Contents

Preface	vii	
Introduc	rtion	1

1 % Female Sexuality 6

EXPLORING	THE	YONI	9

- % Touching the Labia 13
- **%** Touching the Clitoris 18
- Massaging the Goddess Spot 2
- Exercise for the Muscles of the Pelvic Floor 23
- % Massaging the Uterus 27
- Entering into Energetic Contact with the Uterus 28
- Entering into Energetic Contact with the Ovaries 31

GENDER SIMILARITIES IN ANATOMY AND SEXUALITY 32

MOON TIME—THE FEMALE CYCLE 39

% Encountering Menstruation 48

THE FEMALE ORGASM 49

Exercises to Increase Desire 55

Exercises with the Yoni Egg

The Self-Love Ritual

2 & Energetic and Spiritual Basics 60

YIN AND YANG 61

Becoming Conscious of the Energy Cycle in the Body 65

98 Becoming Aware of the Flow of Energy in the Yoni 68

THE CHAKRAS 69

Cleaning and Energetically Stimulating the Chakras 72

BREATHING AND CONSCIOUSNESS 75

Preparatory Breathing Exercises 78

Deep Pelvic Breathing Chest Breathing Upper Chest or Collarbone Breathing Combined Breathing Alternate-Nostril Breathing The Tantric Breath of Fire

BREATHING DURING YONI MASSAGE 83

% Breathing in the Microcosmic Orbit 84

Experiencing the Big Draw 86

A BRIEF INTRODUCTION TO THE WORLD OF TANTRA 89

3 % The Yoni Massage 93

THE REFLEXOLOGY ZONES OF THE YONI 98

THE YONI MASSAGE—PHASE BY PHASE 100

Phase 1: Honoring the Shakti 104

% Phase 2: The Preparatory Full-Body Massage 108

% Phase 3: Awakening Desire 114

98 Phase 4: Opening the Yoni Flower 115

% Phase 5: Stimulating the Pearl 118

SP Phase 6: Entering the Temple 120

% Phase 7: Stimulating the Goddess Spot 122

% Phase 8: The Finale 125

% Phase 9: Saying Farewell 127

CONCLUDING THOUGHTS 128



Appendix & Experience Reports 129

The Origin and History of Yoni Massage 149

Notes 152

Further Reading 155

Acknowledgments 156

About the Author 159

Index 161