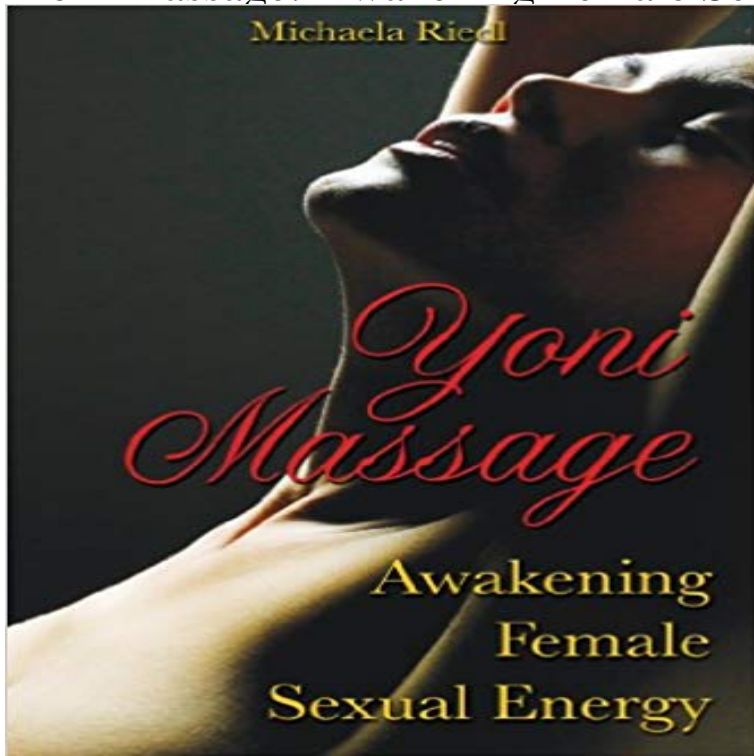


## Yoni Massage: Awakening Female Sexual Energy



A tantric massage practice for awakening and enhancing women's innate sensual, emotional, and spiritual energies. Provides emotional healing by releasing traumatic memories stored in the yoni. Includes exercises that use sexual energy to cleanse and stimulate the chakras. Empowers women to draw strength and radiant vitality from the restored connection to their innermost core. Yoni is the Sanskrit word for the female genitalia, describing not only the anatomy but also encompassing the energetic and spiritual dimensions. While a yoni massage offers women the opportunity to enhance their sexuality, Michaela Riedl shows that the effects of this practice are much more profound and have ramifications affecting every area of life. Long held inhibitions in the West about sexuality and the shame and guilt associated with the sexual zones of the body have created deep-seated barriers that prevent individuals from fully expressing themselves. The practices provided in Yoni Massage are designed to allow women to overcome these barriers and reconnect to their innermost core and deepest feminine nature. Yoni massage is not simply a hands-on technique but involves the conscious direction of energy throughout the body through deep breathing and visualization. It provides women the ability to cleanse and energetically stimulate the chakras as well as achieve emotional healing by releasing the traumatic pain that often becomes seated in the yoni. The author explains that the relegation of this important spiritual and energetic center to a private part hinders the process of enlightenment. Once women are able to be in touch with their yoni energy, their connection to the entire web of life is restored to its rightful place.

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