

Nude Tantra

Sex Rituals

A woman with brown hair is shown from the chest up, wearing a black hooded garment. Her eyes are closed, and her right hand is raised to her forehead. She has red lipstick on. The background is black.

Tantric Ritual for Her:
Water Masturbation
Volume 1

Rituals
for
Tantra

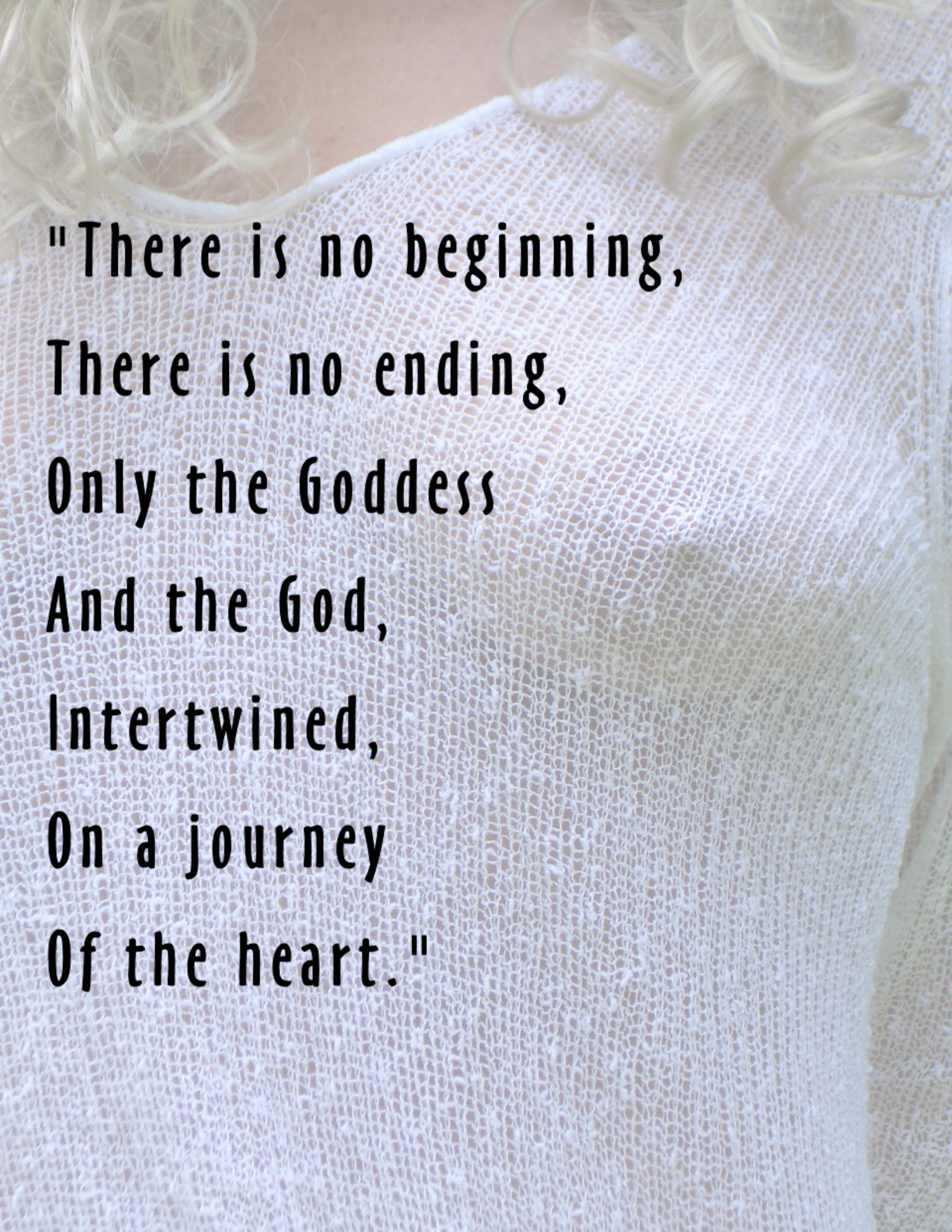
edited by Savanah Glass

Rituals for Tantra

For Her: Water Masturbation
Volume 1, Level 1

**Rituals and Invocations for
Self-induced Erotic Pleasure**

by Savannah Glass



"There is no beginning,
There is no ending,
Only the Goddess
And the God,
Intertwined,
On a journey
Of the heart."

INTRODUCTION TO THE RITUALS FOR TANTRA SERIES

Level 1

Tantra is the practice of sacred sexuality. Utilizing the tools within this book, you will become a Tantric practitioner of sacred sex. Masturbation is one aspect of sacred sexuality. It is the process of exploring yourself and understanding the Feminine and Masculine energies that exist within all of us.

The [Rituals for Tantra](#) community promotes a sex-positive, pan-sexual, non-judgmental environment for learning and sharing Tantric sex rituals. The practices contained within the Rituals for Tantra series are intended to be performed with respect for each person as an individual, and should only be performed if all members of a ritual are comfortable with proceeding.

Tantra is a path of personal development. The first step is learning to know your body. You may already be familiar with every curve, wrinkle, or stretch mark on your body, or you may have yet to free yourself from the limitations of your ego. As a Tantric practitioner, you will explore your sexual potential and unlock the energies within you. Whether you believe in God, Buddha, or Mother Gaia, this body of yours was created especially for you. Your body is your own gateway to utilizing the energies of the universe.



As a Level 5 Tantric practitioner for over 15 years, it's my role to guide fellow practitioners on their journey of Tantric exploration. The core purpose of Tantra is to experience healing, connection, and increased health and happiness through the practice of sacred sexuality. I am excited to have you join us on our Tantric journey.

Get ready to begin the adventure of You.

Tantra, based in part on the Eastern path of personal development, is part of an ancient spiritual philosophy. It includes worshipping the union of the male and female principles, and the divine energies created when these principles meet. They exist not only between us, but they also exist within us.

ALTARS

The altar is one of the Tantric practitioner's most important tools. It is a place upon which to focus your energy and intentions and invoke the divine feminine or the divine masculine energies. Merely placing items important to you upon an altar empowers them with sacred energy.

The first altar recorded in the Hebrew Bible was an altar erected by Noah. In the Japanese Shinto faith, altars are known as shrines. Altars occupy a prominent place in many modern day houses of worship and are used as a sacred tool in their worship practices.



Almost everyone creates altars, whether or not they realize it. An altar can be as simple as a gathering of photographs of loved ones upon the family piano or in your office cubicle, or they can be as elaborate as a collection of statues, incense, and sacred objects from the far corners of the globe placed upon an ornately carved wooden table.

Altars can also be created on a small table, beside a rushing stream, or even with the pictures on your computer. You can combine your altar with a ritual and chanting or invocation to honor your body, cleanse your soul, and free your spirit. It is a place for your divine and sacred objects. You may place ornate cloth, candles, incense, flowers, pictures of yourself or loved ones, drawings, invocations, stones, or any other item that has a special meaning to you and/or your partner. After placing items



on your altar, you can meditate, worship, pray, and even celebrate the treasures you have offered to the sanctity of the altar.

Each altar is as unique as you are. We are all individual reflections of the universal presence of the divine feminine and masculine energies of the universe. Honor that connection with your own altar.

TANTRIC RITUAL INVOCATIONS

A ritual is a special or sacred ceremony involving a focused mind, meditation, and an invocation. In religion, a ritual is intended to unite the individual with the divine. In Tantra, a ritual produces a specific state of consciousness which allows one to connect with and to move energy towards desired goals. The practice of the ritual encourages a heightening of the senses, an expanded awareness of the spiritual world, and a linking with nature and with the forces behind all conceptions of divinity.

Tantric practice teaches that nature includes a broad spectrum of mental and spiritual states known by very few people. Tantric sex rituals enable us to slip into such states, allowing communion with the divine energy of the universe. This altered state of awareness allows us to perform effective and successful rituals. Tantric rituals open a door in our unconscious mind, allowing us to use our sexual energy to connect with more energy from nature and to realize our desires.

An invocation is a spoken chant. Other religious practices use them in the form of prayers or spells. An invocation helps the Tantric practitioner to focus energy on a specific goal or desire. Words of power are used to control and direct the driving impulse in the invisible energy behind things that are both seen and unseen. When a Tantric practitioner performs a ritual, they focus on and believe in the invocation. Various aids (herbs, candles, stones, etc.) may be used with the invocation during the ritual.



The combination of the invocation and the ritual is very powerful. Used together, your mind acts as the catalyst with the universe to make your desires come true. You are the driving force behind the invocation and rituals, and it is your passion and belief in what you seek that directs you along the path to achieve your desired result.

THE YONI AND THE LINGAM



The yoni (pronounced “yo-knee”) is from the Hindu Sanskrit word for vagina. The literal translation of yoni is “sacred space.” The yoni represents the divine feminine, the sacred that dwells within each of us, from whom all life springs.

The lingam is from the Sanskrit word for penis. The literal translation is “wand of light” or “wand of the God.” It represents the divine masculine, and points the way out of darkness and confusion to a world of enlightenment.



The yoni lingam, usually shown joined together, represents the blending of the divine feminine and the masculine.

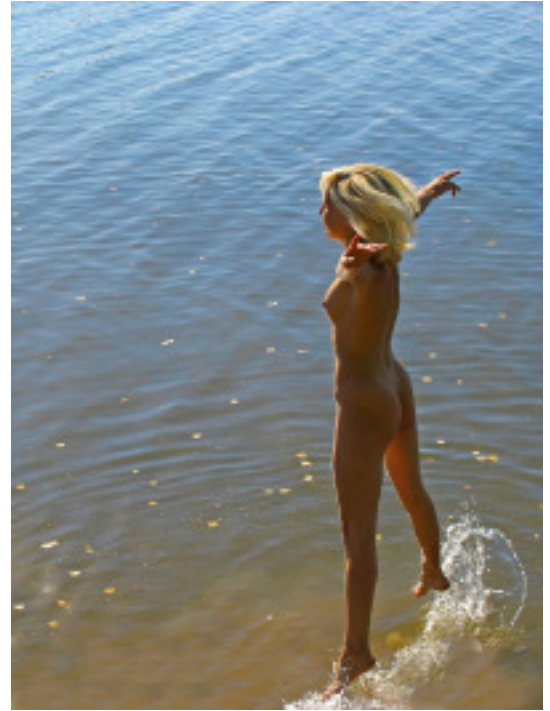
In this book, to respect the divine nature of our genitals, we will refer to the vagina as a yoni and the penis as a lingam.

The Goddess

The skin you are in is divine.

Too often our culture tells us to be ashamed of our bodies, seeks to hide our faults, and passes judgement on what constitutes “beauty.” The female Tantric practitioner seeks to know, accept, and understand her body, the vessel of the Goddess. She understands that all bodies are beautiful, that all bodies are a reflection of the divine nature of the universe. In loving her own body, she learns to love the universe, and the universe loves her in return.

The tools of Tantra are many, but all serve to realize what you seek. Invocations, rituals, altars, and elixirs are a few of the many items that can be used to focus your attention. As in prayer and meditation, a focused mind frees itself of distractions, and allows you to achieve your goals.



Mother Gaia (also “Mother Earth” or “Mother Nature”) is an expression linking the Earth with the divine feminine, the Goddess who is the giver and sustainer of all life.

THEYONI

“Behold the seat of divine feminine energy: the sacred vagina, the yoni.”

Yoni is the Sanskrit word for the vagina. The yoni symbolizes more than just the female sexual organ. It represents the place of origin, a sacred space or a sacred temple.

The yoni is often worshipped as the center of female power. As the symbol of the Goddess, it represents creation, birth, and healing.



Hindu mythology recognizes the importance of the feminine in the spirit world and it is always a combination of the male and female which creates energy.

In ancient India, the original meaning of yoni was “Divine Passage”. The Shiva culture worshipped the union of the lingam and the yoni as the symbol of the union of cosmic energy.

Many cultures worship the yoni, just as they worship the lingam. The Tantric term for the worship of the yoni is Yoni Puja, which means “ceremony of the vulva.” Yoni Puja is a form of religious worship that has been practiced for thousands of years and is still practiced today. The Puja is dedicated to the creating and consuming of the yoni fluid, or the yonitattva, which is believed to have magical powers.



Water Ritual

With the act of masturbation, one embarks on a very personal journey. I had been sexually abused as a child and as an adult. The experiences of my past weighed heavily on my present. I did not want to experience anything sexual, certainly not with a partner, and not even by masturbating. For me, my journey was the transformation from repressing my sexuality and all it recalled, to opening myself up to the wonders of the universe expressed through sacred Tantric sexuality. This was an amazing experience that for me began in a Tantric water ritual. Water is a purifying element, washing away the pain of the past and cleansing us to begin anew.

Items :

- Bathtub, during a quiet day or night, filled with warm water scented with lavender or jasmine oils.
- White candles for light. White symbolizes purification. You may also add green candles, with green symbolizing rebirth.
- Incense to perfume the air.
- Soft music for the background.

Invocation:

“My body is pure, my mind is free, the rebirth of my yoni, represents a new me.”



Ritual:



Set the environment to your liking and stand naked beside the bathtub. Speak the invocation once.

Gently lower yourself into the tub of purifying water.



Relax your body and your mind. Repeat the invocation a second time. With slow deep breaths exhale and release the fears and anxiety of everyday life, inhale that which is new and energizing.

Stroke your hands across your forehead, scalp, and down your face, soothing away tension.



Run your hands down your chest and begin to gently touch your nipples. Use your fingertips to trace the colored circle of skin surrounding your nipple, and then the tip of your nipple, teasing it to erection.



Let your hands move across your stomach, your sides, and slide slowly down to explore between your thighs. Gently caress your inner thighs, relaxing your body, spreading your legs to reveal the delicate shell and its pearl, the vagina and clitoris. Experience the tingling sensation throughout your yoni as you gently touch yourself. The yoni can store traumatic memories within its muscles and walls. Your gentle massage, repetition of the invocation, and soothing water will relax your body, releasing past tensions to the warmth of the present.



Once you are comfortable with these growing feelings of energy, use your fingers to caress the lips of your yoni. Gently and slowly move along the length of your lips and over your clitoris. You will feel instant stimulation as you begin touching your clitoris. Let your index finger slide between your lips. Touch gently the inside walls of your body, feeling the warmth and softness. Let any unpleasant memories trapped within these walls dispell, and allow feelings of purity to enter, creating a new understanding of you. The pleasure of the motion, in and out, combined with clitoral stimulation, will send waves of excitement to your yoni. The feelings you experience are those of your rebirth, the joy of the universe rushing through your body, and a return and the beginning of a new you.

Before leaving the bathtub, repeat the invocation a third and final time.



























An Invitation

I would like to invite you to continue your Tantric journey with me. Come and explore the Rituals for Tantra community, guidebooks, rituals, and discussion forums on our website RitualsForTantra.com. It's my intention to continue to expand the range and quality of tools and resources available to aid fellow Tantric explorers on their journeys of self-discovery, and I welcome any suggestions or feedback you may have. If you would like to share your thoughts and ideas, you can do so on the website or by emailing me directly at RitualsForTantra@gmail.com.

Thank you for sharing in the sacred sexuality experience that Tantra provides. I look forward to continuing our journey together.

Blessings,
Savanah Glass