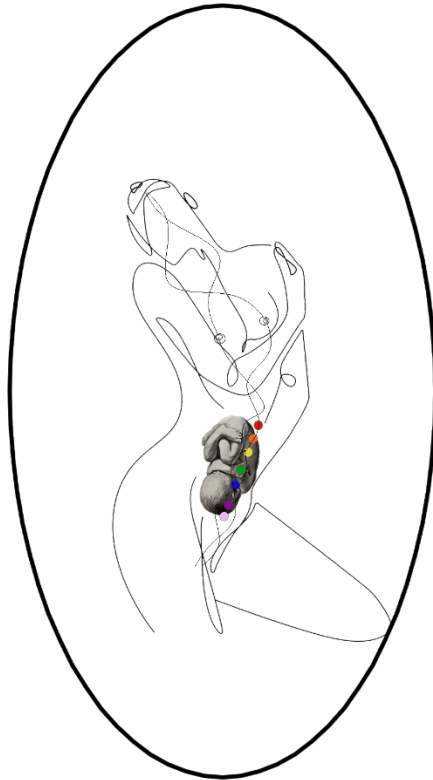


EMBODIED TANTRIC UNION SELF-MASSAGE PREGNANCY



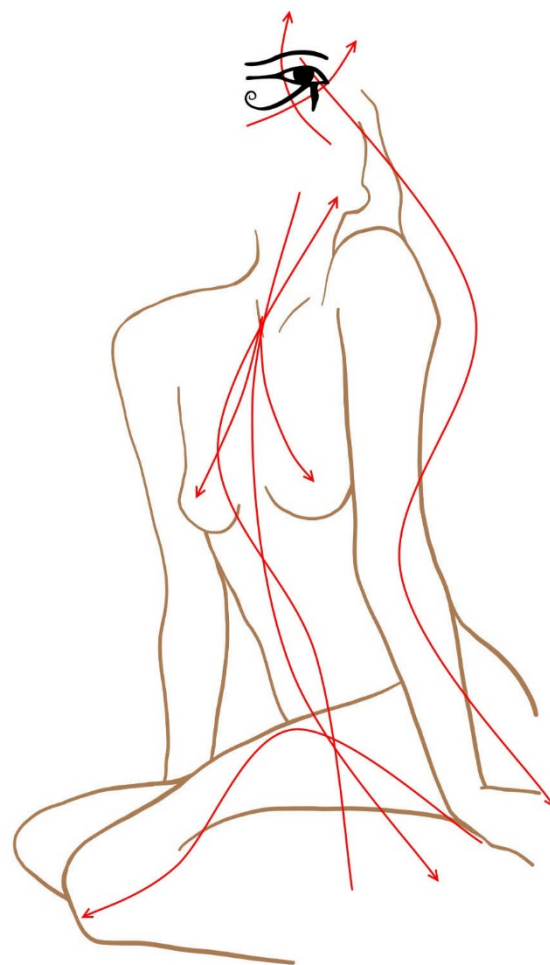
What Intuition do you receive when your body is touched by you or somebody else? Waking up the cells. Touch is an important connection to the human spirit. The skin being the largest organ is a receptor for emotion.

Sometimes when emotions are on the top layer. Fascia has cellular memory. Sometimes a massage re balances the system. Release needs to be the form of a touch, massage or stroking. These are somatic connections. During pregnancy it is important to formulate connection. It signals the sexual energy flow and creates relationship. To wake up the cells and have release from the fascia. The

understanding of this is your autonomy Somatics emotions that interact with your nervous system in relation to the default subconscious reactions. You will then engage with your Inner child sexual energy. Which are the emotions that happened in the womb and as a child how you were cared for.

Acknowledgement of this integrates shadow allowing space of new love.

From awareness with your now self. Which is the sound your baby learns from.



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FOLLOW THE DIAGRAMS:

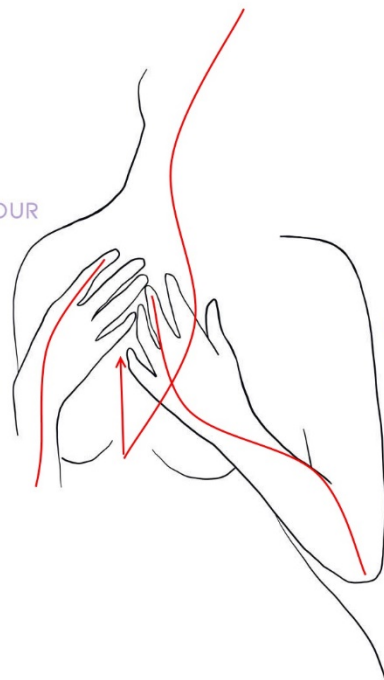
CHIN UP

HEART HANDS

ACKNOWLEDGEMENT OF YOUR

HIGHER SELF

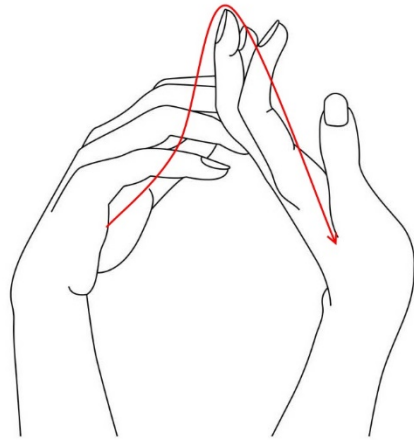
SELF LOVE



BREATHE INTO THAT KNOWING

KMRT®

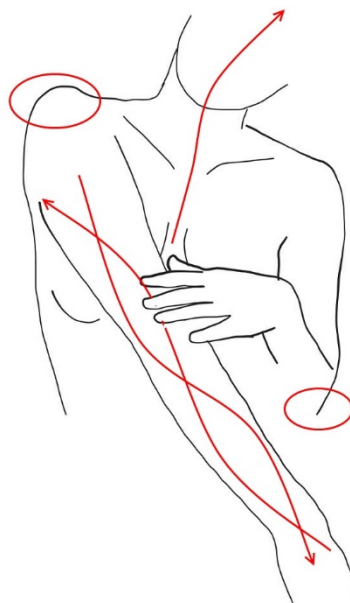
HANDS TO HEART



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MESSAGE SELF TOUCH FASCIA RELEASE

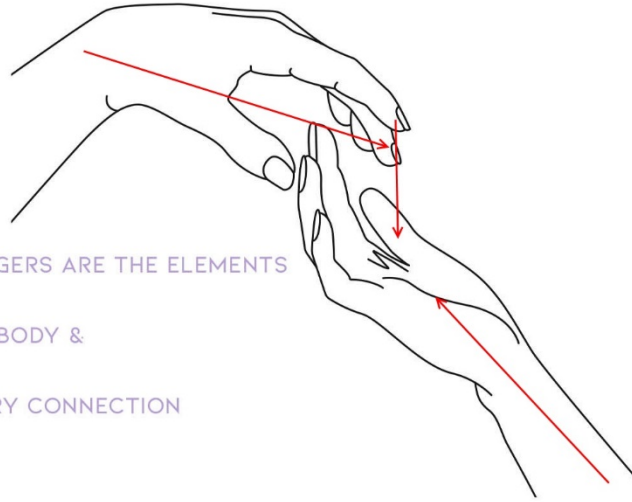
DOWNWARD STROKES
DOWN THE LENGTH OF
THE ARM



ROUND STROKES CLOCKWISE
AROUND SHOULDER JOINTS
AND ELBOWS

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TOUCH YOUR OWN FINGERS IN CONNECTION TO YOUR EXPRESSION



YOUR FINGERS ARE THE ELEMENTS
OF YOUR BODY &
PLANETARY CONNECTION

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BREAST MASSAGE

FOLLOW THE POINTS

FOR GOOD LYMPHATIC

DRAINAGE

CREATING GOOD BLOOD FLOW

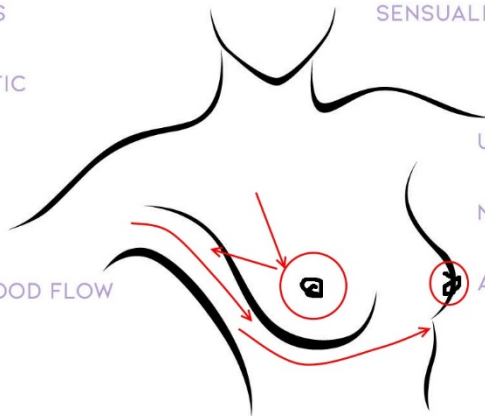
FOLLOW YOUR INTUITIVE

SENSUALITY

UNDER YOUR BREASTS

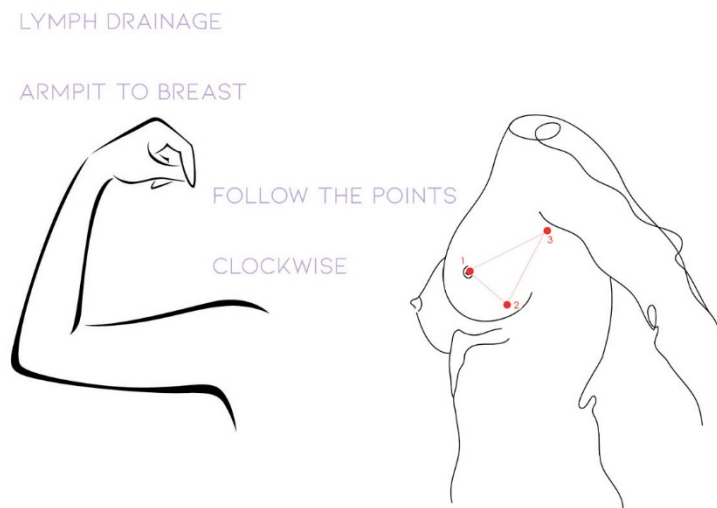
NIPPLES

AROUND YOUR HEART



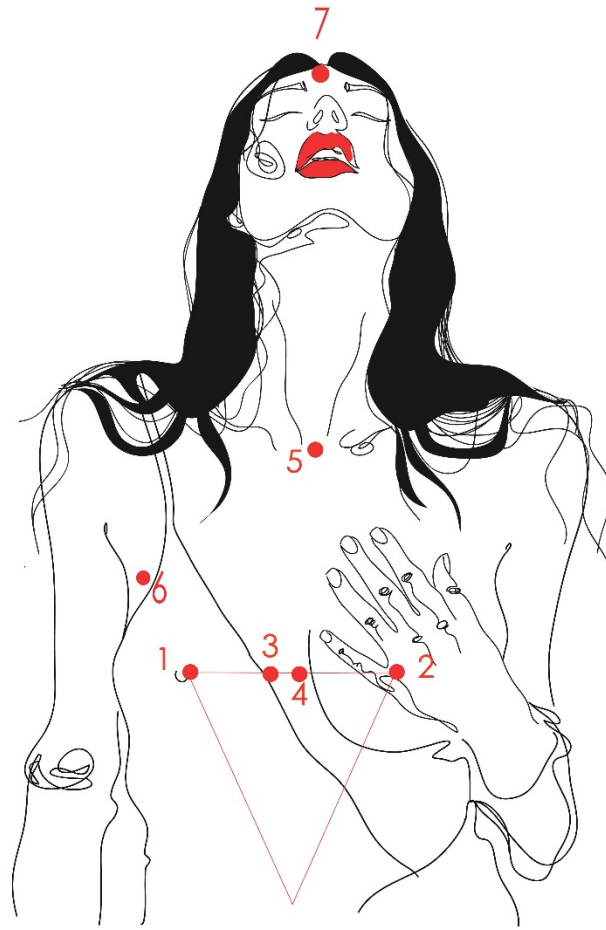
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Marma points are junctions in the body where there is a meridian and prana flow in concentration through nerve plexuses of the body. When there is stagnation.



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Pressing them and massaging clockwise will release tension in the tissues, increase blood flow and release stagnant emotions. Breaststroke and pressing down and around clockwise in a clockwise motion into these Marma points release emotion and increases lymphatic flow particularly under the arms. Breast massage is one the most important touch for yourself as it is primary nursing for self-love. For women this is essential.

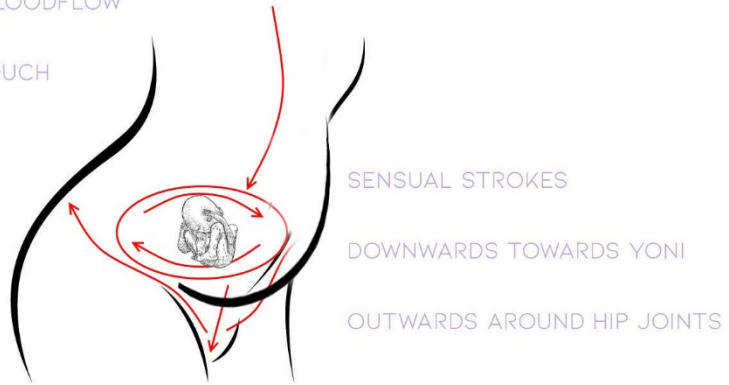


Touching the pregnant belly brings harmony and signals of love from the anahata heart to the desires held within the womb space. Keeping the pranic flow helps release of toxins and increases peristalsis movement of digestion at the solar plexus.

WOMB MASSAGE

CLOCKWISE TO INCREASE BLOODFLOW

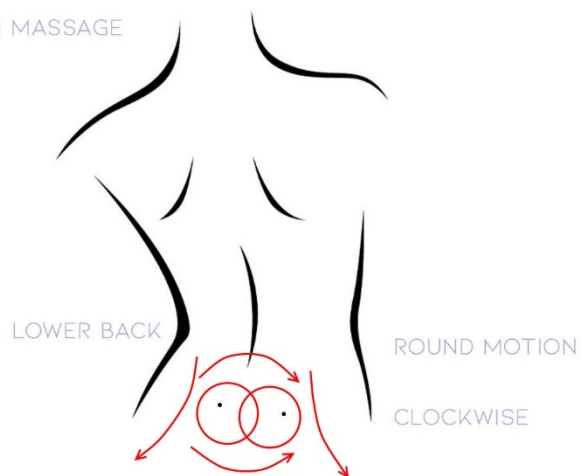
FOLLOW YOUR INTUITIVE TOUCH



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Lower back release of tension and downflow is important.

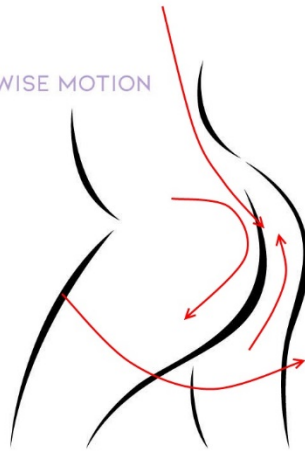
SACRUM MASSAGE



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BUTTOCKS MASSAGE

FIRM PRESSURE IN CLOCKWISE MOTION



FOLLOW THE SHAPE

UP DOWN AROUND

UNDERNEATH

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FOLLOW THE LENGTH DOWNWARDS AND UPWARD

STROKES TO FEEL THE WHOLE LEG

FRONT TO BACK

AT THE CALF MUSCLE MOVE ROUND

THE MUSCLE IN A CUPPING MOTION

CLOCKWISE AND PULL UP AT

BACK. THEN RELEASE



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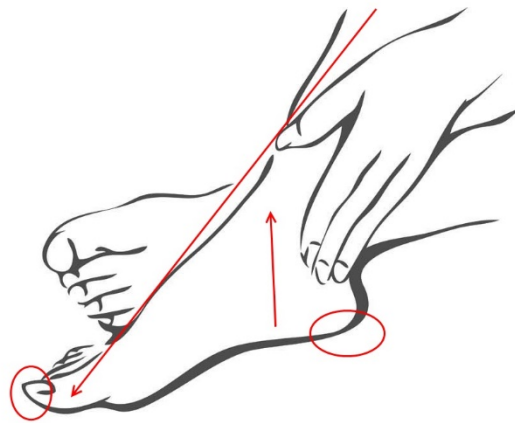
Legs and feet rooting the whole body in alignment with source energy.

ROUND STROKES AROUND THE ANKLES

DOWNWARD STROKES TOWARDS THE HEELS

CIRCULAR STROKES AROUND THE HEEL

UNDERNEATH AT THE SOLES OF THE FEET



MASSAGE EACH TOE

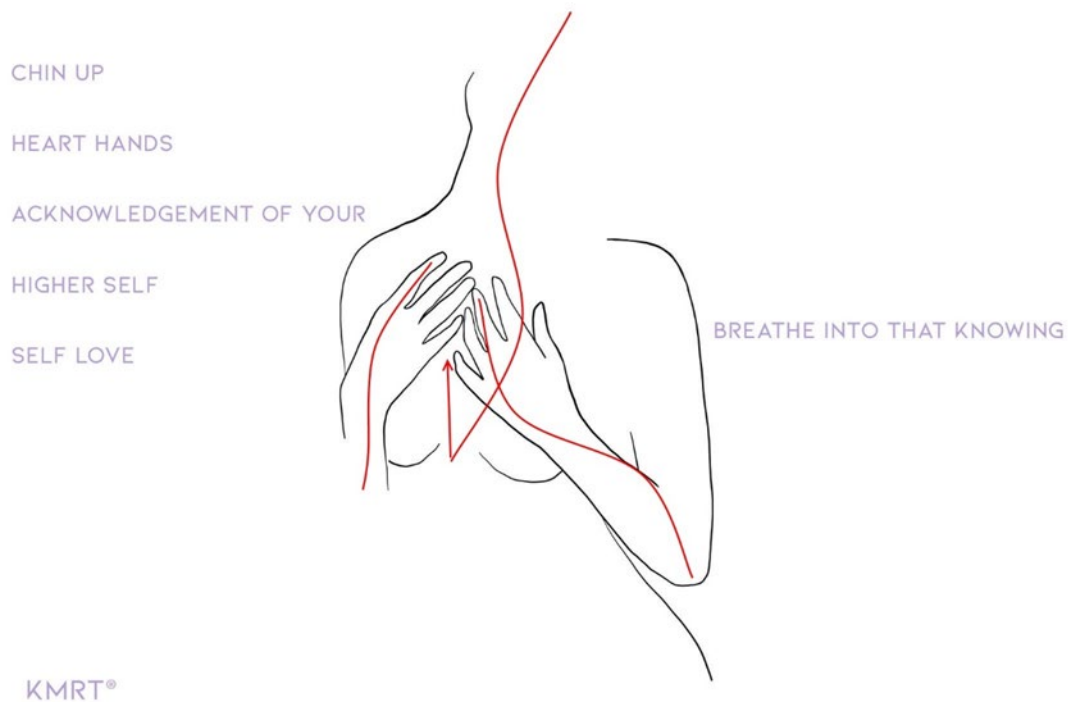
EVEN THE NAIL

PULL AT THE ENDS

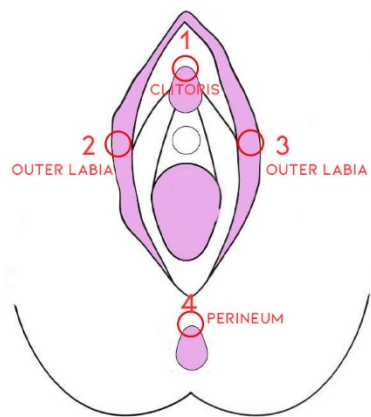
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SELF PLEASURE

Embodied movement and self-pleasure before and during pregnancy helps to keep the kundalini flow in balance and the body flexible and open to that flow. Sexual energy is the energy that a child is conceived in and a kinetic summoning force of nature the spirit baby follows. The spirit baby's frequency is moving through their mother's emotional engagement with their sexual energy and union with themselves in their own bodies and with others.



Use an organic coconut oil for yoni massage



STIMULATE IN A
CIRCULAR MOTION. USE
PRESSURE AS REQUIRED
FOR STIMULUS

1. CLITORIS
2. LEFT LABIA
3. RIGHT LABIA
4. PERINEUM

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The baby will follow the mother's sexual energy signals to position itself for fertilisation and birth. The root through the heart creates full flow. Use your own intuition and follow what feels and or uncomfortable. Any thoughts that arise are giving you an indication of how you feel about relationships towards your own masculine and feminine energy.

PERINEAL MASSAGE

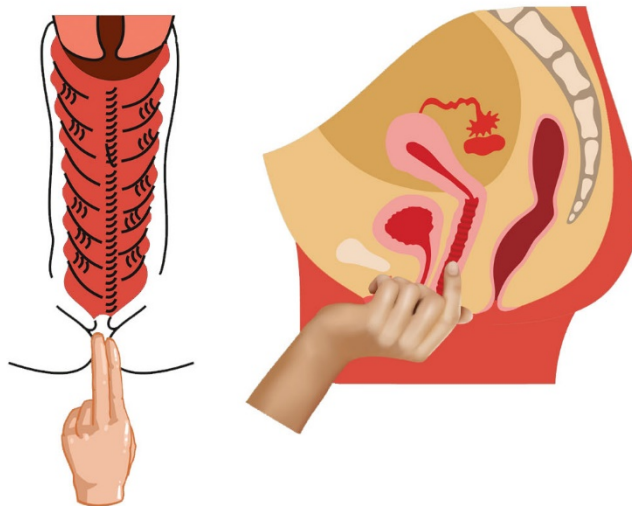
Stimulating the perineum starts to train it being stretched. From 34 or weeks or before if you are used to self-pleasure and yoni connection. It can be a spiritual connection from the heart if the intention is placed.

Your perineum is the area of tissue between the opening of the vagina and the anus. It attaches to the muscles that support your reproductive organs, bowels, and bladder — the pelvic floor.

Perineal massage is the act of stretching and manipulating the perineal tissue using one or two fingers. Its goal is to prepare these tissues to stretch over your baby's head and body during vaginal delivery. You can perform this massage at home by yourself or with the help of your partner.

Using the marma points 1,2,3,4 opens up the yoni and relaxes the canal.

You can use organic coconut oil internally to stretch the vaginal (yoni) walls



Using two fingers. You can gently place inside depending on sensitivity and emotions and gently press the walls and around the rim of the entrance and on the perineum itself.

If you are used to self-pleasure massaging the G spot can be pleasurable and help to release stored emotions.

This can be difficult on your own and a partner can help if that is something you are comfortable with.



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Conscious Womb birthing school