

A ground-breaking way of releasing trapped
obstinate emotions so you can celebrate life again

EMOTIONAL DETOX

Through Bodywork

"A WOMAN'S GUIDE TO
HEALING AND AWAKENING"



*"This book is the tool that you need to create the
experiences you want in your life"*

Master Mantak Chia, the best-selling author

MAL WEERARATNE
FOUNDER OF TANTRIC JOURNEY
SCHOOL OF HEALING AND AWAKENING

Tantric Journey is not just Tantra work, but instead a unique combination of the following Therapies that I have learned from some of the world famous body workers and healers as follows:

- Caroline Muir's - Tantra
- Mantak chia – Tao
- Dr Jack Painter – Deep bodywork
- Brandon Bay – Journey Therapy
- Aunty Margret – Lomi –Lomi healing massage
- Bodhi Avinasha's– Ipsalu Tantra Cobra breath
- Margot Anand – Osho's white Tantra
- Robert Bay – NLP

My unique learning experience and extensive working practice has led to me developing Tantric Journey that allows me to incorporate my vast wealth of learning and knowledge and includes the following therapies:

1. Holistic Body Therapy
2. Aromatherapy
3. Reflexology
4. Indian Head Massage
5. Hawaiian Lomi-Lomi Massage
6. Swedish massage
7. Shiatsu
8. Thai Yoga Massage
9. Tantric Healing Massage
10. Pelvic-Heart Integration
11. Lymphatic Drainage Massage

12. Deep Tissue Massage
13. Sacred Spot (Prostate or G spot) Massage and Yoni Healing
14. Kahuna Healing Massage
15. Emotional and Physical Release Detox Massage
16. Spiritual Hot Rock Massage
17. Journey Therapy
18. Aspects of Counselling
19. Yoga Stretches
20. Breath work and Meditation
21. Toning (with sounds), Mantras and Visualization
22. Cobra breath
23. Tao practices – Chi Nei Tsang (Internal organ – abdominal massage) and Karsai Nei Tsang– (therapeutic genital massage)
24. Life Pulse Massage

After all my learning what I found was that I knew already how to heal people, and we all do. We just need to unblock our emotions that's blocking our true healing potential. What I learnt is that all of us are healers and experts only if we can remove our blocks. This means we don't have to learn any massage modalities to do the healing work I do.

I help my clients reintegrate their Mind and Body connection through a powerful spiritual treatment for awakening and deep healing. The sexual energy within our bodies affects our whole being. I help my clients to recognise how the mind, body, soul, emotions and feelings are all intrinsically linked to each other through the endocrine system, nervous system, circulation and the immune system etc.

There is no disputing that our sexuality can bring us into contact with the most intense of feelings which impact on every level of our presence. When we come to understand how sexual energy flows through us we can learn to harness, support and strengthen it. This energy is vital to us and affects our whole being. It can be spread across the whole body, filling us with health and vitality, when this energy flows it can be used to cultivate health, spiritual growth, creativity and inner peace.

We live in an orgasm-focused society. Orgasm is perceived as being the main achievement in a sexually fulfilled life, in my line of work it is often perceived that the purpose of the Yoni massage is simply that of achieving the big 'O', I'm here to tell you it's not. However, I have seen hundreds of clients who feel "broken" because they are unable to achieve the coveted prize of the climax. I have seen many women who feel pressured and distressed by the notion that all 'real' women can orgasm. We are so invested in the notion of orgasms that "faking" orgasms is common; indeed most women admit to having done so at some point in their life.

Despite societies misguided notion that orgasm is the primary reason to have sex, many women find it impossible and it shouldn't be the primary focus of a fulfilling relationship, but it does perform some very important functions and probably ones that you haven't considered before.

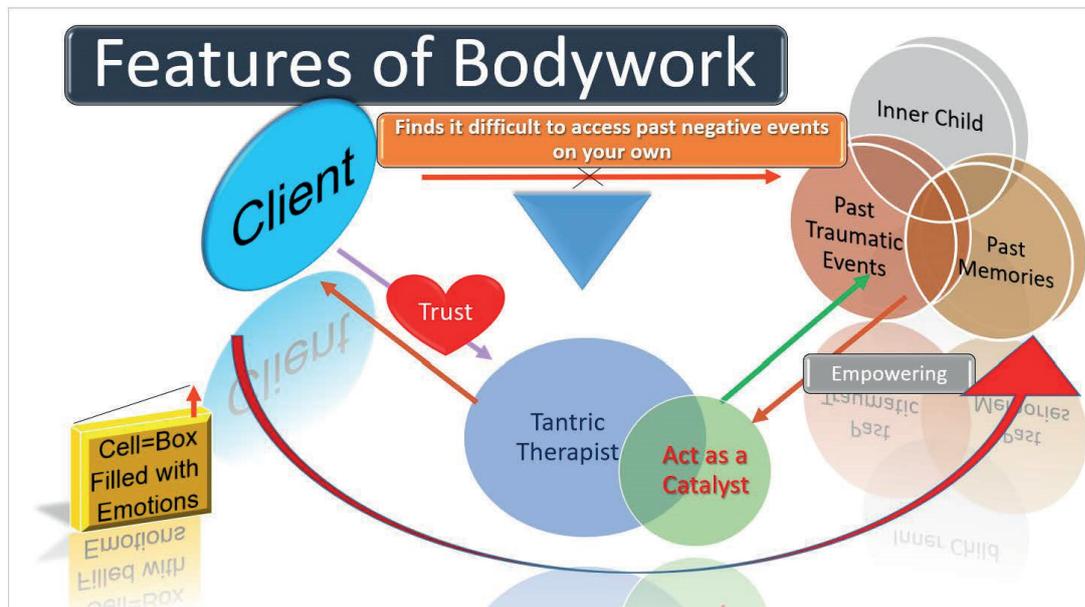
According to several major studies, only 25 percent of women always climax during sex with a partner. The remainder of women either hit — or miss — depending on the night, or never experience a female orgasm during intercourse at all. For many women the female "O"; is a fleeting phenomenon.

There are many obstacles that can undermine a woman's capacity to achieve orgasm. I can explain my theory of why some women struggle to achieve orgasm by discussing the function of the orgasm. Orgasm is a positive energy flow that moves from the pelvis to the crown, where the wave of sexual energy activates the pineal glands in the brain to stimulate and connect the nervous system and the endocrine system to send messages to stem cells in every cell in our body. These messages facilitate repair where needed and rejuvenate every cell in our body making us young, healthy and happy. Most people experience their orgasms at a genital level, like a sneeze between the groins which does not produce a long enough wave to reach the pineal gland and receive benefits from this function.

What is stopping the creation of this long wave and making it travel towards the crown? It is simply our negative emotions, such as fear, shame, sadness etc. as a result of our childhood experiences and upbringing, which stunts the creation of this natural prolonged wave.

During a Tantric Journey session with my female clients, I help them to release both physical and emotional toxins from the body, thus making the body more positively charged. Then I go beyond to facilitate female ejaculation to help them release deeply held negative emotions during a yoni (vaginal) massage.

THE HEALER AS A CATALYST



During my years as a tantric healer I have learned that it's not the therapist who heals the client during deep bodywork, but it's the client who heals herself, in the presence of a trusting therapist who can hold the space to enable the woman to release emotions freely. The therapist only acts as a catalyst to help the client access stagnant negative imprints as a result of past trauma (rather than accessing old trauma by herself) by working on trigger points where the trauma is stored.

Once the emotions are fully felt in the client's body, it's a certain deep breathing technique that enables her to release and unblock the stagnant negative emotions. She may feel fear, sadness, anger etc., during the treatment as a result of deep bodywork. The time it can go wrong is due to lack of understanding of our own bodies and emotions. It's important to note that sometimes transference and projections can take place, which means that the clients will blame the therapist for the way they feel. This is the danger that all good massage therapists may experience, which is why we need to take special care in dealing with women who have experienced trauma.

During my therapy sessions, I often introduce a client's partner into the process by helping him learn to communicate and connect with his partner. One of the biggest obstacles to this process is that my male clients often feel threatened or uncomfortable with the idea of getting in touch with their "feminine" side in order to enhance communication with their partner.

What's stopping the man from becoming feminine is that he's blocking his negative emotions, just like a woman. He's blocking his negative emotions in the feminine body. And these negative emotions are stored the same as in the woman. Women's deepest negative emotions are stored in the female prostate or in the G-spot, whilst in the man; feminine emotions are stored in the male prostate. So if you can do the bodywork on the man and massage the male prostate regularly, you can get in touch with the feminine side of the man; that means he will become more feminine and balanced.

It's important to reassure male clients that balancing male and female energies is nothing to do with sexual orientation nor is it connected to losing being balanced with the masculine and the feminine energy. One of the biggest problems we have in society at the moment is that men are too masculine and macho, and they are not connected to their feminine side of the body. That's why they can't understand and communicate with women.

If a man wants to get in touch with his feminine side, he needs to go to a female Tantric Journey Healer in order to preserve the yin-yang equilibrium. She will do exactly the work I do with a woman, for example the male prostate massage with breathing exercises, movements, and vocal sounds. It's likely that he will cry, get angry, and release emotions – and that's when he's become in touch with his feminine side of the body. That's when he'll become much more balanced as a result of his equal masculine and feminine energies. He would be a much, better lover for a woman than a masculine man, as he would be capable of getting in touch with her heart centre before he contacts her sex centre.

At the same time, the woman who is receiving the Yoni massage and releasing negative emotions gets in touch with the masculine side of the body. For example, men are not scared to get a massage or to have the lingam massage. They are not shy, they don't feel sad, and they don't cry, but that's the masculine side of the body. So when a woman releases all the negatives energies in her body, she will be able to get in touch with the masculine side of the body and then men will love that masculine side of her body which is now more open and connected with the sex centre. This aids connection and allows the woman to get in touch with her own goddess and be more balanced.

A relationship can function much better when each person can get in touch with the opposite polarities. They're able to communicate with one another, understand each other's emotions and motivations, and help each other become more enlightened human beings. It's the completion of the yin-yang balance; when this has been achieved, the relationship can become more fulfilling, positive, and sensual.

Many men are still afraid to undergo the healing powers of the Tantric Journey. They think that it somehow makes them effeminate or less of a man. To them, I say this: every man is made up of masculine and feminine energies (masculine and feminine hormones). A person who is only in touch with his masculine side is only half a man. Being a stunted human means that you'll live a stunted life – that's why it's so important for men to put aside this ultra-macho attitude, because it's only infusing their bodies with negative, poisonous energies.

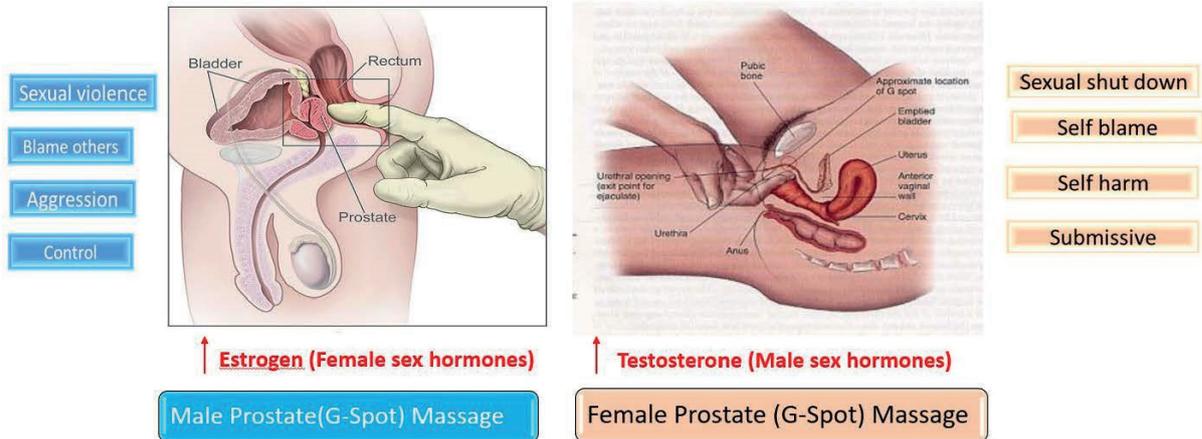
THE MALE G-SPOT (PROSTATE)

Male and female G-spots have more in common than one might think; in fact, there's nothing different between the female G-spot and the male G-spot (the prostate). Both have the same functions, although the medical community is still grappling with what purposes those functions might serve. But for the purposes of Tantric Journey healing, the G-spot is akin to a storehouse of emotions. This is the place where men store their negative energies; in fact, I estimate that about 80% of negative emotions are stored within the prostate, while the rest of the body holds 20% of the emotions. This is why Tantric Journey healing for men focuses on massaging the prostate, because like the yoni, this is where the negative energies are the most focused. With this respect, the G-spot isn't even related to sexuality; in fact, I like to tell the story about one client who suddenly evoked the memory of her two year old brother dying when I was massaging her G-spot. Now this brother has nothing to do with her sexually but it's the sadness that she had because of the brother dying. The G-spot is a powerful holder of negative emotions, which is why it plays a central role in the Tantric Journey healing process.

I Believe !

80% Problem and Solution is in the Prostate (G spot)

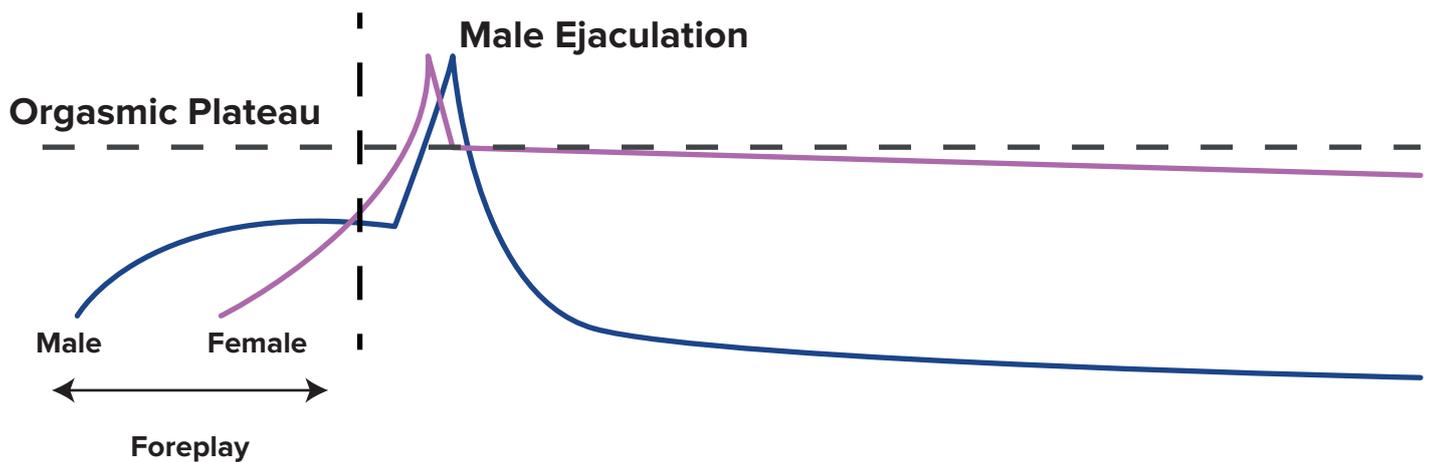
Prostate Blocks with Emotions & Past Negative events



As previously mentioned, if a man wants to undergo Tantric Journey healing, he needs to see a female healer. She can help him release the frustrations, sadness and anger that has been building up in his G-spot, which is often why men want sex so quickly that they're willing to go to a prostitute to pay for the release of the pressure that they build up due to stagnate emotions in the male prostate, which puts pressure to ejaculate to release the sexual tension. He wants to ejaculate because essentially he wants to release the tension without having to deal with the emotions he is experiencing, where as a woman will suppress the emotions in the body rather than exploring the sexual release feelings he's experiencing, whereas a woman doesn't usually have that opportunity or drive. A man isn't usually conscious of this need; he's stagnant with negative emotions, and he's looking to relieve the tension by ejaculating quickly. That's often why rape and abuse occurs, because a man is urgently looking for a way to release his tension. He's thinking at the time that he's doing her a favour; that's his unconscious way of making love to her.

So now if he can get his prostate massaged and release negative emotions from this pentup place, the man will be able to experience positive feelings that will last. He will no longer need to feel as though he must ejaculate quickly, because he'll always be able to ejaculate when he wants. That's because there's no more negative emotion that's putting the pressure on his prostate.

If the prostate is healthy and if there is no negative emotions, there's a lot of positive emotions. Then the male client can learn to separate the orgasm from the ejaculation. Once you learn to separate the orgasm and the ejaculation, that's when you can effectively make love to a woman. Women take a long time to orgasm, whilst men only take a few minutes, if a man wants to actually make love to a woman and to give her an orgasm, then the man must learn how to withhold the ejaculation, and stay with the woman as long as she takes. Because otherwise, what happens in every relationship, is that the man ejaculates so quickly that he just goes to sleep once he's finished meanwhile the woman is wondering what just happened.



Comparison of the Arousal Pattern of Man versus Women

Sometimes the man will think he has so much to prove (this is male ego as a result of a blocked prostate) that he goes in too quickly, which ends up being incredibly painful for the woman; this is why she fakes an orgasm to stop him, because she doesn't know how to tell him, "You're a bad lover." She doesn't want to damage his ego; she just wants the sex to stop. She loves him too much to damage his ego. But what becomes damaging is when this goes on every time.

If a man gets in touch with his feminine side, however, he'll begin to keep up with his lover so that they both can enjoy the positive relief that comes from a full-body orgasm. What's more, he can learn how to have hundreds of orgasms without even ejaculating and that

makes him a much better lover and partner. Believe me, that's enough of a motivator to get a man to undergo much needed Tantric healing!

Massaging the prostate can also help treat one of the biggest killers of men: prostate cancer. When negative emotions accumulate within the prostate, this means that healthy blood circulation is being blocked from the sexual organs. If you think of a tube - like a hose pipe and it's blocked inside, then the water can't go at the same speed. Capillaries are so small and only one blood cell can go through this tiny tube. So imagine that if you have got even the tiniest block in the capillaries, then you'll have a reduced blood flow going into the sexual organs or any other organ.

This not only means that it's harder for men to become aroused, but it also prevents the prostate from functioning properly. When the prostate is regularly massaged, it can help clear up the blockages and release the toxins that can lead to prostate cancer. And this is serious for men's health; after all, hundreds of thousands of men die from prostate cancer every year. By undergoing regular prostate massages, you can help ensure that blood flow is being properly managed, thus protecting your overall health.

But it's important to note that massage will only help to release the negative emotions in the body; you need to go on an actual a detox to remove any physical toxicity in the body. What you eat and drink can contribute to the blockages within your prostate. Therefore, a man's ideal health can be achieved through a combination of good diet, exercise, and regular prostate massages that will release both the emotional toxins and the physical toxins.

SELF-DISCIPLINE FOR THE MAN

When a client comes to me the first thing I do is meet her exactly where she is, emotionally, at that time. Even to arrive for the first session, she often has to overcome some of the strongest barriers of shame, fear, and guilt or mistrust, which may have been with her for many years. I accept all the barriers and fears, without forcing any change. I understand that the outcome she wants from a treatment is to be free from her issues, but this must be approached with the greatest sensitivity and respect for her emotions. Full unconditional acceptance is key to developing trust.

We may take a long time in Talking therapy sessions before any bodywork can be done, which also helps to develop connection, trust, and open the mind for treatment. Clients may have questions, or a lack of knowledge about the treatment or their own issues, which can be fully explained through dialogue, including preparing her for what can actually happen during a treatment.

When we begin bodywork, it is fully clothed, using Tantric Journey Level 1 (Thai-Yoga massage) techniques. This is a safe and comfortable place for most women to start, and helps to further develop trust while being in itself a powerful treatment. When she is completely comfortable and ready, we can go on to massaging partly uncovered areas of body, and when the time is right we can massage fully naked using Tantric Journey Level 2 techniques. This process of uncovering the body is often mirrored in the experience of uncovering emotions. By the time a woman feels comfortable enough to be naked she is more ready to open to deeper healing. It is like peeling an onion. Each layer of clothing represents an emotion. The top layer can be shame or fear and so forth.

After a few sessions of deep full body massages, and once she is comfortably opening physically, emotionally and energetically, I can then introduce the Yoni Healing massage using Tantric Journey massage techniques. During the yoni (vaginal) massage it is important, as in all aspects of treatment, not to force any outcome, especially ejaculation. Ejaculation requires a very deep level of trust and for the body to totally surrender.

For me as a practitioner, there are important basic principles which always guide my work. One is that my client is always right, and that it is imperative that I hold the space unconditionally and without judgment for her to acknowledge and express her emotions fully. There are no right or wrong emotions and in order for emotions to flow and be released we must fully welcome them all.

Another is that a woman can always change her mind at any time, as emotions behave much like waves in the sea; sometimes approaching, sometimes receding, sometimes washing over and through us. They are constantly changing, both positive and negative. This must be respected fully. The woman is always in control, and it is my job to be her student and learn fast. She is totally individual in her needs and desires in any moment, and it is important that I drop my ego and my own ideas about how a session proceeds and comply with what she wants and needs at all times.

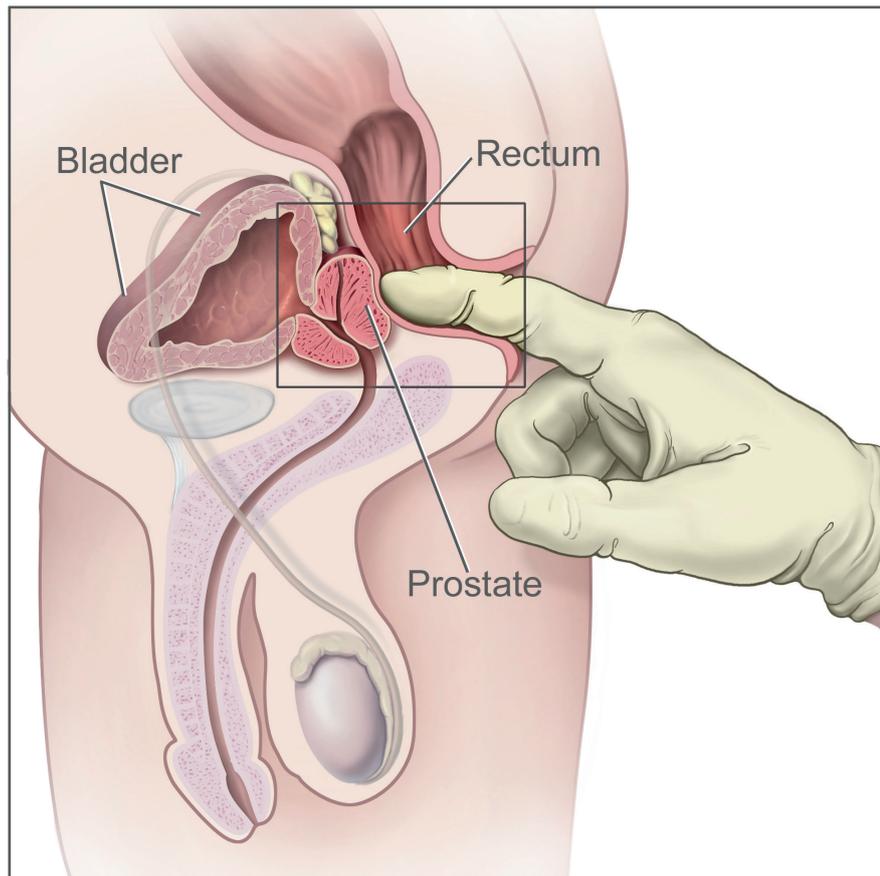
Finally, to work always with unconditional love, and to treat all women equally knowing that every woman is different, and the same woman is different in every moment. It can be magical to watch a client as they open and expand their experience with the support and safe space I can provide. Indeed it is an honour to be able to accompany a woman on her journey of self-discovery and healing

ORGASM VS. EJACULATION FOR MEN

There seems to be a common belief that a man can't orgasm without ejaculating. As I've mentioned before throughout this book, this is a false belief, as men can learn to orgasm without ever ejaculating. Taking the Tantric Journey can allow men to enjoy all the pleasures of the orgasm, as he will learn how to control the ejaculation process.

When men take the Tantric Journey, it allows them to go through the process of emotional release. When men feel an incessant urge to ejaculate, this is because their negative emotions are creating a blockage in the prostate, which is building up a sense of tension and urgency within the body. Men tend to ejaculate quickly when they're experiencing this tension, only to have it build up again. This is because they're only relieving the symptoms, not the actual problem. If a man wants to learn how to have an orgasm without actually ejaculating, he needs to go through the process of emotional release to get to that stage. Similar to the Yoni massage, this involves a deep, but gentle massage of the prostate, which allows the negative energies to be released.

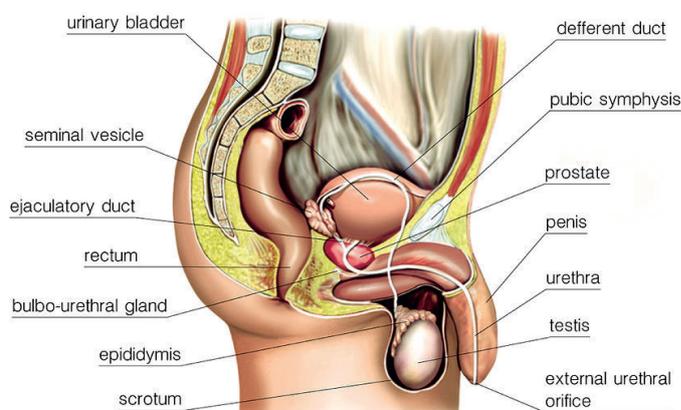
MALE PROSTATE (MALE G – SPOT)



The Tantric Journey allows the man to understand what pleasure points he needs to get to before he must hold himself back from ejaculating. Think about it in terms of masturbation, with a numerical scale reflecting the amount of pleasure that the man is experiencing. If 10 represents the point where the man is about to ejaculate, 9 is the point of no return while 8 is the point just before point of no return. This is the point where masturbation of the lingam must stop and draw the sexual energy inwards with deep breathing without ejaculating outwards. Each shot of male ejaculation consist of approximately 300 – 400 million sperms, which can populate Europe. So you can imagine how much energy is used with one ejaculation alone. When this ejaculation is withheld and moved inwards into the body it produces equal amount of benefits to the body.

MALE EJACULATION

- Each ejaculation has 300-400 million sperms
- Each sperm consists of "Energy"
- One male ejaculation can populate entire Europe
- This is the amount loss of energy for a man with one ejaculation
- Regular ejaculation will reduce his lifespan



This means that millions of sperm energy is moving around, creating a great deal of energy and a sense of renewal within the body. Sperm is an incredible harnesser of energy, which is why the man should be brought to the brink of that seven or eight times. Eventually, the man's erection will go down, and this is where he'll experience the amazing energy that comes from having millions of sperm energy moving around his chakra from pelvic basin to crown. He hasn't ejaculated this energy; instead, he's harnessing it as a positive and powerful force. The man will feel the pleasure, longevity, empowerment and electric energy that comes from having orgasms without the ejaculation. That means he can make love to his partner as long as she needs, thus being able to give her multiple orgasms.

When a man has gone on a Tantric Journey he can learn the art of conscious loving, not having to do much with the ego, but to make love in stillness. He'll be able to control his ejaculation, which means he can make love to his partner over and over again. Women take hours to reach the point of ejaculation and or orgasm; when a man takes the Tantric Journey, he can make love with her for whatever amount of time she needs in order to facilitate her orgasm.

This technique also has really positive effects of fertility for although men produce millions of sperm a day (compared to the 300–400 eggs that women release during their lifetime), because sperm cells take about seventy-five days to grow to maturity, harming them can affect your fertility and frequent ejaculation reduces the chances of conception and your own life span.

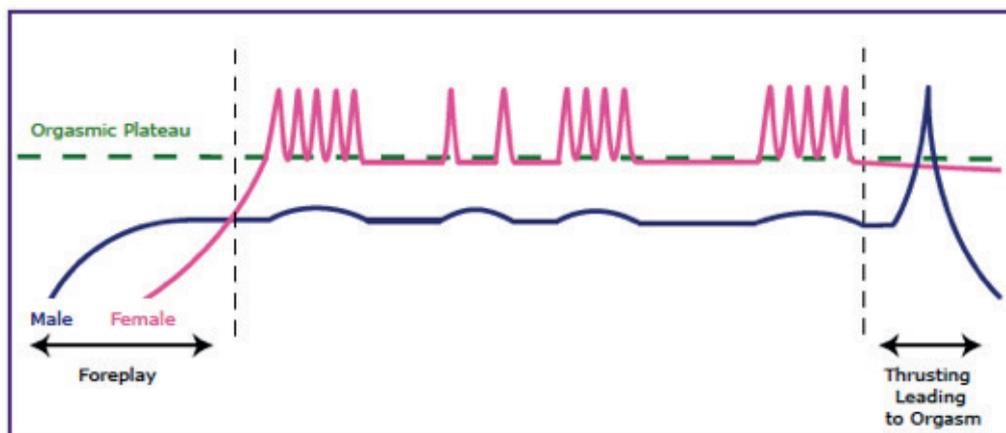
A man who is able to preserve and cultivate this sexual energy is like a honeypot to women. They are able to sense when a man is filled with this positive and sexual energy, which is why they'll be irresistibly drawn to him. This is how men can empower themselves; they'll have the sexual energy to ensure that they're always attracting a woman with equally positive energy, or keeping the family together with the positive energy and sexuality that the woman will always be drawn to.

What's more, learning how to harness this sexual energy makes it easier for men to look and feel younger. When I talked about the yoni massage, I mentioned that women just look younger as soon as they experience female ejaculation. The same goes for men; once they learn how to withhold ejaculation so they can please their lovers, they'll look 10, maybe even 20 years younger than before. It's really an incredible result that more men should know about – in fact, I like to joke that the Tantric Journey is better than any anti-wrinkle cream or surgical operation!

KEEPING UP WITH A WOMAN

One of the biggest problems that men have when they're making love to a woman is that they don't know how to keep up with her. The man doesn't need the amount of time the woman does in order to reach orgasm; that's why you find that the man is ready to orgasm and fall asleep, while the woman is left wondering, "What about me?"

This is where the problem is in many relationships. That's why the man has to learn how to withhold his ejaculation so that he can be just as empowered as the woman. Men don't understand that it's possible to separate the orgasm from ejaculation. If the man knows how to separate the orgasm and the ejaculation, then he can have lots of orgasms with his partner without ever having to ejaculate.



The Multiple Orgasms Pattern of Women

Tantric Full Body Orgasms were practiced by ancient Indian and Chinese Emperors.

They did not Ejaculate often but drew Orgasmic sexual energy inwards

They used Sexual Energy to multiply Chi (Life force) energy to empower them to stay strong and living long

Men learn how to do this by visiting a female Tantric Journey therapist, who can perform a lingam, testicle and prostate massage. When the man feels as though he's about to ejaculate, she has to stop the man and engage in breathing exercises. During this time, she'll start massaging the head, neck, and shoulders so that she can draw the energy that she created in the lingam upward. When you do this ten or twenty times, the lingam gets trained how to withhold ejaculation and draw the energy toward the body through breathing. This means he'll know how to stop before he ejaculates so he can draw all of that energy into his mind. Purpose of the simultaneous prostate massage is to dissolve the negative stagnate emotions in the male prostate.

This energy is a result of over 300 – 400 million sperm, which means he'll have life force energy humming throughout his body. Being filled with this kind of sexual energy is very healing, because it fills his entire body with the kind of warm, positive energy that flushes out all the negative emotions and trauma that may be trapped within his cellular memory.

This is perhaps the best treatment for men who not only need emotional healing, but also have difficulties with erections and premature ejaculation. All of these problems can be boiled down to emotional issues that are within the man's body; therefore, when he engages in these breathing exercises, he'll be able to release and overcome the negative energies and emotions that are preventing him from satisfying his lover, because he'll be able to separate his orgasm from his ejaculation.

Men often have trouble remembering that in order to make love; you don't necessarily need an erection. Men often get caught up in this line of thinking because they believe they need to have a rock-hard erection just to satisfy a woman, but this is a false belief that's perpetuated by pornography and overtly sexualized cultural beliefs. A man who is focusing on his erection doesn't realise that women can also be aroused by relaxing the mind and body, which can often be done through the art of the healing massage. Sometimes men get so focused looking for sex that they don't realize women aren't always looking for the same level of physicality as they are. Men who can't get erections can still be fantastic lovers, as long as they know how to utilise that sexual energy from the lingam to transfer it throughout the entire body.

AWAKENING THE WOMAN

As I explained earlier women get aroused through the relaxation of the mind and body. So to relax her mind, the man must do everything positive to understand and accept the woman for who she is and where she is emotionally. He needs to understand that her emotions are changing all the time. He needs to take time and to listen in order to fully gain her trust. He must be sincere and genuine in his intentions and in what he tells her otherwise he will damage the connection.

Once the woman's mind is relaxed, the man needs to relax the woman's body by massaging her shoulders. A woman holds a lot of tension within her shoulders, so it's important for a man to massage the shoulders before having sex. He can also do a nice, firm massage around the head, neck, lower back, the buttocks, and even the calves. If he does this for about 10 to 15 minutes, her body will begin to relax – but that's only if he's going at the right speed. All this touch must be done with firmness but slowly and with no expectations. Men might want to quickly go through the massage in order to get to the sex, but that's not what the woman wants. If he touches the woman at half speed or at stillness she'll experience the kind of arousal that's needed for intimate lovemaking.

Once the man matches the woman's energy with a slower massage, she'll begin to open up, breathe a little more deeply, and she'll begin to move around from becoming aroused. It's important for the man to ignore all of these invitations, because it's still too early to have sex. He should continue to carry on with a slow and deep massage for about 15 to 20 minutes so that the body will just melt like butter. Whatever problems she was having will just be gone, which will help the woman to become even more aroused.

HOW TO WIN AND KEEP A WOMAN'S LOVE

There are few golden rules for men to follow in order to win a woman's love and lifelong companionship.

- Always say "I understand how you feel", when she is emotional and mean it when you say it
- Make her believe that she is always right, even when you know in your logical mind that she is wrong

- Accept her when she changes her mind any time she wants

- Don't blame her, don't try to fix her. Accept who she is in the moment without judgment
- Love her with no expectations

- Keep your doors open, to let her share everything with you. Man becomes the vessel for her to download all her emotions as and when she needs and you must listen but not react. This will be very difficult to do for a man with extreme masculine energy with a high ego, but easy to do with a man who has got in touch with his feminine energy to be a balanced man.

YONI MASSAGE

The yoni massage is no different to the massage of any other part of the body. However, it's important for men to realise that he has to do the massage very slowly, as doing it quickly will cause a woman to shut down. During the yoni massage, try not to stimulate the clitoris too much, as you want to ensure that this orgasm is coming from the g-spot rather than from the clitoris, which is similar to a penis orgasm. We're not trying to put her to sleep with a clitoral orgasm; we're trying to awaken her. While doing the yoni massage, perform the Gspot massage and the A-spot massage; the A-spot is just below the cervix, and it gives her even deeper pleasure than a G-spot massage.

Four yoni (vaginal) spots of a woman (RESERVOIRS THAT HOLDS EMOTIONS)

The U-Spot

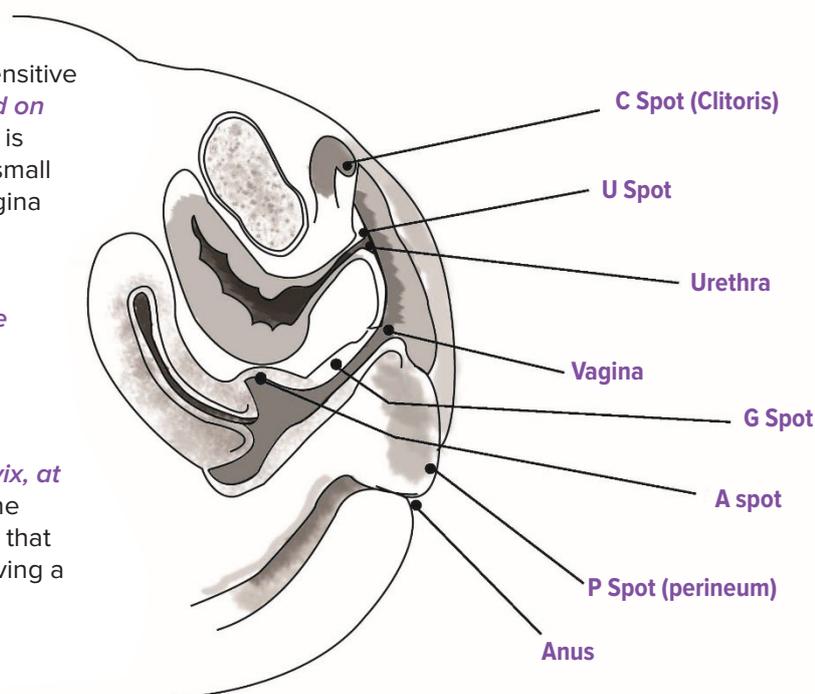
The U-Spot This is a small patch of sensitive erectile tissue *located just above and on either side of the urethral opening*. It is absent just below the urethra. In the small area between the urethra and the vagina

The G-Spot

This is a small, highly sensitive area located 5-8 cm (*2-3 inches*) *inside the vagina*. On the front or upper wall

The A-Spot

Its true location is *just above the cervix, at the innermost point of the vagina*. The cervix of the uterus is the narrow part that protrudes slightly into the vagina, leaving a circular recess around itself.



YONI (VAGINAL) SPOTS OF A WOMAN (RESERVOIRS THAT HOLDS EMOTIONS)

Sexual Desire

P-Spot

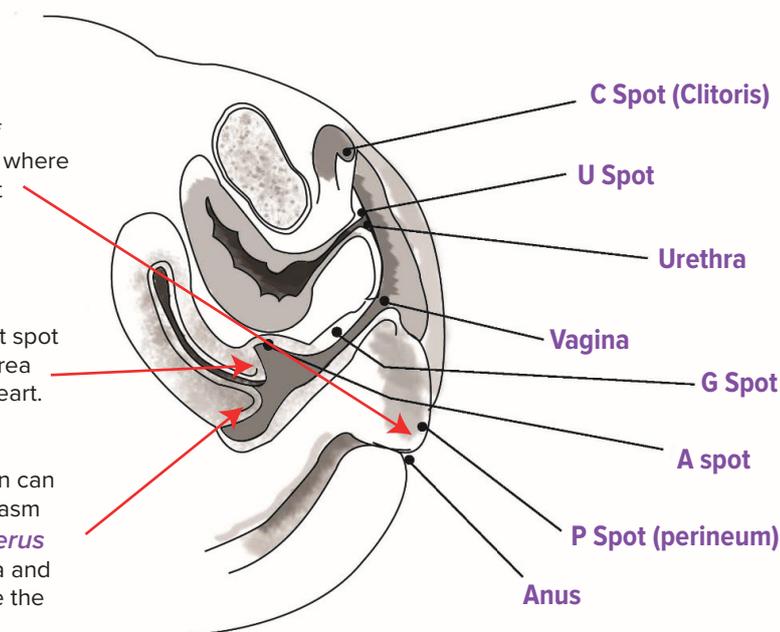
Perineum (P-Spot) is the soft tissue between the vaginal opening and the anus that is composed of spongy erectile tissue and nerve endings and it is where many pelvic-floor muscles crisscross each other. It is related to female desire

Love X-Spot

The X-Spot refers to the **cervix**. The opening of a woman's uterus. It has long been considered a hot spot in Taoist tradition, which views both the cervical area and the tip of the penis as corresponding to the heart.

M-Spot

M-Spot is the both spots mentioned above Women can only be felt after a woman has already had an orgasm the M spot lies **just below the mouth of the uterus** this spot shoots energy to a woman's heart chakra and third eye chakra, lengthening her climax high. Like the cervix



If the woman asks the man to make love to her, he still needs to ignore this request, because he needs to focus on the yoni massage. She'll continue to breathe deeply, make a lot of sounds and move her body, which means she's building desire. Only when the woman has asked you three times throughout the yoni massage should you start making love to her. If the man doesn't have an erection at this point, it's not a problem; you can penetrate without having an erection. All he needs to do is to go inside of her, and she'll need to squeeze her pelvic muscles around him so that she's massaging the lingam. When she does this, she's actually massaging the lingam so that it slowly awakens. For a woman to be able to successfully massage the lingam with the vaginal muscles, she needs to strengthen her vaginal muscles with 'sexercises' discussed in the following chapter. Once she strengthens each ring of the vaginal muscles, she will be able to use the vagina like a flute to create rhythmic waves in the Yoni to massage the lingam.

STRENGTHENING THE PELVIC FLOOR

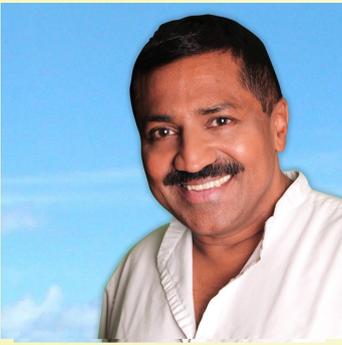
It's important for the woman to learn how to strengthen her pelvic floor muscles by exercising her Pubococcygeus muscles (PC muscles) a hundred to two hundred times each and every day. When she squeezes the muscles, she breathes through the nose; when she relaxes she breathes out through the mouth. She needs to do this process every day for about three to six months to strengthen her yoni muscles so that she can massage the

lingam with the yoni. That way, the man won't feel pressured to get an erection before entering, because she can just use her PC muscles to massage and awaken the lingam when it's inside her. The yoni will also be able to create sexual energy even when a man is unable to gain an erection.

One way to help a woman strengthen her PC muscles is to use the jade egg, which can be inserted into the yoni. Jade eggs have a natural high vibration. The Chinese have always valued jade because of its balanced yin-yang energy. The Jade Egg "sexercises" provide more power to the Chi Muscle to lift the sexual energy inward and upward, where it can be circulated to the other vital organs and help to balance the monthly flow of blood and daily cycle of hormones, thus improving, the vital energy and overall well-being of the woman. The sexercises strengthen and control the Chi Muscle. It is easier to practice control of this muscle with a jade egg inside the vagina since, as the egg moves, you can feel the direction in which the Chi Muscle moves.

JADE EGG TO STRENGTHEN THE PELVIC FLOW MUSCLES





EMOTIONAL DETOX Through Bodywork

Mal Weeraratne

Founder of Tantric Journey - School of Healing and Awakening

Mal is the British Pioneer in the area of Emotional Release through Bodywork, who has studied in various accredited institutes under pioneers and experts, earning him the accolade of being the first Certified Tantra Educator in the UK from Source School of Tantra (USA). Mal has worked in the field of Emotional Detox since 1994 and has treated over 3000 clients from all walks of life spanning across US, Europe, UK and Asia.

In 'Emotional Detox - A Woman's Guide to Healing and Awakening', leading Tantra Healer, Mal Weeraratne, shares a fresh approach and insights on how to unblock orgasmic potential and achieve emotional liberation.

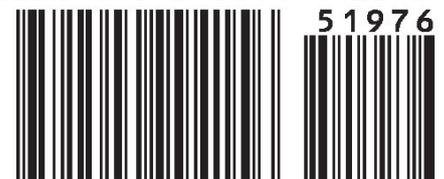
Harnessing sexual energy rejuvenates and improves physiological, emotional, psychological and spiritual health. This book teaches women how to take control of the sexual energy within their bodies to remove trauma stored in the form of emotions using ancient knowledge and practices that are combined with new ground-breaking insights to create an engineered trauma-release technique called Tantric – Tao Bodywork for Emotional Detox. Tantric - Tao Bodywork is a British pioneer technique intended to eliminate traumatic experiences at a cellular level in the body to start living a positive life. -- a biological cleanse and detox to experience joy and bliss.

Having explored Tantra and Tao for 20+ years, Mal reveals how all women are capable of experiencing emotional freedom and ecstatic bliss. He provides readers with a unique understanding of how the female body may be activated to deepen ecstatic states. Prevailing negative attitudes in the West work against the natural capacity of a woman to realize her full sexual potential and ability to feel unlimited bliss and achieve deep orgasmic states. Among other alarming survey results, it is estimated as per Cosmopolitan's Female Orgasm Survey, only 57% of women in the UK experience an orgasm when they have sex with a partner whereas 43% has never experienced an orgasm.

This book is packed with practical advice and tips on how to harness sexual orgasmic energy. Readers will learn how emotional trauma can block pleasure and cause disease; the difference between soft penetration and deep sustained penetration, including how to avoid premature male ejaculation; the secrets and history of female ejaculation; techniques for awakening and yoni massage and so much more.

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