Erotic Massage
The Tantric Touch of Love

Kenneth Ray Stubbs, Ph.D., with Louise-Andrée Saulnier
Illustrated by Kyle Spencer
THE STUNNING, STEP-BY-STEP EROTIC GUIDE
THAT HAS BROUGHT THE PLEASURES OF TANTRIC MASSAGE
TO TENS OF THOUSANDS OF COUPLES

With more than one hundred detailed drawings, Erotic Massage provides
easy-to-learn strokes and methods that allow anyone to enjoy Tantric lovemaking.
The illustrations and instructions can be easily absorbed, so that the book’s
sensual rewards can begin immediately.

Erotic Massage is among the most accessible and explicit works
to bring Tantra to Western couples.
Discover for yourself the ease and intimacy of Tantric lovemaking.

KENNETH RAY STUBBS, PH.D., is the author of several top-selling guides to Tantric sexuality,
including Secret Sexual Positions. A certified masseur, he has studied a wide range of Eastern and
Western approaches to sexuality, and has taught numerous courses on sensuality and sexuality for
couples. His books have sold more than 500,000 copies. He lives in Tucson.

KYLE SPENCER’S artwork has appeared in Tantra: The Magazine, in Ecstasy Journal, and elsewhere.
She lives in the San Francisco Bay area.
Acceptance
  is a central teaching
  in tantric traditions
Embracing the whole,
  we transcend
  the world of duality

Today in the West
  tantra
    has often come to mean
      sacred sex, spiritual sexuality, sexual spirituality
It is in this context
  that I use
  tantric massage:
    touching
      the sexual and spiritual dimensions
        within each of us
    —with full acceptance
    —embracing an apparent duality
Also by Kenneth Ray Stubbs, Ph.D.

Secret Sexual Positions
Sacred Orgasms: Teachings from the Heart
Sensual Ceremony: A Contemporary Tantric Guide to Sexual Intimacy
Romantic Interludes: A Sensuous Lovers Guide
The Clitoral Kiss: A Fun Guide to Oral Sex, Oral Massage, and Other Oral Delights
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This book is printed on acid-free paper. ®
Dedicated to

Suzanne Myers
and
Paul Fleming

Your gifts are remembered.
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INVITATION

This is a language
without words

This is a time
outside of time

This is a song
that sings
a celebration

This is the meditation of massage
INTRODUCTION

Massage
is a dance of energy

Massage
is a dance of love

This is a love book especially for lovers
Your boyfriend, your girlfriend
your wife
your husband
your significant other, your lover, your mate
the label is not important
the feeling is

You may be friends
exploring becoming lovers

You may be lovers
exploring becoming friends

What is most important
is that
what you do
is
consensual
Massage simply stated
    simply is
    patterned touch
We might say
    a caress
    is unpatterned touch
Which you choose to give
    or to receive
    depends on the mood
Be open to either
    Both heal
    Both nurture
    Both excite

During the massage
    either or both of you
    might feel erotic
    You might fall asleep
    You might burst out in laughter
    or in tears
You might or might not
    have sex before
    during
    or after
    However, should sex or orgasm become
    the goal,
    you might miss
    many other pleasures
Allow each moment
    each feeling
    to unfold
    itself
This is the meditation
 Massage is an art when you express yourself with sensitivity with awareness

Let your touch discover without demands without expectations

At first the techniques will be techniques, like learning to ride a bicycle

After a while the awkward will become familiar

Your touch will come to nourish the body the mind and the spirit

You will also find your beloved's body — in stillness — pleasuring your hands

Let your fingertips taste the curve the rough, the smooth the firm the soft

Let yourself feel
WHAT YOU NEED

A willing recipient

A quiet place

A warm place
    or if it is tropical,
    gentle breezes

Oil, perhaps a lotion
    — on membranous tissue,
    a water-based lubricant
    may be healthier

A towel

A padded table
    a bed or padded floor
    or a large towel
    on the beach

Gentle music, if you wish

Perhaps
    feathers
    a silk scarf
MEDITATIVE MASSAGE GUIDELINES

Three basic ones:

First and foremost
be present
Letting go of expectations
of the future
and
comparisons with the past,
Be
Here
Be
Now

Secondly
maintain full-hand contact
whenever possible
Allow your palms
fingers
and thumbs
to outline the contours

Thirdly
maintain a continuous flow
Movements blend together,
each one
enhancing the preceding one
and preparing the next
More important than the techniques is your own personal expression

More important than your own personal expression is the recipient's wishes

More important than the recipient's wishes is your never forcing yourself

Yet be open to discovering new horizons

It's a delicate dance
REMINDERS

If the sensation
  feels good to the recipient,
you are doing it correctly,
  regardless
  of theory or written instructions

Vary
  the pressure
  the tempo
  the rhythm
Repeating a stroke in the exact same way each time
  becomes boring very quickly
  to both the recipient and the giver

If there are two of them,
  massage both

Glide on and off
  To begin a touch,
    rather than plopping on
  glide on with a slow descent
    in the direction
    that your hands will be moving
  In coming off
    continue the movement in a gradual ascent

Generally, minimize landings and takeoffs

When in doubt
  lighter pressure might be better
The recipient’s preference, however,
  is the best guide
  Ask occasionally, if you are uncertain
Minimize the talking
An important exception:
   when the recipient needs
   to communicate deep feelings

Become centered
   Tuning into and slowing your breath
   you can quieten yourself

Being centered
   you will experience more deeply
   your own pleasure

The following strokes assume
   the massage is on a table
Except for some of the long strokes
   most of the instructions can be adapted
   to floor or bed massages

Follow the presented sequence
   or create a sequence
   more suitable for your situation

Massage the whole body
   or only one section
Discussing health concerns is essential in establishing trust in a relationship, whether it be for an evening or a lifetime.

If a partner has a cold or flu, the other partner can choose to be close or not.

If there is an infectious condition on the skin, forgo contact with that area. Perhaps keep it clothed.

If there is a concern about viral conditions communicable through bodily fluids, share your feelings with your partner.

Read this book's appendix, *Eroticizing Safer-Sex*.

Consult agencies promoting healthy sex and read literature which can assist you in choosing for yourself what is best in your sensual and sexual expressions.

Ask if there are any tender places. Be especially gentle there or exclude.

If an injury is severe or if there are circulation problems, first consult a health professional.
The debates continue regarding the relative healthiness of vegetable oil, mineral oil, and water-based lubricants for massage on or in the body. Many commercial preparations contain preservatives, artificial colors, and other chemical additives. Some people are allergic to added fragrances. You may have to experiment first.

Regarding conception, please make parenthood planned.

Now you are ready to make the final preparations for your special gift.
PREPARATIONS

Where?

Anywhere
    as long as distractions
    and interruptions
    are minimized

Inside or outside is fine
    When outside,
    take precautions
    for insects and excessive sun
    When inside,
    unplug the phone
    Arrange for everyone else
    including children
    not to interrupt

It is very important
    to maintain a warm temperature
If necessary, use a portable heater
    or cover the areas of the body
    you are not massaging at the moment

When?

Explore the energies of
    a full moon, a new moon
    an equinox, a solstice

Celebrate a birthday
    an anniversary
Give a holiday-season present
    handmade

After intense work
    during a stressful period
Sometimes you can be spontaneous
    but setting aside a specific day or evening
        is more likely
        to ensure it happening

To give massage to a pregnant partner,
    is a gift not forgotten
In the later stages
    she may be unable to lie on her front or back
Perhaps forego some strokes or positions
    but not the touch
PREPARATIONS

With What?

Basically all you need is oil
    fragranced ones entice the mind
    but may sting the skin
    especially membranous tissue
Some prefer vegetable oils
    (unfragranced coconut oil is a good choice)
others prefer mineral oils
    Visit your local lotions-and-potions store,
    try a health food store
On membranous tissues, such as the female genitals,
    some consider water-based lubricants
to be healthier
    Purchase them at a pharmacy
    perhaps at a sensuous boutique
You can apply the oil or lubricant to your hands
    either from a plastic squeeze bottle
    a bottle with a push pump
    or a bowl

Massage tables are great for your back
    and sturdy tabletops
    padded with foam or blankets are fine
Otherwise, a padded floor
    a bed
    or the ground covered with cloth
    is quite suitable

If you select a large bed
    have the recipient's head
    at a corner of the foot of the bed
    while his/her feet are pointing toward
    the opposite corner at the head of the bed
This will give you better access
    to both the right and left sides

For the covering cloth
    select a sheet or material
    that is OK to be oiled
    Some fabrics are difficult to clean
    and the oily smell may not wash out

Gather a large towel or two
When lying on the front side
the recipient may need a covered foam pad
or a couple of rolled towels
placed under the front of the ankles

When lying on the back
if there is strain in the lower back
place the same pad underneath the knees

If you anticipate using feathers
   or other tactile stimulators
   have them close at hand

Perhaps select some music
   without dominating rhythms
   without words — usually

Use candlelight or colored lights
   incense
   flowers
   interior design of the room
   or whatever creates a special ambience
However
you do not have to create a temple every time

Sometimes
   all that is necessary
   is
   to close the door
PREPARATIONS

Everything ready?

Oil
  phone unplugged
  temperature warm enough
  watches, jewelry, clothing removed
  recipient's contact lenses taken out (if necessary)
  your fingernails smoothed
  your hands cleaned and warmed?

Ask if any strokes
  on any particular places
  would be particularly pleasing

Ask for other possible relevancies
  such as preferences for no oil in the hair
  or time limitations

Once your beloved
  is ready to begin
  give the invitation
    to take a few fuller breaths
    and
    to close his/her eyes

Allowing
  your hands
    to move intuitively
  you can open doors
    to inner peace
    to pleasure
    to joy
  both your beloved's
    and
  yours
1. Laying On Of Hands

Center yourself.
Tune into your breathing.

Rest your left palm on the upper back,
your right palm on the sacrum.
c.

Lightly pull your hands downward, 
separating at the waist 
and then flowing down off the tips of the toes.

If you have feathers 
or other sensuous materials, 
stroke your lover 
— all over — 
now 
before you apply any oil.
2. Spreading Oil

Warm oil in your hands.
(Be careful not to let drops fall on your partner.)

2. B

B. Spread the oil by sliding your hands up the back side: starting at the feet, pull up the legs, the torso, all the way off the fingertips.

Repeat the same sequence on the other side.
(It is easier if you first move to the other side.)

This is not the only oil application. Generally, you add more oil in the initial stroke of each section.
BACK

Your Position: Initially at your lover's head and facing his/her feet.

3. Connecting Stroke

A. Slide your parallel palms down the back to the buttocks.

3. A
3. B

B.
Slide your palms outward to the sides of the waist and then up the sides to the shoulders.

3. C

C.
On the shoulders, pivot your hands outward.
D.
Slide upwards across the shoulder muscles (not the throat).

~
Repeat this whole stroke (A-D) several times.
4. Prayer Stroke

4. **A**
   Just to each side of the spine, slide the outer edge of your hands down the back to below the waist.

4. **B**
   (Now follow the same movements as in the previous stroke, #3.)
   Slide your palms outward to the sides of the waist and then up the sides to the shoulders.

4. **C**
   On the shoulders, pivot your hands outward (as in the previous stroke, #3).

4. **D**
   Slide upwards across the shoulder muscles — not the throat (as in the previous stroke, #3).
   Repeat this whole stroke (A-D) several times.
5. Shoulder Strokes

A.

Just to each side of the spine,
make circles with the flat parts of your thumbs.
Here the thumbs mirror each other:
down together,
outward from spine together,
etc.

Focus the pressure
in the direction toward his/her feet.
Let your fingers remain in contact with your partner.

This series of circles gradually comes UP the back.
Shoulder Strokes

5. B

B.

On the right shoulder between the spine and scapula, make circles with your thumbs — this time alternating your hands one after the other.

Focus on the area near the neck.
C.
On the groove between the right scapula and clavicle, slide your thumbs outward toward the shoulder tip — alternating one hand after the other.

D.
Now apply Parts B and C on the left shoulder.
6. Fingers' Pull

With a finger pad on each side of the spine at the neck, pull downward toward the buttocks. Use a firm pressure. (You can have even more pressure by putting the fingers of your other hand on top of the first.)

Repeat this whole stroke several times.
7. Side Pulling

Alternating your hands on one side, slide them in a pulling manner across the side of the torso toward the spine.

(This series includes the area from the hips to near the underarms.)

7. A

B.
Move to the other side, and apply the pulling movements to the opposite side.

7. B
8. Connecting Stroke

With your right hand in front, slide your hands up the back of the leg.

(For both hands, the little-finger-side leads; the thumbs are beside their index fingers.)
B.
Near the buttocks, rotate your hands in an outward movement.

C.
Slide (in a pulling manner) down the inner and outer sides of the leg.

Repeat this whole stroke (A-C) several times.
9. Kneading

A. First focusing on one hand, gently squeeze with your thumb opposite your fingers. While squeezing, slide a few inches in the direction of your other hand. Next release your squeeze.

B. Then follow the same pattern with the other hand. Gradually knead the entire calf, thigh, and buttocks.
10. Thumb Slide

Slide the flat of the thumbs up the middle of the back of the leg. (Let your fingers remain in contact along the sides of the leg.)

10. Thumb Slide

10. A

B.
Slide your hands down the inner and outer sides of the leg.

~
Repeat this whole stroke (A-B) several times.
11. **V Stroke**

A. Slide your hands in a V shape up the back of the leg. To form a "V," form both hands as if to shake hands. Then place the right hand above the left hand so that the right little finger is on the left thumb and the right thumb is on the left index finger.

B. Slide down the inner and outer sides of the leg (as in the previous stroke, #10).

Repeat this whole stroke (A-B) several times.

12. **Repeat:**

**Back-Of-Leg Connecting Stroke (#8)**

13. **Back-Of-Leg Feather Stroke**

Alternating your hands in a pulling movement, delicately stroke your fingertips over the entire leg - sometimes short strokes, sometimes long ones.

14. **Follow the same sequence on the left leg**

Remember to reverse your right- and left-hand positions.
BACK SIDE CONCLUSION

15. Back Hug

A.
(This may be a difficult stroke unless you are using a massage table.)

Using the soft, inner side of your forearms, begin at your lover's lower back and slide them to below the buttocks and to the upper back.

Then slide your forearms back together.

~
Repeat this whole movement several times.

B.
After a few repetitions of Part A, rest your chest on the back.

Be very careful not to put pressure on the neck and throat area.
16. Concluding Stroke

In one long movement, slowly slide your hands up from the feet to the shoulder and off the fingertips.

If you wish, then gently feather stroke with your fingertips the entire back side.

After a while, with a gentle voice, invite your lover to turn over when ready.
17. Connecting Stroke

A. First, gently hold the right wrist in your right hand. Then with the little-finger side leading, slide your left hand up the outside of the right arm.

B. Pivot on the shoulder tip and slide down on the back side of the arm.
Now let your left hand hold the wrist away from his/her body.

Slide your right hand up the inside of the right arm, with your little-finger side leading.

Just before the underarm, pivot your hand to the back side of the shoulder and slide downward on the back side of the arm.

Repeat this whole stroke (A-D) several times.
18. Upper Arm Stroke

A. Hold the right hand on your left rib cage.

   Slide your left hand upward on the outside of his/her upper arm

   while your right hand slides downward on the back side.
18. B  
B.  
Your left hand rotates on the shoulder and slides downward on the back side of the upper arm
while your right hand rotates at the elbow and slides upward on the upper side of the upper arm.

18. C  
C.  
Your left hand rotates at the elbow and slides upward on the outside of the upper arm (which is Part A again)
while your right hand rotates at the underarm and slides downward on the back side (which is Part A again).

~
Repeat this whole stroke (A-C) several times.
19. Forearm Stroke

A. Holding the forearm upright, slide the flat sides of your thumbs down the inside of the forearm. Let your thumbs be parallel with each other.

B. When your thumbs reach the inner side of the elbow, lighten your touch and slide your hands back up to the wrist.

~
Continue with the right hand before massaging the left arm.
20. Hand Curl

On the back side of the hand, firmly slide the heels of your thumbs outward to the sides of the hand while curling the hand inward.

~

Repeat this stroke several times.
21. Palm Massage

Alternating your thumbs, firmly push your thumb pads upward on the palm. Repeat the movements many times, covering the palm entirely.
22. Web Stroke

With your right thumb and curled index finger between the right thumb and first finger, slide outward firmly.

~

Repeat this stroke several times.
23. Finger Stroke

A. 
Starting at the tip of the finger, slide very lightly down the sides of the finger with your thumb and finger — very, very lightly.

B. 
Grasping the finger firmly at its base, slide up and off the finger.

Repeat Part A and Part B once on the thumb and once on each finger.
24. **Palm Reading**

Interlacing your fingers with your lover’s, stretch the palm open and lightly feather stroke the palm with your thumb tips — very, very, very lightly.

25. **Repeat: Arm Connecting Stroke (#17)**

26. **Arm and Hand Feather Stroke**

Alternating your hands in a pulling movement, delicately stroke your fingertips over the entire arm and hand — sometimes short strokes, sometimes long ones.

27. **Follow the same Arm and Hand sequence on the left arm**

Remember to reverse your right- and left-hand positions.
Instructions: Written as applied to the right leg.

28. Connecting Stroke

A.
With your left hand in front, slide your hands up the front of the leg.
(For both hands, the little-finger-side leads; the thumbs are beside their index fingers.)

B.
Near the pelvis, rotate your hands outward and slide down the inner and outer sides of the leg.

Repeat this whole stroke (A-B) several times.
29. **Mini-Connecting Stroke**

On the thigh, make a series of connecting strokes similar to the previous stroke (#28) but shorter and only on the thigh.

Each succeeding stroke starts a little farther up the thigh and ends a little farther up.

~

Repeat this whole series several times.
30. Thigh Kneading

a. First focusing on one hand, gently squeeze with your thumb opposite your fingers.
   While squeezing, slide a few inches in the direction of your other hand.
   Next release your squeeze.

b. Then, follow the same pattern with the other hand.
   Gradually knead the entire front thigh.

31. Repeat:
   Front-Of-Leg Connecting Stroke (#28)

   Continue with the right foot before massaging the left leg.
32. Ankle Circling

Instructions: Written as applied to the right foot.

Stroke in circular movements with flat fingers around the ankle.
33. Connecting Stroke

Alternating your hands,
squeeze the foot
and slide off the end.

Repeat this stroke several times.
34. Arc de Triomphe

Firmly slide the heel of your right hand downward on the arch.
(The ankle rests in your left hand.)

Repeat this stroke several times.
35. **Finger Circles**

On the top of the foot, make small circles with your finger pads.

(Slide your fingers over the skin and/or, with a little more pressure, slide your lover's skin over the muscles, tendons, and bones beneath.)

Repeat these circles over the entire top of the foot.
36. Between-The-Toes Stroke

With your right-hand index finger on top on the right foot and your right-hand thumb on the bottom, squeeze and slide up and down several times between each of the toes.

37. Slithering

Very slowly and gently "screw" any right finger in and out between each set of toes.
38. Repeat:
Front-Of-Leg Connecting Stroke (#28)

39. Leg and Foot Feather Stroke

Alternating your hands in a pulling movement,
delicately stroke your fingertips
over the entire leg and foot
— sometimes short strokes, sometimes long ones.

40. Follow the same Front-Of-Legs and Feet
sequence on the left side

~

Remember to reverse
your right- and left-hand positions.

38.
Repeat #28

39.
feather Stroke

40.
Same Front-Of-Legs and Feet
Sequence on Left Side
41. **Moon Stroke**

Your Position: Initially at your lover's right side.

First, practice your right- and left-hand movements separately:

- Your right hand makes a half circle on the lower abdomen,
- while your left hand makes a full circle around the whole abdomen.
Coordinate your hand movements: when your right hand is stroking in a half circle, your left hand is directly opposite on the circle.

When not using your right hand, simply lift it out of the way of your left hand’s full-circle pattern.

~

Repeat this whole stroke several times.

42. Center Slide

Alternating your hands, firmly and slowly slide them up the midline from the lower abdomen to the upper chest.
43. Breast Kneading

Instructions: Written as applied to the right breast.

A.

Starting at the lower, outer side of the breast area, slide your right hand up over the breast so that your thumb and index finger encircle the nipple.

Using the nipple as the axis, continue the stroke by rotating your hand counterclockwise around the nipple as you slide up and off the breast.
B. Slide your left hand from the same lower, outer side of the breast area up over the breast so that your thumb and index finger encircle the nipple.

Using the nipple as the axis, continue the stroke by rotating your left hand clockwise around the nipple as you slide up and off the breast.

Repeat this series (A-B) several times with one hand following the other.

Continue with the following stroke (#44) on the right breast before massaging the left breast.

Note: On a woman’s breast, apply a lighter pressure.
44. Spokes Stroke

44. A

Imagine the nipple as the axis in a wheel with spokes radiating out from the axis. Using the pads of the fingers and thumbs of both hands, gently squeeze at the axis and slide out along a spoke, moving your hands in opposite directions.

~
Repeat this pattern several times along the different spokes.

44. B

Gently squeeze the base of the nipple between the pads of your index finger and thumb of one hand and slide UP and off the nipple. Follow this pattern, alternating your hands one immediately after the other.

~
Now move to the other side and repeat this and the previous stroke (#43 and #44) on the other breast area.
45. Side Pulling

A. Alternating your hands, slide them in a pulling manner across the side of the torso toward the front midline.

(This series includes the area from the hips to near the underarms. Be gentle on the mammary area.)

B. Move to the other side, and apply the pulling movements to the opposite side.

46. Torso Feather Stroke

Alternating your hands in a pulling movement, delicately stroke your fingertips over the entire torso. Include the genital and thigh areas as well.
GENITALS: MALE

Lover's Position: Lying on back.
Your Position: To your lover's right side.

note: If you wish to follow safer-sex practices, please consult the appendix.

47. Anointing With Oil

A.
Let your left hand, with fingers slightly spread, rest on the scrotum and underneath side of the penis. Then with your right hand, pour oil on the back of your left hand so that the oil seeps through your fingers.
B.

Alternating your hands,
spread the oil with a pulling up motion,
sliding from the pelvic floor up
over the scrotum and penis.

Perhaps give a little firmer pressure
on the pelvic floor.

Be sure there is plenty of oil
since the following strokes
assume well-lubricated motions.

Note: Should your lover ejaculate during this or any other stroke
perhaps go to "Being," #58.
48. **The Coronal Stroke**

Your left hand gently stretches the foreskin down along the shaft of the flaccid or erect penis.

Your right hand points as if to twist a halved orange on a juicer. Concentrating on the head of the penis, rotate your right-hand fingers back and forth in coordination with an up-and-down sliding motion.

Vary the amount of pressure from your right hand.
49. The Serpent

a: Your left hand gently stretches the foreskin down along the shaft of the flaccid or erect penis.

Your right thumb and index finger form a snug circle just below the head of the penis and rotate in a clockwise direction as far as your wrist permits.

b: Continuing the movement, lift your right thumb so that your index finger can maintain contact in the rotation until the thumb can form a circle with the index finger again.

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Repeat this circling several times.

49. a

49. b
50. The Ten Stroke

Using plenty of oil and alternating your hands, make ten downward strokes on the flaccid or erect penis, then ten upward strokes. Follow with nine downward, nine upward, eight downward, eight upward—all the way to one down and one up.

Suggestion:
syncopate the rhythm of your stroking. Rather than using an even beat (1-2-3-4-5-6), wait a moment after each set of two strokes (1-2-3-4-5-6).
51. The Scrotum Ring

Your right thumb along with your index and perhaps middle fingers encircle the scrotum between the base of the penis and the testicles. (Be careful not to squeeze the testicles.)

Now move the scrotum up and down as your left hand strokes up and down on the flaccid or erect penile shaft.

Vary the amount of pressure of your right hand against the base of the penis.

To continue the Male Genital strokes, go to "Inner Connections," #57, which is for both men and women.
GENITALS: FEMALE

52. Anointing With Oil

Lover's Position: Lying on back.
Your Position: To your lover's right side.
note: Be certain your fingernails are smooth and short and your hands are clean when massaging membranous tissues areas,
note: If you wish to follow safer-sex practices, please consult the appendix.

52. A

A.
Let your left hand, with fingers slightly spread, rest on the vulva.
Then with your right hand, pour the lubricant or oil on the back of your left hand so that the lubricant or oil seeps through your fingers.
B. Alternating your hands, spread the lubricant or oil with a pulling up motion by sliding from the lower part of the vulva up over the clitoris and pubic area.

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note:
Be very careful not to stroke from the anal to the vaginal areas.
53. The Vulva Stroke

This is a series of strokes on each outer and inner lip. With a thumb on one side of a lip and the index finger on the other side, very gently squeeze and slide off the edge of the lip.

Alternating your hands, continue this pattern along the entire length of each lip.
54. The Clitoris Stroke

A. Now you center your stroking around the head of the clitoris, which is just beneath where the inner lips merge together at the upper part of the vulva.

To begin, slide the middle finger pad of your right hand up and down several times between the inner and outer lips on one side of the vulva and then on the other side.

B. With one or two fingers, slowly massage circles around the clitoral head, several times in one direction, then several times in the other direction.

C. With a single finger pad, begin a very slow, upward stroke at the vaginal entrance, up through the inner lips, up past the clitoral head. Repeat several times.
55. The Clock

A.

For this intravaginal massage, imagine a clock at the vaginal entrance, with twelve o'clock near the clitoris and six o'clock near the anus.

Your left palm rests on the abdomen.

At the twelve-o'clock position, slowly introduce your right thumb into the vagina until its pad is pressing upward on the underneath side of the pubic bone.

Now gently rock your right arm and hand back and forth about an inch.

After about fifteen seconds or longer, lighten your pressure, slide your thumb to the one-o'clock position, and begin to rock again. Continue in this fashion until about the seven-o'clock position.
B.
At about seven o'clock, shift to using your index finger and continue with the rocking pattern up through twelve o'clock.
56. The G-Spot Stroke

A. This stroke may be easier if you bring your lover's knees up with both feet resting on the table.

Your left palm rests on the abdomen.

At the twelve-o'clock position slowly introduce your right index and middle fingers into the vagina until the finger pads are pressing upward above (beyond) the pubic bone. (This is approximately the Q-Spot area inside the vagina.)

Here make a "come here" finger movement to stroke your finger pads across the membranous tissue. Vary the pressure to find what feels best — if there is pain, lighten the pressure or discontinue the stroking.
B.

With your right hand continuing Part A, rest the heel of your left hand on the lower abdomen. Now allow your left-hand fingers to delicately stroke the clitoral head at the same time.

(Perhaps apply a little pressure on the lower abdomen with the heel of your left hand.)

When you complete the stroke, slide your lover's legs back to the flat position.
57. Inner Connections

In this series of strokes, you connect the enjoyable sensations of the genitals with the enjoyable sensations of other parts of the body.

57. A

A. Abdomen and Genitals

While your right hand massages the genitals (in any fashion), let your left hand knead or make circular strokes on the abdomen (For a description of kneading, see stroke #9.)
B. Breast Area and Genitals

As your right hand continues as in Part A, slide your left hand from the same lower, outer side of the breast area up over the breast so that your thumb and index finger encircle the nipple. Using the nipple as the axis, continue the stroke by rotating your left hand clockwise around the nipple as you slide up and off the breast.

Repeat several times on the right breast area and continue Part C on the right side of the neck before going to the left side.
C. Shoulder/Neck and Genitals

While your right hand continues as in Part A, knead the right shoulder and neck muscles with your left hand. (For a description of kneading, see stroke #9.) Be careful not to squeeze the throat.

Repeat several times.

D. Inner Thigh and Genitals

Now your hands change positions: your left sliding down to massage the genitals while your right kneads the right inner thigh.
E. Change Sides

If it is possible, move to the other side
and follow the same sequence
while simply reversing
the left-hand and right-hand instructions.
(If you cannot easily move to the over side,
modify your stroking so that the left breast,
neck/shoulder, and thigh areas are massaged also.)

Once you complete this series,
move back to your lover's right side
for the following instructions.
(Remember to keep hand contact if possible.)
58. A

Rest your left hand on the head so that your palm is on the forehead and your fingers are on the center top of the head.

At the other end of an imaginary axis through the core of the body, rest your right hand on the pelvic area so that your palm is on the vulva, or the scrotum if you are massaging a man.
**58. A continued**

Now give a soft verbal invitation to your beloved to take a slightly fuller inhalation and to imagine the breath beginning at the floor of his/her pelvis and coming up the core of the body to the top of his/her head.

Then for the exhalation, invite your beloved to simply let go of the breath and to imagine the breath reversing and flowing from the top of the head down through the core of the body and out the floor of the pelvis.

Continue this breathing and imaging guidance for perhaps two to five minutes.

Here we are focusing directly on the subtle energy bodies. In the pelvic floor area is the first, or Muladhara, chakra. At the top of the head is the crown, or Sahasrara, chakra.

Often the genital massage stimulates sexual feelings, turns on the generator in the pelvic area. This laying on of hands, Being, encourages the expansion of energy throughout the body.

This is the shift from friction sex to tantric sex.
58. B

B. now feather stroke with the tips of your fingers from the top of the head down the arms and off the fingertips.

Then feather stroke from the top of the head down the torso, legs, and off the toes.
c.

Now rest your hands on the feet
with your thumbs on the arches
and your fingers on top of the feet.

Here again softly give breathing
and imaging instructions:
the inhalation comes from the bottom of the feet
up to the top of the head
The exhalation flows from the top of the head
down to the bottom of the feet.

After a couple of minutes
gradually allow your hands to ascend,
up off your beloved’s feet.
Your Position: Behind the head.

59. Connecting Stroke

A. Place your left hand on the left side of the head so that your thumb is in front of the ear and the fingers are behind the ear.

Then rotate the head toward the left shoulder.

B. Place your right palm on the right shoulder and stretch downward.
c. Discontinue the stretching and pivot your hand outward on the shoulder.

D. Firmly slide the flat of your fingers upward on the back of the neck (not on the throat).

Repeat steps B, C, and D several times and then follow the same sequence on the other side of the neck, reversing the instructions for your right and left hands.
60. Let The Fingers Do The Walking

With the head resting on the heels of your palms, "walk" the finger pads upward on the back of the neck.

The "walking" is a sliding movement of alternating fingers from the base of the neck toward the bottom of the skull. (Use a firm pressure with your fingers, but be careful not to pull the hair.)

61. Head Scratch

Slide your finger pads back and forth across the scalp on the underneath side of the head.
NECK AND HEAD

Head Scratch

B.
Move to the right side
and turn your lover's face to the right.
Slide your finger pads back and forth across the scalp
on the left side of the head.

C.
Move to the left side and turn the face to the left.
Slide your finger pads back and forth across the scalp
on the right side of the head.

D.
Remain on the left side and turn the face upward.
Slide your finger pads back and forth
across the scalp on the sides and top of the head.
Gradually quicken the speed (but not the pressure).
E.
Without slowing down, suddenly lift your fingers off the head.

F.
Wait a few moments, and then if possible, give a light feather stroke with your fingertips from the head down and off the toes.
Your Position: Behind the head.

Note: It is best not to apply more oil for a facial massage. However, if you have been using an unscented oil, you might try a small drop of scented oil.

62. T Stroke

Slide your thumbs up and across the brow. Three or four repetitions will probably cover the whole brow.
63. Eyebrow Squeeze

Make a series of squeezes of the eyebrows from the midline outward.
64. Temple Circles

Make circle movements on the temples with flat fingers. Apply enough pressure so his/her skin slides over the muscles beneath.
65. **Underneath-The-Eyes Stroke**

Slide your thumbs outward across the bony surface underneath the eyes.

66. **Eye Stroke**

Massage the eyes only if hard contact lens have been removed; light pressure on soft lens may be OK.

Bracing the heel of your thumbs on the forehead, slowly slide your thumb pads outward across the closed eyes. Repeat two or three times.
67. Cheek Bone Stroke

Slide your thumbs outward across the top of the cheek bone.

68. Under-The-Cheek-Bone Stroke

Slide your thumbs outward underneath the cheek bone.
69. Jaw Circles

Make circle movements on the jaw area with flat fingers. Apply enough pressure so his/her skin slides over the muscles beneath.

70. Upper Lip Stroke

Slide your thumbs outward across the upper lip.
71. **Lower Lip Stroke**

Slide your thumbs outward across the lower lip.

72. **Throat Stroke**

Slide your thumbs upward along the groove between the larynx and the sides of the throat.
73. Behind-The-Ear Stroke

Slide your middle fingers up and down along the grooves behind the ears.

74. Outer Ear Stroke

Gently squeeze the ear lobes and slide outward to the edges.

Repeat this along the entire outer ear surface.
75. Inner Peace

A. Slowly slide your fingers into the ear canals and relax in this position for about a minute, blocking out the external sounds.

B. If Part A is difficult for you or uncomfortable for your lover, cover the ears with your cupped palms.
76. Concluding Stroke

With your fingertips, lightly feather stroke from the top of the head down off the fingertips. Then lightly feather stroke from the top of the head down off the toes.

77. Covering

Unless it is very warm, cover your beloved with a towel or sheet.
Rest your hands on the feet
with your fingers on the top of the foot
and the thumbs on the arches.
After a minute or so,
very slowly allow your hands to ascend off.

Remain quiet until your beloved returns to this world.

Embrace.
Eroticizing Safer Sex

Massage in general is considered in AIDS safer sex guidelines to be a no-risk or very-low-risk activity.

When there is uncertainty about the giver's or receiver's health or if either partner is communicable with the AIDS virus, you may wish to read the following.

Current research indicates that when blood, ejaculate, or vaginal lubrications come in contact with a broken skin or membranous tissue surface, the transmission risk may increase.

Should you prefer to follow AIDS safer sex practices when massaging the male or female genital area, it is recommended to wear latex or vinyl examination gloves, which you can purchase at a pharmacy or surgical supply store.

(Concerning infectious skin conditions, such as herpes lesions or venereal warts, it is recommended to entirely forego contact with the communicable area or to consult a medical professional.)

When using a latex product, apply only a water-based lubricant since oil can deteriorate latex. If the water-based lubricant contains nonoxynol-9, which can destroy the AIDS virus on contact, the protection will be supplemented. Some people, though, are sensitive to nonoxynol-9.
An alternative or an addition to wearing gloves in a male genital massage is to place a condom on the penis. Try a few drops of water-based lubricant in the tip of the condom before unrolling it. Some of the strokes in this book, however, are best suited for gloves without a condom.

At first, these protective measures might appear as intrusions or hindrances. After exploration, you may find, as many others have, that latex and vinyl examination gloves provide some uniquely smooth sensations, that the water-based lubricant inside the condom creates heretofore unexperienced pleasures.

Eroticizing safer sex means letting go of expectations and allowing the discovery of new worlds. Giving the touch of love, as in the sensual massage offered in this book, can bring us all closer to these new worlds of pleasure.
Acknowledgments

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About the Authors & Artists

The Author

After leaving academia, Kenneth Ray Stubbs, Ph.D., moved to the San Francisco Bay Area. There he became a certified masseur in 1973 and studied a wide range of Western and Eastern approaches to health and sexuality.

Personally, massage became a meditation, more like the movement of Tai Chi Ch’una than Tibetan Buddhist sitting meditation. Combining these experiences with a tantric approach to sexuality, he developed seminars for couples of all sexual orientations and training programs in Sensate Therapy for sex therapists.

He is the author of several books on sensuality, sexuality, and intimacy, which have sold more than 500,000 copies.

The Collaborator

Louise-Andrée Saulnier, M.H.S., is a clinical sexologist residing in Quebec City, Canada. For the last two years she was the host of her own daily television talk show featuring human sexuality. She continues to appear frequently on radio and TV and is a popular speaker for the medical profession and other groups.

The Illustrator

Kyle Spencer, illustrator of the black-and-white images, is a young artist residing in the San Francisco Bay Area. Her art appears also in The Clitoral Kiss as well as Tantra: The Magazine and Ecstasy Journal.
**EPILOGUE**

My beloved is gone down into his garden,
    to the beds of spices,
    to feed in the gardens,
    and to gather lilies.

I am my beloved's,
    and my beloved is mine:
he feedeth among the lilies.

The Song of Solomon 6: 2-3

This is the touch of love.