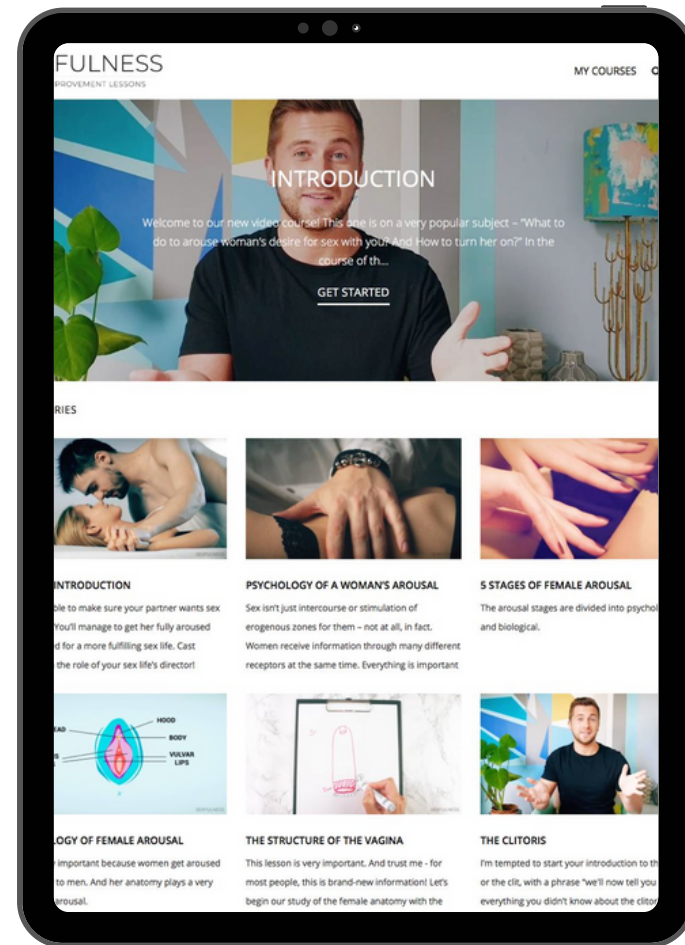
Also, be aware that both partners who are involved with the Massage need to be active participants during the session. There needs to be clear consent from both parties and you both need to want it. Forcing someone to get into this with you will not benefit either of you.

On Practicing Solo

To experience the benefits of Tantric Massage all you need is... your genitals, really. That is to say that when it comes to this practice, having a partner does not impede your sexual growth. You can give a genital massage to yourself.

We call this the Tantric Self-Massage. By learning how to massage your Yoni (a tantric term for vagina) or Lingam a tantric term for penis), you can rewire your whole being and awaken your sexuality. No other person is required.

However, you should know that this ebook—like most write-ups you can find—is written in couples language. But that shouldn't get in your way. Know that you can craft a ritual for your beautiful self too by adapting the following practices to your situation.



In the The Sexfulness online course bundle, we included an entire module that teaches you how to practice Lingam Massage step-by-step. They are designed to empower you just the way you are. And we promise: they are JUST as delicious.

ACTION

1. The Attitude of the Giver

Presence is one of the most important things the giver needs to cultivate. When you, as a giver, are present, the receiver is way more likely to open up. This can elevate the experience. Your partner will feel worshipped and will be able to express whatever they need to express without any reservations.

Communication is another essential part of Tantric Massage. It allows you to understand what's working and what's not. Watch their body language and signs. Are they expressing tension in their eyes, face, and neck or does it look like they're enjoying what you're doing? Be caring and empathic, and ask how they're feeling if something is not clear. Whatever you do, do it with a selfless attitude.

As a giver, ideally, you want nothing in return. Reciprocity is NOT the name of the game here. Only when you let go of expectations, you will be able to enjoy these practices. In turn, it will also increase your level of presence.

Note: Tantric Massages can be very healing but also very painful at the beginning; sometimes physically but especially emotionally. There might be old traumas surfacing so don't be afraid to pause and hold your partner in your arms when needed. Being in the moment will help you to know how far you can push them and what their limits are.

2. The Attitude of the Receiver

The most important attitudes when receiving a Tantric Massage are **trust and surrender**. When you trust your partner you will open up more easily which will allow you to let go of fear and tension. Once you let go of those worries, you make room for growth.

Surrender can often be misunderstood, but here we don't mean being passive and powerless. We are talking about an active and powerful release that is based on trust and love. Surrendering takes courage, so don't mistake it for weakness. Like we mentioned before, be clear about your intention but avoid setting a goal. This practice

is not focused on the outcome, it's about your journey. So, ease into it, enjoy new feelings and sensations and be grateful whatever happens.



3. Get Ready!

Create a romantic and sensual environment.

Work with colors, cushions, essential oils, and music to stimulate all the senses. Warm up the room so you can feel comfortable while naked and maybe have an extra blanket or two by your side just in case. In general, transform your space so that it fits YOU. There's nothing cheesy about lighting some candles and putting some smooth jazz on if that's what gets you going!

Also, **prepare some massage oils** for the body. Remember, no essential or fragrant oils near the intimate areas! Always use pure, organic oils, preferably organic virgin coconut oil, almond, sesame, grapeseed oil, or even olive oil. However,

some people might suffer irritation from oils in the genital area. In such a case rely on natural lubrication or use a little bit of silicon-based lube.

Having some **towels and sheets** is also a must. If you're practicing Lingam Massage, you'll need it to clean up the excess of oil or lube. When it comes to Yoni Massage, towels come in handy if the receiving partner reaches a G-spot orgasm and squirts. In those cases, we actually recommend using a 100% waterproof sheet as it might make the receiver feel more at ease knowing that they won't make a mess.

4. The Warm-Up

We suggest starting the Massage with a meditation. This will help you with staying present and being open to whatever happens. This mindfulness will help you shake off the initial fears and detach yourself from expectations.

So, sit facing each other, legs crossed, and hold hands. Look into your partner's eyes and try to see beyond their physical presence. Synching up your breath can also make you feel more connected, but more about that in the next chapter.



Want more warm-up ideas? In the online courses, we go into detail about different Warm-Up Rituals for couples as well as singles!

ACTION

5. Bring in the Breath



Don't underestimate the power of breath awareness. Yes, it seems quite basic, but it can do wonders for presence and connection.

There are many breathing techniques you can use during the Massage to release tension. You can start small. Just notice your every inhalation and exhalation. Elongate them, make them into fuller deeper breaths and let your worries melt away. Do it during your warm-up meditation and throughout the session as needed.

6. Start the Session

Once you're all warmed up, you can **move on to the massage.** sensations. Play with intensity, interchanging soft, light brushes with a stronger, deeper touch.

The receiver gets naked, lies down on their belly, and closes their eyes. If they're not comfortable with full nudity right away, they can partially cover themselves with a blanket or sarong. As the giver, know that your hands are, in a way, an extension of your heart. Which is a fancy way of saying that your emotions are important here, too.

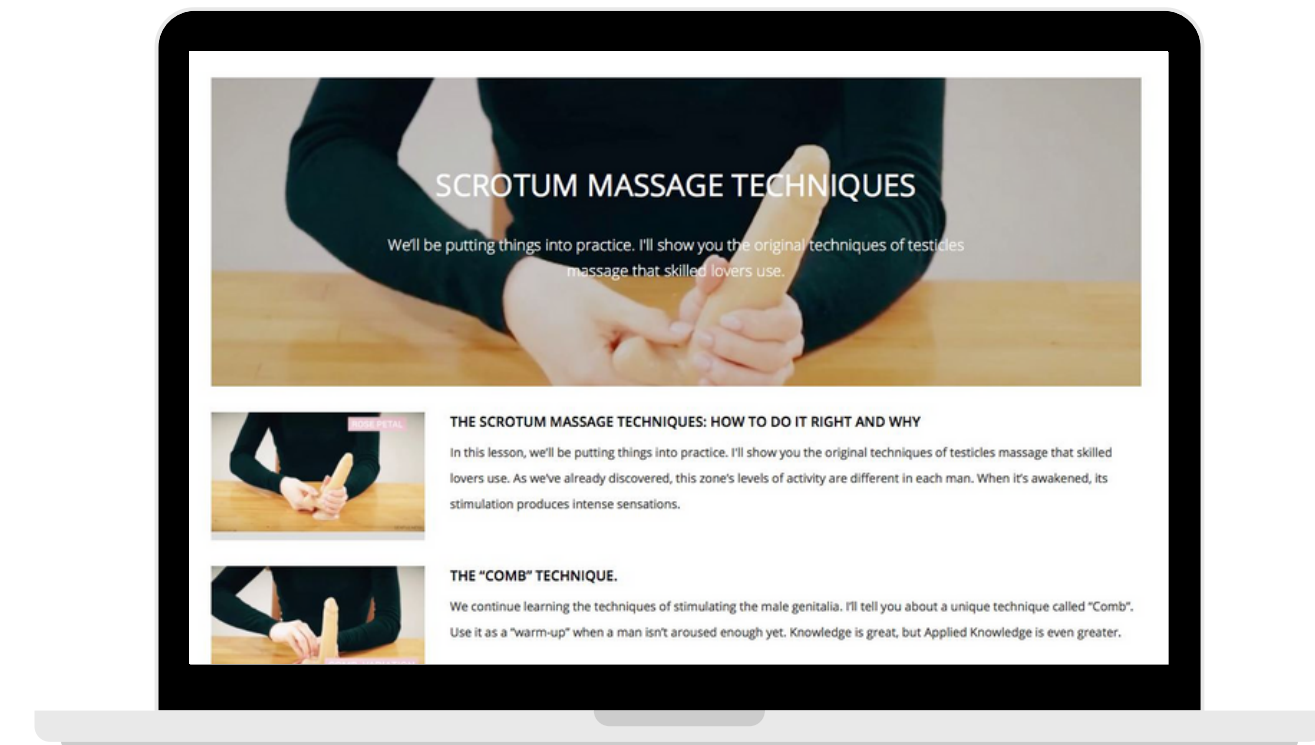
The giver sits down in a comfortable position and starts **with light touches.** Use feathers, (faux) fur, silk, your fingertips, the heels of your hands, and your nails to produce different

Note: Stay present and aware of your breath to enhance your experience.

7. Get the Body Ready

Before you move on to a Yoni or Lingam, do a full-body tension-releasing massage. Here, you can incorporate Shiatsu, Thai, or any other massage technique that you know works best for the receiver.

If you don't know any massage styles, use your hands to work around the neck, arms, legs, feet, and back. Use lots of oil to make your touch smooth and relaxing



Don't know how to give a good massage? The Sexfulness Massage Courses each have an entire chapter dedicated to tips and techniques for a full-body massage.

ACTION

8. Begin the Yoni Massage

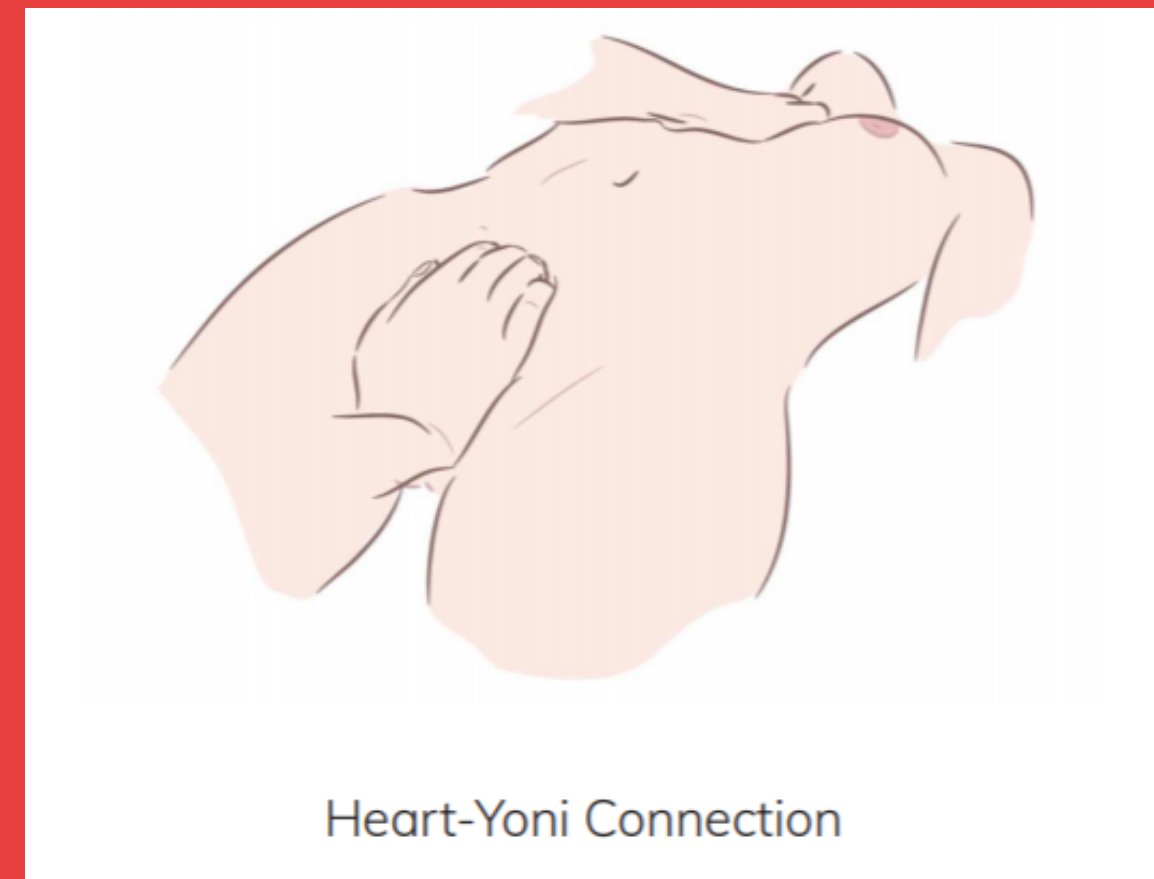
(For Lingam Massage, see the next chapter)

Heart-Yoni Connection

Once you feel the receiver is ready, work your way down the belly around the hips and inner thighs. Many receivers are very stiff around the pubic bone. So try to soften it by massaging the area.

Before you touch your partner's vulva, make sure to ask for permission. Once you get a green light, cup the whole vulva with your right hand. You can push on it slightly to increase the pressure. Place your left hand on the receiver's heart.

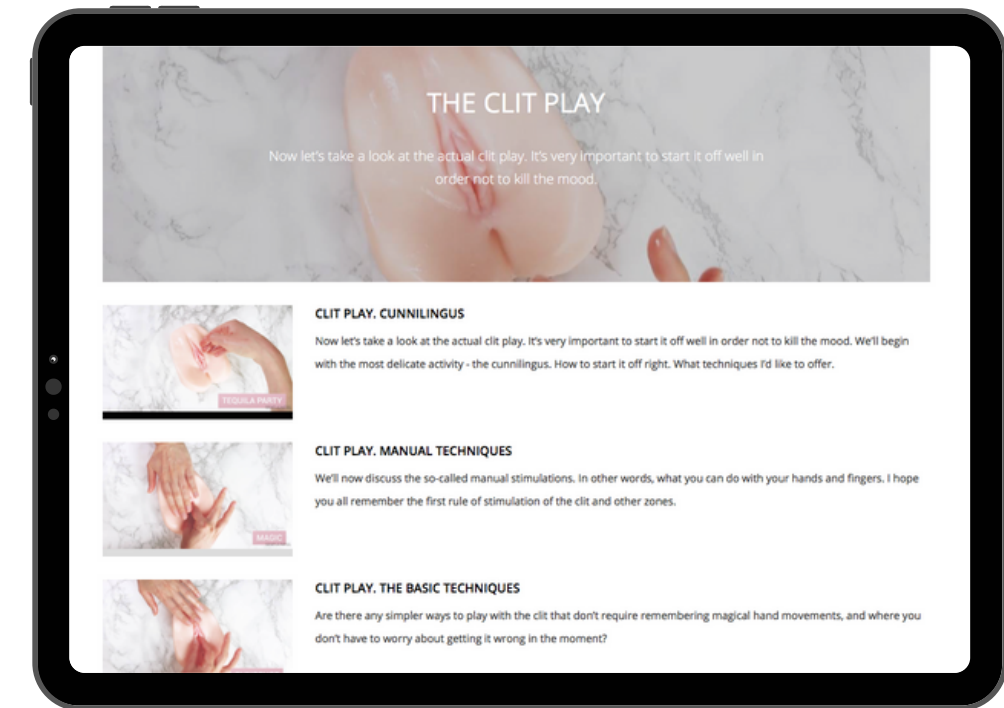
Settle in this moment. Feel the calm, and peacefulness in your own and your partner's bodies. Feel you two connect. This connection will be the base of your practice.



Start Slow: Vulva Massage

Now you can begin massaging the vulva. Apply a lot of lubricant and start with the so called **pussy shiatsu**. Press outer lips (Labia majora) together with your thumb and fingers. You can **play piano** on each side of the lips moving them towards the outside. Make **circular movements, tapping movements, or soft touches** with the tips of your fingers, as if imitating rain.

Then you can move towards the inside of the vagina. Apply extra oil or lubricant and start massaging the inner lips (Labia minora) with two fingers and don't forget about the clitoris! You can play with it by stroking the clitoral shaft up and down and tingling the tip.



Want specific techniques? Inside the online course we show you a plentitude of moves for outside and inside of the Yoni. We do it both on real and anatomical models and provide beautifully illustrated, printable cheat-sheets.

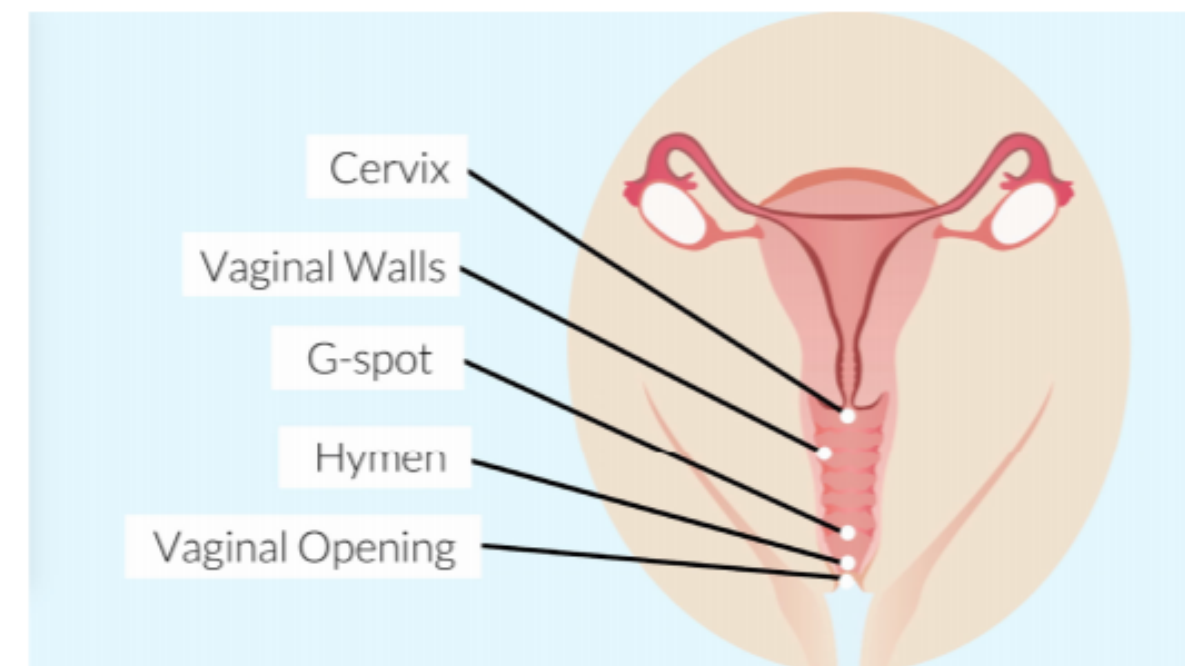
ACTION

The Orgasmic Spots

For vulva owners **the clitoral orgasm is the most common way to climax.** The delicious arousal that bubbles up into an amazing firework show is so juicy you wouldn't think that there's something more than that. But let us tell you, there's even more orgasmic potential out there than you might think.

For example, there's the fabulous and, sadly, often neglected **G-spot**. A magical spongy area at the inner vaginal entrance on top. It can produce deeper and longer-lasting orgasms with more depth and potential for multiple climaxes.

Another very powerful pleasure zone is the cervix. It can be a truly amazing spot of bliss located at the entrance of the uterus, very deep inside the vagina.



The Female Reproductive System

Go Deeper: Vagina Massage

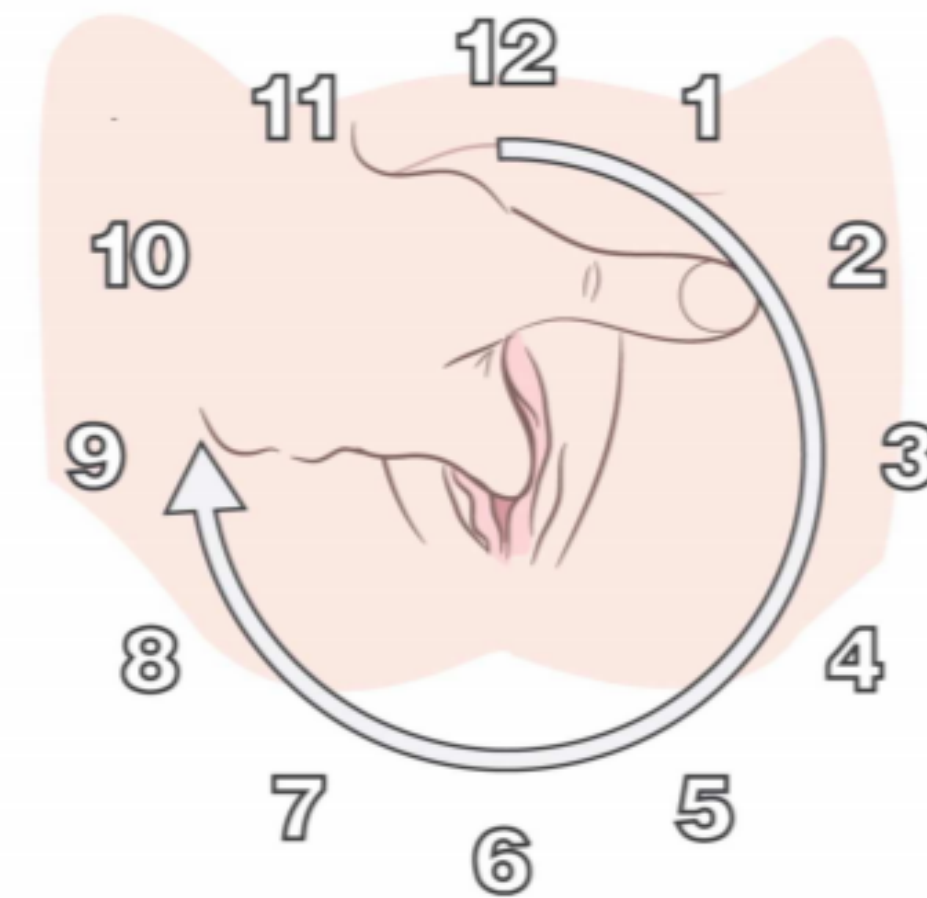
Once you feel that the receiver is at ease and is getting wet, ask if you can enter the vagina. When they say yes, **use your middle finger and go in very slowly**, asking your partner to firstly squeeze their vaginal muscles and then relax them. During the relaxation phase the finger should slide in naturally. Repeat the process a few times until the finger is fully inside.

Stay there without moving for a few minutes. Remember to breathe consciously and try to feel the magic of simplicity.

Note that there might be many numb spots in a vagina where the person simply cannot feel the area. This is often a sign of emotional tension. There also might be pain. Every time you encounter this tension **use the breath to invite release.** Breathe together and make sure the area around the pubic bone is still soft.

This **vagina releasing massage** will help you discover what's behind the pain and numbness. It can take about 20–30 minutes and can be quite intense for the receiver, so be patient and supportive.

You can also slide your finger in and move it clockwise, starting at 12 o'clock and moving down “one hour” as you explore the walls of your partner's vagina. Be intuitive and try to find certain spots which seem tense or even reveal physical knots. Massage them all out.



Clockwise Yoni Mapping

Kick It up a Notch: Squirting

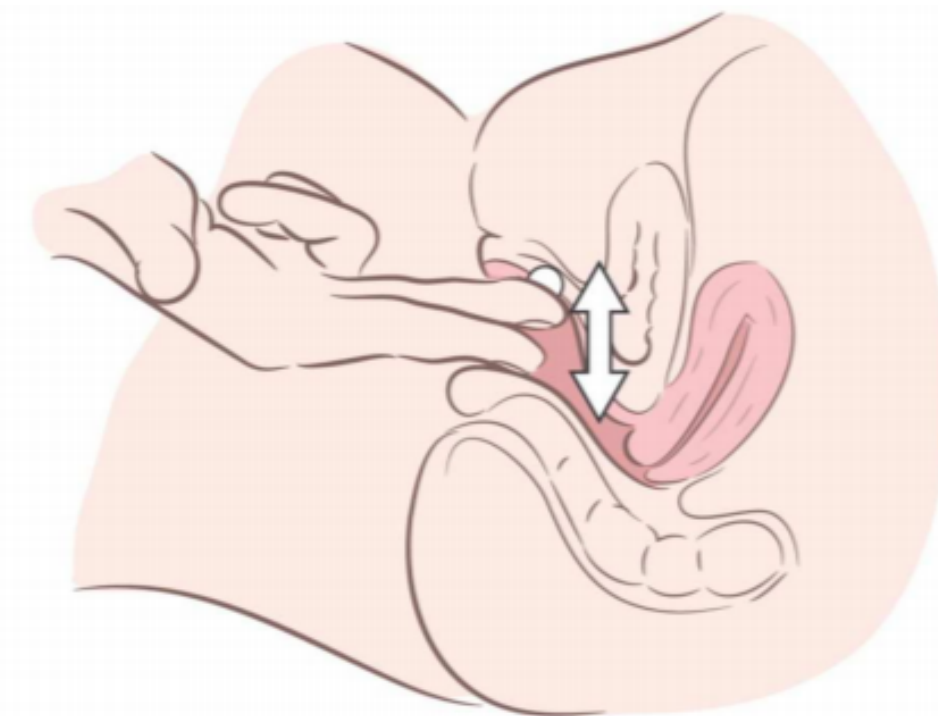
Once all emotional tensions are massaged out and worked through, let's introduce **some juicer moves**.

Take your index finger and the middle finger, insert them into the vagina with your palm upwards, and move them in a **come-hither motion**. Try to feel the spongy area at the entrance upper wall of the vagina. Touching it should feel good for the receiver and after some stimulation the area will grow in size.

Once your partner is very aroused, use your whole arm (moving from your shoulder) to make an up and down movement with your hand. Press with your free hand on the pubic bone to soften the muscle tissue around the pubic bone. That way the G-spot gets extra stimulation. This up and down technique might eventually produce the ejaculation

of liquids or squirting.

However, note that **not all vulva-owners are squirters**—and that's totally fine! For other ones squirting can only happen if they feel arousal deeper inside their bodies, in the area around the cervix. When it comes to squirting itself, some experience orgasms, while others describe it as feeling an amazing energy rush. **Each body is different so talk to your partner** about the best ways to make them feel good.



Squirting can be a perfect way to end a Yoni Massage. In general, it is quite an ecstatic peak and some receivers experience a slight burning sensation inside their vagina after it happens so it's best to move on to stillness.

For those worried about the squirting liquid, know that the science community still disagrees about what it is and where it comes from. What seems to be the case so far is that there is a female prostate known as the **Skene's gland** which triggers the production of the liquid. When it comes to the fluid itself, know that chemically it consists of water, sugar, and electrolytes. Not too bad when you think about it, right?



See it in action: Inside thei
Massage online course we have
tastefully filmed material

ACTION

If after G-spot massage your partner is still aroused and wants more, you can take it even further by stimulating the **cervix**. Cervix is the entrance of the uterus and together with the surrounding area it can sometimes be referred to as the A-spot. When massaging it applying quite intense pressure, you can awaken the most powerful mind-blowing multiple orgasms.

Once you reach it with your fingers, massage around, press on, and rub the area. If it's too deep and you can't access it with your fingers, use a non-vibrating dildo for stimulation.

When playing with the cervix, don't be afraid to change it up. You can go back to the G-spot or the clitoris to switch in between sensations. Cervix stimulation can be painful, so going back to the clitoris and stimulating them at the same time might turn pain into pleasure. Just explore and trust your gut. There is lots to discover and no limits to how far both of you can go.

9. Begin the Lingam Massage

When you feel that your lover is fully relaxed, massage your way down the belly to the hips and inner thighs.

Ask your partner if you can touch their lingam. When they say yes, place your left hand on their heart and your right hand on the perineum (the area between the anus and the root of the penis). You can push on it slightly to increase the pressure. Settle in this moment.

Feel the calm, and peacefulness in your own and your partner's bodies.

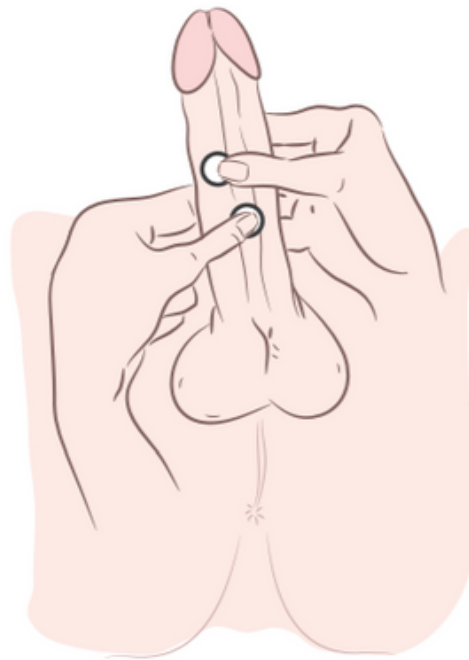
Feel you two connect. This connection will be the base of your practice.



SEXFULNESS

Start Slow: The First Strokes

The first stroke is often very important, as you two just went through a lot to build up the pleasure. So begin with the sensual, grounding stroke of **Lingam Shiatsu** to slowly awaken the penis.



Lingam Shiatsu

Start from the root of the shaft. Gently press the penis with your thumbs and index fingers, and then release. Move up about a centimeter

and repeat the technique. Do this again until you've worked your way up the entire length of the receiver's penis.

Then, hold the sides of the Lingam with both of your hands and **"ski"** with your thumbs by alternating up and down from the root of the penis all the way to the tip. Experiment here with different speeds and amounts of pressure.

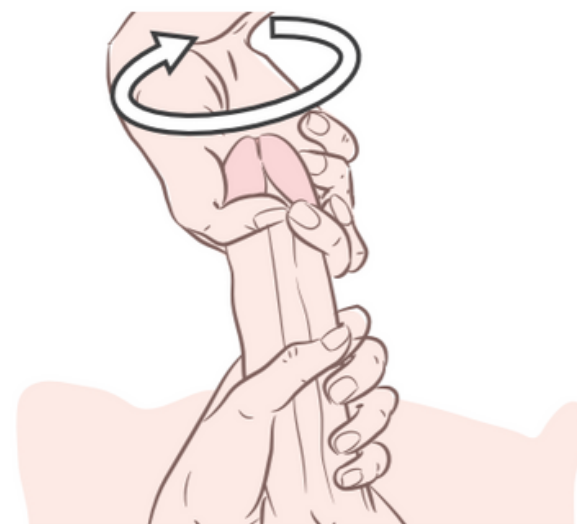


Skiing

Note that all the strokes can be performed on both soft and hard Lingam. Don't worry about making your partner hard. Flaccid penises tend to have more sensitivity, so it is definitely not an issue here.

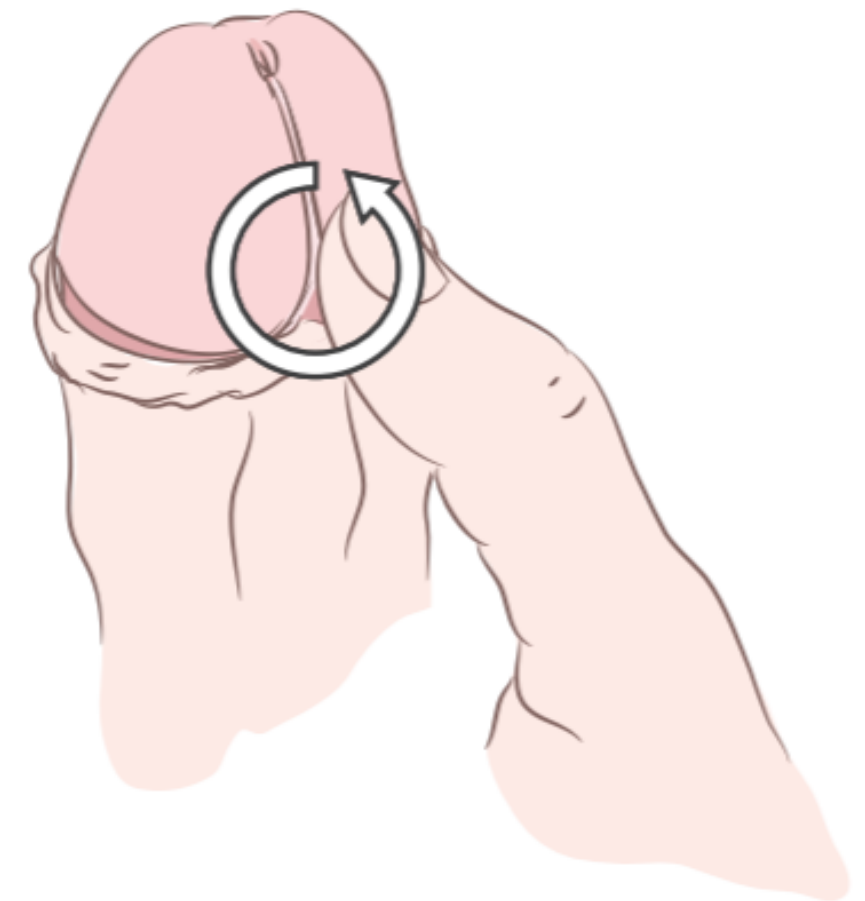
Build the Pleasure Up

This stroke can provide the receiver with some interesting sensations. **Surround the lingam with both hands and twist them in opposite directions.** Keep a firm grip, but don't squeeze too hard here.



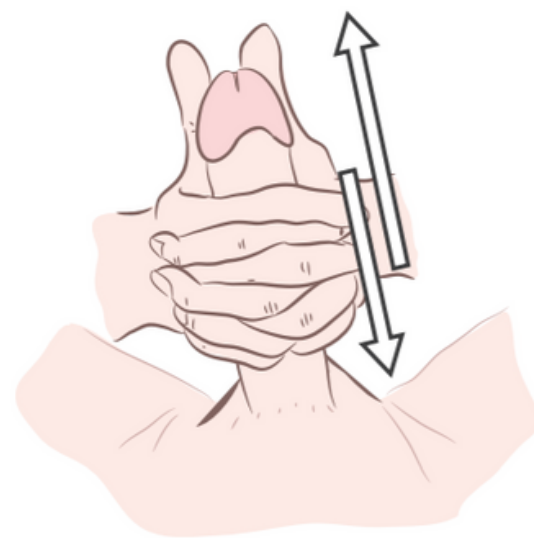
Crown of the King

Now, change up the tempo of the massage by slowing down and moving into a meditative moment. Circle the tip of your thumb and index finger in both directions around the **frenulum** of the penis, which is located just underneath the head.



Greeting the Frenulum

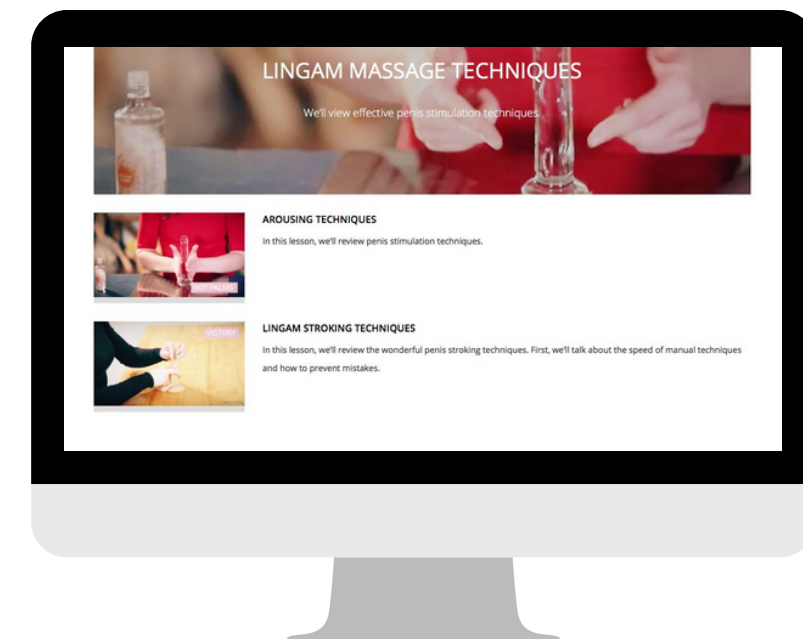
Worship your lover by holding your hands with **crossed fingers** like you would in a gesture of prayer, and surround the penis between them. Then, you can open the thumbs and slide them along each side of the Lingam up and down at varying speeds.



Crossed Prayer

Remember, that performing a Lingam Massage is not solely focused on making your partner climax. So if you feel like the **point of no return**

is coming too quickly—slow down. Touch the receiver's thighs, legs, chest, and nipples allowing them to cool down.



Want specific techniques? In the Lingam Massage course we show over 30+ strokes and techniques for Lingam stimulation. We present them all on a real model and provide beautifully illustrated, printable cheat-sheets.

ACTION

The Other Pleasure Areas

While during the massage the lingam itself receives the most attention, you cannot forget the other pleasure areas.

The testicles are the grounding part of the male reproductive system. Give them some love during the Lingam massage by gently stretching them away from the receiver's body. Squeeze them together and release the tension that might be stored there. Be in touch with the receiver during this process, as some men have more sensitive testicles than others.

Also give some love to the "sacred spot," (prostate) located midway along the pelvic

floor along the taint, in the area between the testicles and the anus. There, you should be able to find a small indentation about the size of a pea or a bit larger. Gently push this spot inward. If you feel it's beneficial and the receiver is comfortable with it, you can include the area around the anus here too.

Penis owners often have strong emotions coming up when someone touches their sacred spot. They may experience a rush of emotions due to remembering a traumatic event from their past.

Allow your partner to release and provide space for them to feel.

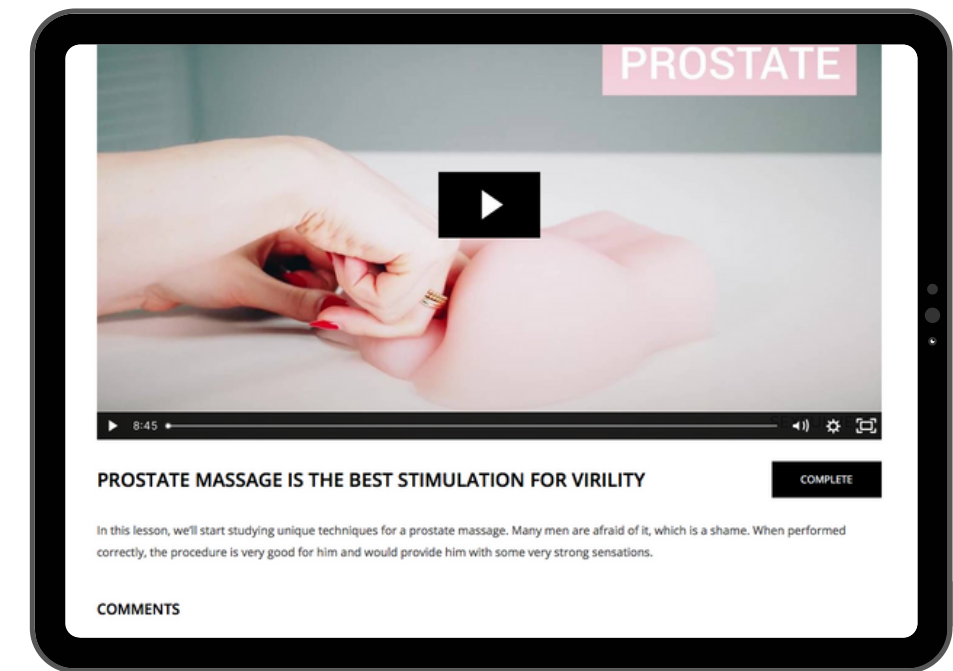
Kick It Up a Notch: Prostate Massage

G-spot is not vulva owner exclusive. Penis owners have one too, and it's their **prostate gland**, accessible through anal stimulation.

Just like with anyone else, G-spot is an emotional sexual center, often loaded with tension and old traumas that have been stored there. By massaging the prostate, you have the opportunity to strip off that baggage to reveal the receiver's true potential to themselves. **Prostate massage, combined with a gentle penis stroke, can be super powerful for one's sexual healing.**

A very important note: Be sure that you **take enough time** and lube to penetrate and enter your partner's anus. You can use a finger condom if you like. The sensation can be very

intense so make sure you are both breathing thoroughly and consciously throughout this process.



See it in action: Inside the Lingam Massage online course we have tastefully filmed material of me giving a Lingam Massage to a model. Plus, we have a whole course on Prostate Massage!

ACTION

10. It's Time for Stillness

Once you have finished the massage, settle into the first Yoni and Lingam Massage position. Cup the genitals with the right hand and place the left hand on the heart. Try to feel your connection again.

After that, sit next to the receiver and let them rest while you meditate. Stillness is what you need after such an emotional orgasmic storm. Enjoy the peace and tranquility.

Step-By-Step Video Instructions



Want to go deeper? We at The Sexfulness have created two step-by-step video courses about Lingam Massages to make this powerful practice more accessible.

Get immediate access to all techniques shown on videos, by subscribing to The Sexfulness now.

LEARN MORE

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