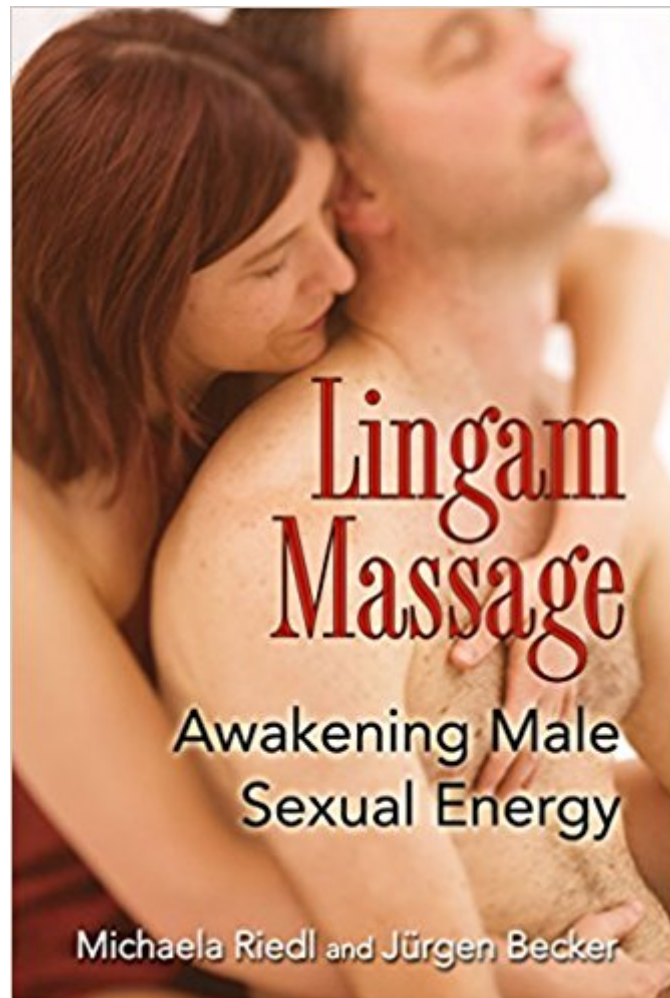




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# Lingam Massage: Awakening Male Sexual Energy



## Synopsis

A tantric massage practice for awakening and honoring male creative energy and allowing a man conscious, loving contact with his own masculinity

- Empowers men to expand and deepen their experience of arousal and sensuality
- Demonstrates how deep relaxation is important to a strong and lasting erection
- Shows how the lingam connects a man to his dynamic strength while the prostate is linked to his more receptive side

Lingam is the Sanskrit word for the male generative organ, the penis. In India, the lingam is revered as an expression of Shiva's clarity, symbolizing the fine sword that differentiates between truth and falsehood. The goal of a lingam massage is to provide a man conscious, loving contact with his own masculinity. Western cultural expectations around sexual "performance" have created sexual difficulties for many men, including erectile dysfunction and premature ejaculation. Through loving touch, lingam massage provides the deep relaxation that supports sustained erection, putting a man in touch with less familiar aspects of his sexuality, including the energetic responses of his perineum, prostate gland, and anus. Lingam massage is not simply a hands-on technique but involves the conscious direction of energy throughout the body. It allows men to savor longer, deeper orgasms and teaches taoist and tantric practices for conserving sexual energy. Over time, as his consciousness deepens, these practices give a man complete control over his ejaculation.

## Book Information

Paperback: 224 pages

Publisher: Destiny Books (March 9, 2010)

Language: English

ISBN-10: 1594773149

ISBN-13: 978-1594773143

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 10 customer reviews

Best Sellers Rank: #245,892 in Books (See Top 100 in Books) #18 in Books > Crafts, Hobbies & Home > Antiques & Collectibles > Dolls, Toys & Figurines > Dolls #118 in Books > Health, Fitness & Dieting > Alternative Medicine > Acupuncture & Acupressure #183 in Books > Health, Fitness & Dieting > Alternative Medicine > Massage

## Customer Reviews

**SEXUALITY / RELATIONSHIPS** Lingam is the Sanskrit word for the male generative organ, the penis. In India the lingam is revered as an expression of Shiva's clarity, symbolizing the fine sword that differentiates between truth and falsehood. The goal of a lingam massage is to provide a man conscious, loving contact with his own masculinity. Western cultural expectations around sexual "performance" have created sexual difficulties for many men, including erectile dysfunction and premature ejaculation. Through loving touch, lingam massage provides the deep relaxation that supports sustained erection, putting a man in touch with less familiar aspects of his sexuality, including the energetic responses of his perineum, prostate gland, and anus. Lingam massage is not simply a hands-on technique but involves the conscious direction of energy throughout the body. It allows men to savor longer, deeper orgasms and teaches taoist and tantric practices for conserving sexual energy. Over time, as his consciousness deepens, these practices give a man complete control over his ejaculation. MICHAELA RIEDL studied tantric massage at the Diamond Lotus Institute in Berlin and then refined the yoni and lingam massage techniques developed by Annie Sprinkle and Joseph Kramer, founder of the Erospirit Research Institute in California. She directs the AnandaWave Massage Center in Cologne, Germany, and is the author of Yoni Massage. JÜRGEN BECKER gained a completely new level of sexual consciousness by participating in a lingam-yoni massage group led by Michaela Riedl. Inspired to share his experiences, he suggested to Michaela that they write this book together. He runs a sexual counseling practice with his partner near Munich.

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Good book with things which couples need to know if they want to enjoy each other.

Very informative and thorough...an excellent reference guide for anyone wanting to explore the healing and restorative powers of massage.

this book has a wealth of information, it's a nice tool to use in developing other areas you never thought existed (awakening male sexual energy). what would have been more helpful though, is if it included additional step by step massage strokes of the penis in picture illustration.

good

I bought this on a whim after first discarding the flyer and then deciding to be open minded about the subject. I ordered from , received the book in a very short time and started reading immediately. Once I had read the very enlightening material, I was ready to try it out on my husband, who had been away while I was learning. Having been a physical therapist, the techniques were easy for me to learn, although I had never, ever done a massage on that area! My husband was game to be the subject, and I explained that he was to concentrate on enjoying the sensations without a goal in mind. He loved it. For the first time in his life, he was able to control ejaculation, resulting in increased and prolonged pleasure. We are no longer young, but we both agreed that this was absolutely the best sex either one of us had ever experienced! I heartily recommend this book.

Unique.

This product was every thing plus more easy to read and understand and gives me ideas to become a centimeters me

Well, i never knew that. . . . . Wow

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