

# One Heart Tantra

## Tantric Massage | What to Expect

Much has changed since I first started offering Tantra Massage back in 2007 when there was hardly any tantra massage in Scotland, Ireland or even England. Today there are many more therapists and other professionals offering what is now a commonly used term of tantra massage. It's become a generic term in fact, however not all are genuine tantra massages and many are no more than exotic massages with happy endings. So what's the difference? In one word, intention. It's what the intention is behind the offering that most qualifies the product.

The difference between an authentic tantra massage and erotic massage is simply that tantra massage seeks to expand, heighten or ground, depending on needs, it seeks to clear energy lines of blockages to encourage the free flow of life force/sexual energy, it will enable the nurturing/feeding of internal organs, and seeks the regulation, harmonisation and integration of the mind, body spirit system. In contrast the erotic massage seeks to stimulate sexual organs to produce short lived pleasure of ejaculation and orgasm.

The following information is the original writing from when I set up One Heart Tantra. Some of it appears on several other tantra sites though not with my permission. I suppose imitation is the most sincere form of flattery...! For anyone considering tantra massage either with myself or looking for other genuine practitioners it will serve as a good guide for what to look for in your practitioner and also as a frame-work for a session with One Heart Tantra.

Please feel free to ask questions either by commenting or by emailing me.

### What is Tantra Massage?

Tantra Massage is a combination of loving touch that gently soothes the body and senses while at the same time awakening the spiritual life force that we know of as sexual energy. The entire

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# One Heart Tantra

## Tantric Massage | What to Expect

experience is essentially a ritual that celebrates the whole being that you are, and encourages you to completely relax into a state of receiving conscious touch and pleasure. By surrendering action, many new experiences and states of consciousness are available which promotes self-confidence, increases your energy and capacity for pleasure, and promotes deep inner peace. We all have a self-imposed limit to receiving pleasure; a glass ceiling that we don't even know is there! Tantra Massage helps us to expand our capacity for pleasure by focusing on learning how to fully receive.

### Session Framework

A Tantra Massage Session includes the whole body, including the genital areas in both women and men. In Tantric philosophy, the body is seen as a whole that is greater than the sum of its parts, a temple that is the expression of the spirit and life force of the individual. To ignore a given part or area is to ignore part of the spiritual essence of the person. There is a liberal use of vegetable based oils, combined with high-quality essential oils. It is an intimate, warm, and relaxing space, accentuated by soothing colours, spiritual and sensual images and music. The other, most important aspect of the session is to awaken the life force potential, referred to in Tantra as "Kundalini" or Shakti, so that it may be used to stimulate, nourish and nurture the whole body in such a way as to produce deep relaxation while at the same time enlivening the body's capacity for ecstasy and pleasure. Through specific and repetitive patterns of conscious touch, the therapist guides the energy to help the client access profound states of bliss and expanded consciousness. These states of new awareness may last for hours or even days, encouraging the recipient to gain a new perspective into their true nature.

The genital massage that accompanies each session is known as the Yoni massage (for females) or Lingam massage (for males). This part of the massage only occurs after almost three quarters of the time has been devoted to the rest of the body, awakening it and preparing it for this honouring. Since this is not a sexual or erotic massage, and physical orgasm is not the goal, male

# One Heart Tantra

## Tantric Massage | What to Expect

clients are encouraged toward a new experience – one that does not necessarily include ejaculation. During this part of the massage, the utmost respect and gentleness is used in order to extend the experience of safety and sacredness that was established in the beginning of the Session through ceremony and rhythmic breathing. Once the life force is awakened, it is then lovingly encouraged to flow upward through the energy centres of the body, known as "chakras", and outward to all the extremities. As the energy and ecstasy expands, it cleanses and activates the entire individual, re- vitalising and nourishing the body's organs. Sometimes this may produce an emotional release, deep insight, or mystical experiences.

### The Benefits

The primary benefit of a Tantra Massage is that of self-knowledge. To become acquainted with yourself as a sexual being is to also initiate an awareness of your Self as a Being that is not just a mind or body. Through conscious touch, your body and mind will heal and re-pattern itself naturally from the conditioned beliefs that have permeated society that pleasure is bad, and that spirituality has to involve a denial of our sexuality. Relaxation is the portal, and surrendering control in order to receive without having to give anything in return are the keys which open the door to this awareness of ourselves as pure Spirit.

Other benefits are improved confidence and health - if we can open to allowing the sexual energy (chi) to move through our body, the vital organs are nourished, starting with the kidneys, and when our kidneys feel full, then we naturally feel we are enough, and that we have enough. When this happens we can find that 'joie de vivre' sparkle once more.

For women, there can be a newfound acceptance that it is really okay to be a sexually powerful and dynamic female. Women will also benefit from same gender touch as it assists with releasing the 'pleasing program' that comes into play in interactions with men. Once the Nectar of the Goddess begins to flow in a woman, then her confidence increases and therefore her sense of value and self- sustainability is expanded. Her ability to respond and flow sexually will change her relationships dramatically as well.

# One Heart Tantra

## Tantric Massage | What to Expect

For men, there will be a new experience as well. The typical issues of premature ejaculation, loss of libido, and goal orientation in intimate relationships undergo a fundamental shift. Tantra Massage teaches men how to separate orgasm from ejaculation, and experience the energy of orgasm throughout the body and in the mind. Gradually, they can also learn to circulate their sexual energy for self-rejuvenation, creativity and health.

### What You Need to Know To Prepare

1. The Massage part of the experience is conducted in a "naturist" or nude format for both giver and receiver. You will be provided with a pareo (sarong) to wear beforehand for the tantric rituals. The environment is kept very warm and comfortable in all climatic conditions. You are asked to bring a towel with you, so that you can shower off the oils afterwards. For men, I request that you do not have an ejaculation for 24 hours before, during and after the appointment. This is to help in reprogramming your inbuilt male conditioning, and begin the journey into new experiences.
2. I ask that you prepare for the Session before you arrive by showering or bathing, washing your hair, and having your nails trimmed. No perfumes, colognes or excessive make-up please!
3. You are here to receive. Therefore, touching me is not part of this session. Please honour my boundaries, and just relax and receive. If I feel my boundaries are compromised, I reserve the right to end the session at any time without explanation.
4. Since this is your time for you, please allow enough space to enjoy it. Arrive ten minutes before the appointment time if you need to shower, and to change clothes, etc. Allow for some time afterwards for the shower and any questions you may have. Please do not arrive earlier as this may not be convenient.

# One Heart Tantra

## Tantric Massage | What to Expect

5. You may receive some "homework" after the Session. This may include exercises for self-pleasuring, meditation, breathwork, etc. It is your choice to follow it or not.

6. All Tantra Massage Sessions include elements of breath-work, energy alignment and honouring ritual prior to the full body tantra massage including yoni/lingam massage. I ask that my male clients do their best to withhold ejaculation in order to preserve the energy that has been raised during the session.

7. If there are specific issues you'd like to address during the session, then please book additional counselling time when you make your appointment.

One Heart Tantra is a professional service for those who are genuinely seeking positive change in their lives. I do not offer sexual services and I immediately end an enquiry or advance of this nature.

**PREREQUISITES & NOTES:** This session is available only for existing clients who have been working with me for a minimum of 3 sessions. It is not suitable for conditions of stress, specific healing issues or trauma release - please enquire about other sessions such as Healing Focus Tantric Massage, Coaching, Trauma Release or Energy Work instead.

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