



i) In Tantra we give without seeking a return; receive without feeling we have to reciprocate.

ii) It is a way of giving and receiving sensual pleasure without needing to perform in any sexual way.

iv) No externally imposed barriers exist as to where, what and how to touch. The only barriers are those that we, as responsible adults have decided will be there. If the agreement allows exploration of the whole of your partner's body, they -and you -may find new, totally unexpected, areas of enjoyment. Many Westerners tend to be very genitally orientated. We overlook the other 95% of our body, much of which is capable of giving differing but equally exquisite responses. In this way, Tantra continues the liberation many feel when they realise that touch is both natural and mutually enriching.

v) There are techniques for both breathing and massaging particular areas of the body, such as the Chakras or genitals that are specific to Tantra, or the Chinese Tao.

Tantra is a letting go, a sensual journey that can lead to astounding joy. Striving to be open and honest, it is an uplifting but disciplined approach to the body. It permits - encourages - a freedom to experience, experiment, enjoy and openly delight in our body in a way that we in the West can find in turns, alarming, exhilarating, shaming and - perhaps - ultimately liberating. The results of this openness, allied to it's emphasis on the journey not the destination being important can be astounding for those used to concentrating on the journey's end ( i.e. ejaculation for the man which it discourages, and, if she's lucky, orgasm for the woman). It allows time for us to focus on our partner and their body's varied sensations. Tantra has, few, if any, taboos, provided -and it is a big proviso - that whatever is done is done with mutual respect and unforced agreement. Power, coercion, emotional blackmail or exploitation is not acceptable in Tantra...

For all the above reasons Tantra is ideally suited to a massage.

## About the Author

Medications to treat gout have decreased the need for severe dietary restrictions in people with gout. But some dietary modifications may help reduce.

Source: <http://productsherbal.com>