

# Yoni Massage: Awakening Female Sexual Energy

By Michaela Riedl

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## 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.

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## **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**

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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.

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