

## Tantric Kashmiri Messages Six Illustrated Protocols Step By Step Tips And Techniques For Beginners By Michèle Larue

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Among the various techniques of self-improvement and caring, I chose Tantric and Kashmiri massages to rediscover my body but also to experience an intensification of my sensations in order to get the most out of life. Nakedness, being touched all over our body enables us to renew with our prepubertal innocence, the innocence of childhood and the happy days when we were discovering tactile pleasure. We feel... alive again!As I received various Tantric massages in the course of my research, I tried to conceptualize the different techniques used and the impulse which transmits love through the sense of touch. This led directly to my taking note of what the different Tantric and Kashmiri massages have in common. The 6 full body massage protocols I describe in my book provide a framework for the moves to be performed and transitions to be smoothed out, as well as tips and tricks meant to increase the fluidity of a Tantric massage. You may simply draw your initial inspiration from these and go on to massage freely with an open heart. Tantric & Kashmiri massages includes various solo exercises such as undulatory orbital breathing, chakra balancing, and the Who-Am-I or karsai nei tsang self-massage, as well as a number of easy twosome exercises associated with the Tantra. In an age when we are constantly bombarded with stimuli of every sort, getting in tune with our own sensibility and that of our partners and even renewing contact with the sacred through shamanism or the Tantra will strengthen our sense of rootedness shattered by stress.

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