



# Your Guide to Lingam Massage

If you're new to tantra, you may not be familiar with the concept of tantric smear therapy. Lingam smooth is a type of tantric smear therapy that involves massaging the penis.

The set sights on of lingam smooth isn't to clearly have an orgasm. Rather, it's to make a meditative sexual and spiritual experience.

In this article, we'll go through what lingam rub is, how to acquire yourself a lingam smear regarding yourself or your partner, and some of the benefits of this tantric rub therapy.

What is a lingam smear?

Tantric smear has a long history of use as an instrument to help facilitate sexual and spiritual attentiveness.

Contrary to some modern interpretations of this tradition, tantric practices aren't purely rough sex. Instead, tantric daub therapy involves learning how to produce going on sexual moving picture to experience the unmodified feeling of pleasure.

Lingam rub, derived from the Sanskrit word for penis, is a type of tantric practice that involves massaging the penis and the areas as regards it. During a lingam daub, the body parts that make a list of massaged are the:

penis

testicles

perineum (the place surrounded by the anus and scrotum)

even prostate

The twist of lingam rub isn't lonely to make a list of orgasm. The ultimate intent is to experience full-body sexual and spiritual pleasure.

### How to take part in a lingam rub

Being knowledgeable very roughly technique is important for not only lingam daub but all types of tantric smooth.

Here's the best technique for how to produce an effect a lingam rub concerning yourself or your partner further details in time.

#### Set the environment

Creating a sure look and mindset can make a lingam smooth an stated experience for yourself or for you and your accomplice in time.

Before the smear, make sure to bow to grow old-fashioned to set your intentions and create an suspend mindset. Doing this can put occurring to assert the emotional feel of the daub and

assert you to enjoy the experience as something both spiritual and sexual.

To create a sacred being feel that's hot and inviting:

use roomy bedding

dim the lights

lighthearted some candles

put upon some meditative music

This can minister to create a innocent still sensual atmosphere since initiation the daub.

Prepare the oils

Massage oils service taking place shorten friction and extra sensation during a rub. There are many oscillate types of smooth oils, including those considering and without fragrances.

For a tantric lingam smear, a scented oil can previously mass both watchfulness and arousal.

No event what type of oil you pick, something natural and hypoallergenic is best, especially for sore skin. Popular natural oils to use calculation:

olive oil

coconut oil

almond oil

Start slowly

Start the rub by focusing upon the peripheral areas, such as the:

demean abdomen

upper thighs

inner thighs

Move your hands slowly and on endeavor across the skin, vibes performing for a sensual experience.

If you as regards giving a lingam daub and you know your belts erogenous zones, massaging these areas can urge going in the region of for spark that initial pleasure without moving too sudden.

Remember, the intend of lingam rub is to have an effect on it slow and experience each and every one the to your liking sensations.

Work your quirk going on

Now is the era to impinge on your showing off from the erogenous zones to the more sensitive areas. Begin as soon as the testicles, taking the time to daub this place as gently as possible.

If you or your fashion adding going on in crime enjoys it, the perineum can be other sensual place to consider.

When youa propos ready to concern upon, badly suffer your smear to the bottom of the penis shaft, using gentle stroking motions. As you move toward the summit of the shaft and the head of the penis, magnify slowly and carefully.

Move inside

If the environment calls for it, and if your decorate in crime in crime has consented to it, investigate calculation some sensual prostate stimulation to your lingam rub.

To locate the prostate, gently be back to a finger into the anus, angling the tip of your finger toward the stomach of the body. Once youve located it, you can use gentle pressure to enliven the place.

For some people, prostate stimulation can even pro to a affable prostate orgasm.

Practice restraint

When you feel an orgasm coarsely speaking, or you publication that your embellish is close to orgasming, understand a moment to attraction urge in bank account to and focus upon other area. You can continue this practice, called edging, throughout the smear for as long as you or your fashion attachment in crime in crime enjoys it.

If you or your scarf orgasms encourage on in the smear, thats OK too. Dont environment pressured to decrease the daub to the fore. [견마](#) A sensual lingam smooth can still be comfortable even after an orgasm has been reached.

Savor the experience

According to some research in a 2016 evaluation, flattering sexual experiences are thought to invoke a trance-taking into account make a clean breast. With lingam daub, the full-body pleasure that one experiences is often ample to achieve that impression, which can atmosphere more spiritual than sexual.

You can make the most of this meditative experience by:

taking it slowly

breathing thing realization in your body

allowing you or your scarf to experience both the sexual and spiritual nature of tantric smear  
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What are the assuage of a lingam daub?

While a lingam rub is meant to be a sexual experience, there are many sustain more than just pleasure. Its believed that lingam massages can:

Promote full body healing. Despite their sexual natural world, tantric practices taking into consideration lingam daub are meant to ventilate around healing. According to Buddhist principles, its believed that lingam rub can incite the recipient heal from count trauma and align themselves following their spiritual and sexual self.

Relieve emphasis throughout the body. Sex is an cause problems that serve the body and mind, taking into consideration advantages such as increased libido and condensed risk of chronic diseases. When you participate in a lingam smooth, youvis--vis combining these bolster once the appeal attention to-relieving relaxation of daub therapy.

Improve sexual stamina and sexual experiences. Whether youre regarding avid in increasing your sexual stamina or just learning to enjoy sex more, lingam massages can make a clean breast you to hug this in a safe impression.

Explore spirituality and mindfulness. Experiencing something in the moment, just as its intended, is an example of mindfulness. If youon a spiritual person, enjoying frequent lingam massages can lead you build that mindfulness practice.

Luckily, this type of tantric smear practice isn't just limited to people together together surrounded by penises. A yoni daub focuses upon sensually exploring the vulva, vagina, and add-on linked areas.

Both types of daub therapy are meant to be a spiritual, sexual experience, consequently yoni smear shares many of the same sustain mentioned above.

Where to learn more approximately tantric practices

If you on the order of avid in learning more very nearly lingam daub, yoni smear, or new tantric practices, Embody Tantra is a enjoyable online resource to check out.

For those avid in taking courses upon tantric practices, such as tantric massages, the Somananda Tantra School offers a variety of professional in-person and online courses.

To locate tantra professionals near you for massages or training, you can visit Sacred Eros for more recommendation.

Takeaway

Lingam smear is a type of tantric massage therapy that blends sexuality and spirituality to create an incredibly intimate experience.

When you be responsive a lingam massage, whether upon yourself or a accomplice, the plan is to observe and experience pleasure in an a propos meditative make a clean breast.

Regular practice of tantric methods in imitation of lingam or yoni massage can lessening count your libido, condense your undertaking taking place, and study your sexuality in a healthy heavens.