

— 13 - STEP —

Tantric Pussy Massage

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Your pussy/womb space truly is the most sacred space of the Goddess/Goddess and the divine home to so much pleasure, wisdom, beauty, and magic.

I am a huge fan of self-massage because it allows you to totally reimagine and recreate your relationship with your pussy, your pleasure, and yourself.

When you turn self-pleasure into self-care, you give yourself the space to heal and transform negative self-talk, sexual trauma, pain, shame, guilt, and fear from the past.

And then, even beyond that, you allow yourself, through the portal of your sexuality, to unlock higher states of consciousness that point you to the truth of your being.

And that's why I call this a Tantric Pussy Massage.

Tantra uses intention and specific tools to expand your consciousness and uncover your deepest, truest nature. And while these tools are not necessarily sexual, our sexuality holds a tremendous power that we can harness for spiritual awakening.

And with self-massage, you're reclaiming your own sexuality, deepening your understanding of what brings you pleasure, unlocking greater depth of consciousness, and getting to know your body more intimately.

So, without further ado, here is the 13-step Tantric Pussy Massage that will help you to unlock your own magic and claim it from a place of complete empowerment.



1

Start With Self-Love

The foundation of all true spiritual paths, including Tantra, is self-love.

I invite you to grab a mirror, a camera, or anything else that allows you to see your own vulva.

While looking at your vulva, I invite you to say three gratitudes to it, describing what's beautiful about it and what you're grateful for.

This practice changes the emotional imprint from one of shame or judgment to one of celebration and self-love.

Additionally, you are recognizing the holiness of the pussy. The sacred cave or sacred temple space. Recognizing the sacredness of your pussy is a fundamental step that sets the tone for the entire experience.



2

Set the Intention

The intention makes all the difference.

The underlying intention is always related to spiritual growth and truth, and then you can layer on other intentions, such as:

Discovering more about your sacred sexuality, connecting more with your Goddess nature, opening up to new states of spiritual realization, discovering greater pleasure, exploring and accepting your sexuality, healing past pains, or anything else that feels right to you.

3

Create the Feeling and Experience of Total Acceptance

During this massage, don't judge yourself, push yourself, or criticize yourself in any way.

I invite you to place both hands over your womb and vulva, take a few deep breaths, and try to feel full acceptance.

It's okay if you feel nothing or don't get super turned on... this is a judgment-free zone.

And if judgments creep in, that's totally okay too. Gently release them and remember that the intention is to open deeper and deeper states of full acceptance.





4

Full-Body Self-Massage

Touch yourself as you've always longed to be touched.

Don't think of this as a lower substitute for not having a lover, but instead, touch yourself as if you're the most amazing, precious, beloved person in the universe!

When you do this, you activate your own touch to feel magical and nourishing.

Using body-friendly oil or lube, or just your bare hands, stroke yourself all over your body.

Rub your arms, your belly, your thighs, massage your breasts, touch yourself wherever you desire to be touched.

5

Breathe, Relax, and Let Go

While you're stroking your body, I encourage you to take deeper and deeper breaths, relaxing further with each breath.

Pay attention to the sensations in your body and then let them melt away.

By letting yourself go and sinking deeper into the experience, you're connecting to a more powerful, embodied consciousness.





6

Stroke Your Inner Thighs

Stroke up your inner thighs, over your hips, your belly, and back down over your vulva again.

Start to turn yourself on, get rhythmic with the stroke, and really tune in.

You can stroke anywhere and in any way that feels good.



7

Tune Into Your Pleasure

Start to focus on what feels super pleasurable.

This could be certain strokes of your clitoris, vulva, whatever feels amazing to you.

You want to feel deeply connected to your pleasure and madly in love with it.

Pursue your pleasure, feel it, revel and bask in it.

It's like you're meditating on your pleasure, experiencing it with each inhale and exhale, and seeking what feels good without pushing yourself or being anywhere except with your pleasure.

8

Clitoral Play

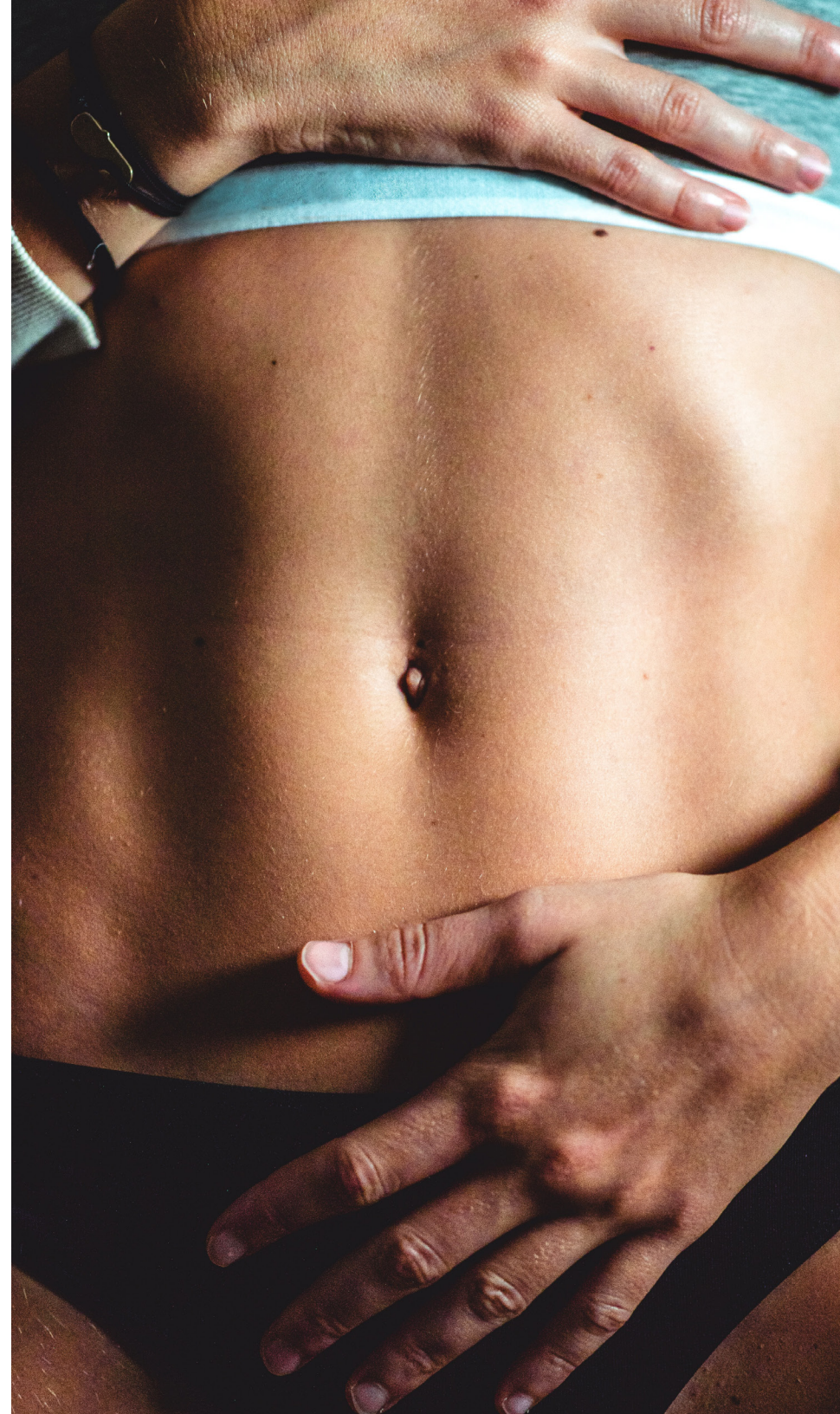
Continue to stroke your clitoris in the ways that feel amazing to you, breathe deeply, and really meditate on the pleasure you're experiencing.

If you feel yourself wanting to orgasm, or fantasize, or be anywhere but the present, come back to focusing on the pleasure as if it's the only thing that exists.

The pleasure is the key and it only exists in the now.

When you make your pleasure the overwhelming totality of your focus, this is the portal.

A beautiful Sutra from the Vigyan Bhairav Tantra that inspires me is this: *while being caressed, sweet princess, enter the caressing as everlasting life.*





9

Inner Exploration

Start to explore the opening of your vagina with one or two fingers.

You can even slide your fingers inside, gently slipping and sliding, and again, being so present.

This is the key. You're turning your sexual exploration into a meditation.

You're making pleasure the object of your presence.

And the result is you will blossom into a fully present experience of pleasure.

Now, this also means that you don't hold on to pleasure.

So if you're feeling something else, let that be the object of your meditation.

Whatever's arising in the present moment, be so fully with it.

All of the best orgasms and most pleasurable experiences are on the other side of this experience.

Truth is within, so as you explore your inner vagina and get more intimate with the sensations, you'll go deeper into the experience. pushing yourself or being anywhere except with your pleasure.

10

Use Your Breath

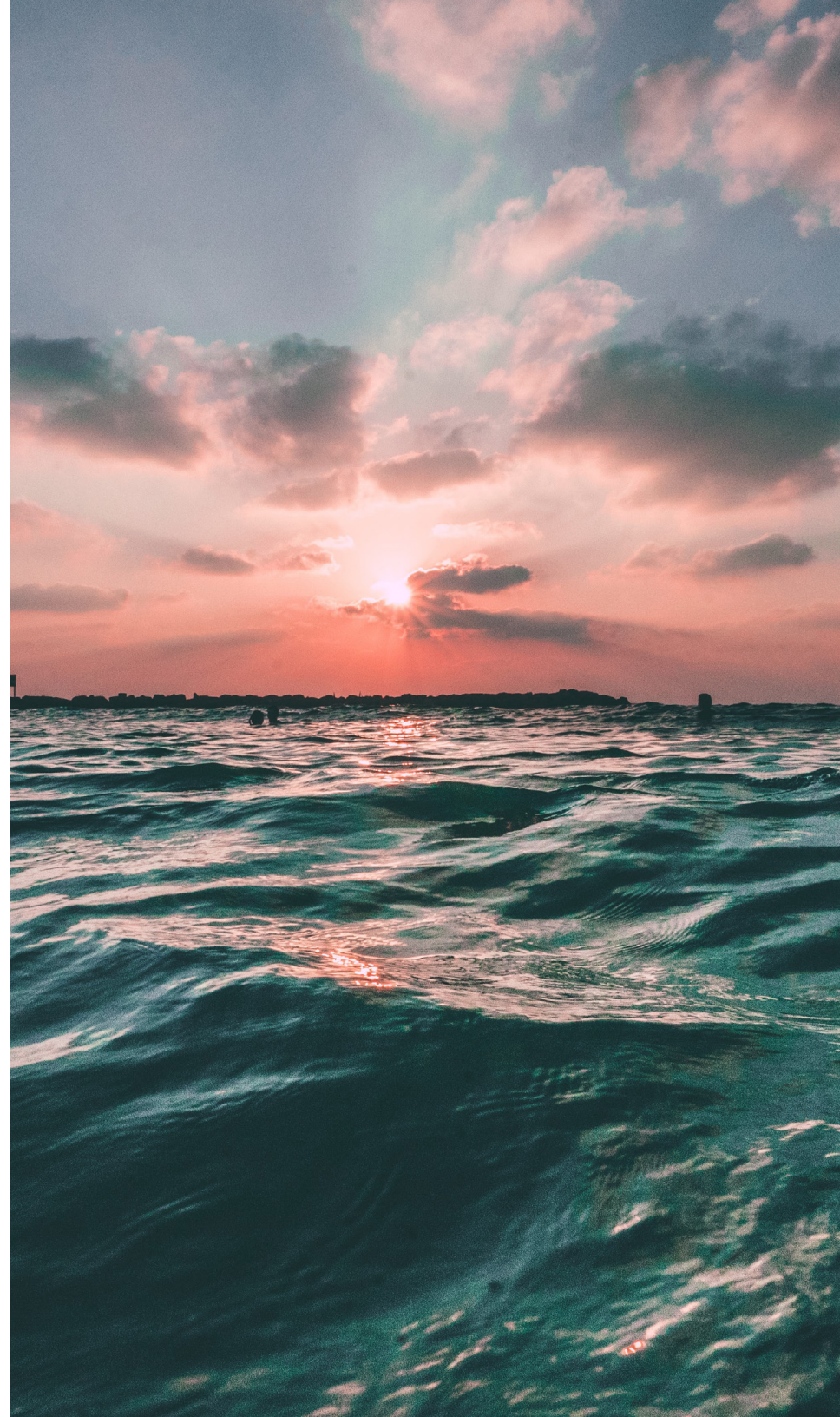
At this point, when the pleasure is building, I encourage you to deepen your breathing.

It's as though you're breathing directly into your pleasure.

As you do this, keep dropping more and more into the sensations, and use your breath to help melt you out of your everyday reality and into the beingness and oneness with your internal experience.

This is the tool that takes you from everyday sex and masturbation into using sex as an access point for self-realization.

This is because the more you breathe in, the more present you become, and the more you enter an altered state of awareness that can allow you to self-realize.





11

Surrender

This means that now you're going to listen to what your body wants to do.

It's like your hands have a life of their own. Your pleasure is your guide.

And in the surrender, while you're breathing and focusing on pleasure and coming home to yourself, you can let yourself touch however you want to touch.

At this point, you can stop focusing so much on pleasure and being present because you've gone through the portal of practice, and now is the time to be free.

Touch yourself, go wild, and let yourself surrender so fully into the moment.

You might cry, feel emotions, want to slow down or stop, and all of that is totally okay. Surrender.



12

The Orgasmic Portal

If you start to feel orgasmic, I'm going to encourage you to reimprint orgasm by staying slow, staying super present, and breathing into the pleasure rather than tensing around it.

So as soon as you start to feel orgasmic pleasure, I invite you to take a really deep inhale and relax your entire body as though you're giving yourself over to the pleasure.

When you surrender into pleasure this way, your entire consciousness opens up and activates.

This is where you get that portal through pleasure into self-realization.

13

Give Thanks and Integrate

After this process, as I teach in all of my practices and classes, give yourself gratitude and thanks.

I invite you to say at least three gratitudes out loud to your body and for your experience, and actually thank your body for being this incredible temple.

Also, know that whatever you experienced, this is your path.

We make the intention to self-realize, but it's not all rainbows and butterflies.

It's a journey. And sometimes we're taught really hard lessons.

Sometimes you might face blockages or issues, or realize that you have something to heal, and other times you'll have a golden road straight to heaven.

It's all about setting the intention and then using the tools to be present for anything that arises.

So whatever you experienced, thank yourself and trust that it's in alignment with your intention.





And that's it!
**I'm so excited for you to step into
a new relationship with your
pleasure, your body, and for you to
discover all of the mysteries that
live within it!**

Here is a suggested playlist to turn on during your practice
(because music can make all the difference in how powerful these
experiences are).

LET'S GO