



# Yoni Massage: Awakening Female Sexual Energy

By Michaela Riedl

Download now

Read Online 

## **Yoni Massage: Awakening Female Sexual Energy** By Michaela Riedl

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.



[Download Yoni Massage: Awakening Female Sexual Energy ...pdf](#)

 [Read Online Yoni Massage: Awakening Female Sexual Energy ...pdf](#)

# **Yoni Massage: Awakening Female Sexual Energy**

*By Michaela Riedl*

## **Yoni Massage: Awakening Female Sexual Energy By Michaela Riedl**

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.

## **Yoni Massage: Awakening Female Sexual Energy By Michaela Riedl Bibliography**

- Sales Rank: #81140 in Books
- Brand: Brand: Destiny Books
- Published on: 2009-03-02
- Released on: 2009-03-02
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .30" w x 6.00" l, .62 pounds
- Binding: Paperback
- 176 pages



[Download Yoni Massage: Awakening Female Sexual Energy ...pdf](#)



[Read Online](#) Yoni Massage: Awakening Female Sexual Energy ...pdf

## Download and Read Free Online Yoni Massage: Awakening Female Sexual Energy By Michaela Riedl

---

### Editorial Review

#### Review

"Yoni massage offers women the opportunity to enhance their sexuality and is actually a long-held practice. . . new age and health collections will find it intriguing." (*The Midwest Book Review, June 2009*)

#### From the Back Cover

#### SEXUALITY / RELATIONSHIPS

*Yoni* is the Sanskrit word for the female genitalia, describing not only the anatomy but also encompassing the energetic and spiritual dimensions. While 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. In the West, long-held inhibitions 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.

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, which offers workshops in tantric massage as well as seminars and counseling for experiencing sexuality in a healing way.

#### About the Author

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, which offers workshops in tantric massage as well as seminars and counseling for experiencing sexuality in a healing way.

### Users Review

#### From reader reviews:

#### John Judge:

Do you considered one of people who can't read gratifying if the sentence chained inside the straightway, hold on guys this particular aren't like that. This *Yoni Massage: Awakening Female Sexual Energy* book is readable through you who hate the perfect word style. You will find the facts here are arrange for enjoyable reading through experience without leaving even decrease the knowledge that want to give to you. The writer

connected with Yoni Massage: Awakening Female Sexual Energy content conveys the thought easily to understand by most people. The printed and e-book are not different in the articles but it just different by means of it. So , do you nonetheless thinking Yoni Massage: Awakening Female Sexual Energy is not loveable to be your top checklist reading book?

### **Lisa Cook:**

Beside this particular Yoni Massage: Awakening Female Sexual Energy in your phone, it might give you a way to get closer to the new knowledge or details. The information and the knowledge you may got here is fresh from your oven so don't end up being worry if you feel like an old people live in narrow village. It is good thing to have Yoni Massage: Awakening Female Sexual Energy because this book offers to your account readable information. Do you occasionally have book but you rarely get what it's all about. Oh come on, that will not end up to happen if you have this inside your hand. The Enjoyable arrangement here cannot be questionable, like treasuring beautiful island. Techniques you still want to miss it? Find this book in addition to read it from today!

### **Jennifer Pittman:**

That guide can make you to feel relax. This specific book Yoni Massage: Awakening Female Sexual Energy was multi-colored and of course has pictures on the website. As we know that book Yoni Massage: Awakening Female Sexual Energy has many kinds or style. Start from kids until youngsters. For example Naruto or Investigation company Conan you can read and believe you are the character on there. So , not at all of book tend to be make you bored, any it offers up you feel happy, fun and chill out. Try to choose the best book to suit your needs and try to like reading which.

### **Brian Hill:**

Some individuals said that they feel bored stiff when they reading a book. They are directly felt the idea when they get a half areas of the book. You can choose often the book Yoni Massage: Awakening Female Sexual Energy to make your current reading is interesting. Your current skill of reading ability is developing when you like reading. Try to choose very simple book to make you enjoy to read it and mingle the impression about book and reading especially. It is to be initial opinion for you to like to available a book and learn it. Beside that the guide Yoni Massage: Awakening Female Sexual Energy can to be a newly purchased friend when you're sense alone and confuse with what must you're doing of that time.

## **Download and Read Online Yoni Massage: Awakening Female Sexual Energy By Michaela Riedl #YLHRKC067O1**

# **Read Yoni Massage: Awakening Female Sexual Energy By Michaela Riedl for online ebook**

Yoni Massage: Awakening Female Sexual Energy By Michaela Riedl Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Yoni Massage: Awakening Female Sexual Energy By Michaela Riedl books to read online.

## **Online Yoni Massage: Awakening Female Sexual Energy By Michaela Riedl ebook PDF download**

**Yoni Massage: Awakening Female Sexual Energy By Michaela Riedl Doc**

**Yoni Massage: Awakening Female Sexual Energy By Michaela Riedl Mobipocket**

**Yoni Massage: Awakening Female Sexual Energy By Michaela Riedl EPub**

**YLHRKC067O1: Yoni Massage: Awakening Female Sexual Energy By Michaela Riedl**