

Tantric Massage for individuals

Tantric massage is a form of bodywork that promotes healing on a deep level by using touch, sensuality and eroticism. It originated many thousands of years ago in the region we now call India. Tantric massage is a sacred practice that you usually do with your intimate partner and therefore, must be deeply honoured and respected. It's also a rare opportunity in Cairns. As far as I know, no other male therapist offers it here.

Tantric Massage is very personal, sensual, intimate and enjoyable. It's also sometimes erotic, does not result in either party 'having sex'.

What follows is intended to paint a picture of what I've experienced during Tantric Massage sessions in the past. But remember, every session is unique and original. So the format and experience can vary.

To set the scene: firstly, over a cuppa, we would both discuss the process and agree on our comfort levels and boundaries. I would then suggest a range of essential oils, from which you can choose your favourites, to be added to your individual massage oil blend. Aphrodisiac oils are usually suggested to support the erotic mood we're creating.

Smudging or Puja happens next; usually with sage smoke. This is done in many indigenous cultures as a form of spiritual cleansing. A sage stick is lit and its pleasant-smelling smoke is wafted around each of our bodies using a feather wand made from owl and eagle feathers (symbolising wisdom and strength). I teach you how to do this for me and then I do it for you.

I'd then invite you to relax together on the futon, where I instruct you in doing some partner yoga stretching to help us both relax and connect with each other. The stretching also help to open up our energy systems in preparation for pranayama (breathing practices) these are also done with close intimate contact. Controlling and cultivating the breath charges both with lots of energy. And you learn the 'charging breath', which we use during the massage.

The massage is done on a futon usually with both of us naked. If nudity feels inappropriate, either one or both can opt to wear briefs. Tantric Massage involves

a lot of intimate, physical contact. And we get to position ourselves in some really sensual ways, which gives us access to each other's bodies and helps us feel warm, comfortable and supported. For instance, 'the frog position', has the giver sitting behind the receiver with the receiver lying face-down and their legs wrapped around the giver's waist. This means the receiver's groin area is resting across the giver's lap, which is very erotic.

The massage involves long, slow, smooth strokes along the back and limbs using an aphrodisiac, aromatherapy massage oil blend. It also incorporates a yogic breathing technique, which lifts the erotic energy up and away from the genitals and into the more refined energy centres of the body (aka chakras). The intention is to give and receive pleasure whilst honouring each other in mind, body and spirit. The giver helps the receiver build pleasurable, erotic feelings and spread them throughout the body.

After a while the receiver would turn over on their back. 'Yab Yum' is a position where the receiver sits in the giver's lap with legs wrapped around their torso. This position gives access to the front of the receiver's body and enables them to see what is going on, or close their eyes and bliss out with the whole experience. Tantric Massage can be erotic but, instead of using sexual energy to orgasm with an ejaculation, Tantric massage helps to generate and spread powerful, sexual energy up into the receiver's whole body. Tantric Massage differs from conventional sex in that neither ejaculate. Rather, the goal is for the giver to stimulate erotic energy and then help the receiver move it around the rest of their body. Amplifying and spreading sexual energy leads to heightened states of sensual pleasure. Which can have profound affects on the receiver and giver alike. The massage sequence lasts for over an hour, with the receiver being placed in various positions throughout.

After the massage there's a period of embraces, where we both hold each other in various, sensual positions, this helps to integrate the energy that's been stimulated, cultivated, redistributed and reabsorbed throughout the process, and is done with the intention of fostering a feeling of being loved and honoured as a fellow human.

Next, there's the option to take a warm shower separately or together to wash off the excess oil and cleanse on an energetic level.

We'd then have time for reflection, discussion, payments and re-booking.

I've described what's happened with other clients, but each person is an individual, and thus, will respond in their own unique way. Each session is also unique. All responses are valid; in other words, you can't get it wrong. Tantra develops present mind awareness and usually results in an amazing state of excitement, joy and bliss! Having said that, it can also be an opportunity to heal old sexual/emotional wounds. So, sometimes tears are released during or after the process, however, a feeling of joyous expansion usually replaces any momentary feelings of sadness.

Open communication is maintained throughout the whole process so that safety is ensured and boundaries are respected and that, as much as possible, all involved are giving/getting what they need.

In summary, intensifying an erotic experience through Tantric massage takes the recipient to high levels of enjoyment. Thus, opening them up to experience life in a more relaxed and passionate way. Tantric Massage can teach us there's much more to eroticism and sensuality than sex alone can offer! In this way, it can be a vehicle for personal development and deepening intimate relationships.

I hope this gives you a good understanding of what you're likely to experience. I'm also happy to answer any more questions you might have.

Session lengths

The basic 90-minute session gives us time for:

- introductions
- assessment
- preparatory sage smudging
- aromatherapy massage oil selection
- full body tantric massage

The deluxe 120-minute session (recommended) gives us time for all the above, plus:

- nude showering, body scrub with aromatherapy shower gels and towelling off — a pampering experience for you, and a nice way to connect with each other
- tantric yoga partner stretches — a sexy way to release tightness from your

- body, with my physical support, in some close contact positions
- spooning, embracing and debriefing after the tantric massage
- optional shared shower at the end of the session

Two to three days after each session, I reconnect via your choice of either text, phone or email to check in with how you've processed and integrated your tantric experience.

If you feel the need, I'm happy to discuss your options with you via email or in a free phone call.

Consent is sexy

Because of the intimate nature of the activities we are all engaging in, consent is vital at all stages of the Tantric experience. All parties must be comfortable with what's occurring at all times. We talk about boundaries and comfort levels including no-go areas, at the start of each session to set comfort parameters in place, ensure each person is involved in the most appropriate way for them, and all are getting what they desire from the experience. However, the consent given at the start of the session is not carved in stone, and can be renegotiated at any point of the session to either reduce or increase the level of intimacy as may be desired. This way, each session remains safe for all parties throughout its entire length and we avoid overstepping each other's comfort zones and boundaries. As an added safety measure, I check in with you at various key moments during the massage to make sure everything is proceeding in the way you desire. I'll also flag anything you might be doing that raises concerns for me.

With heart

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