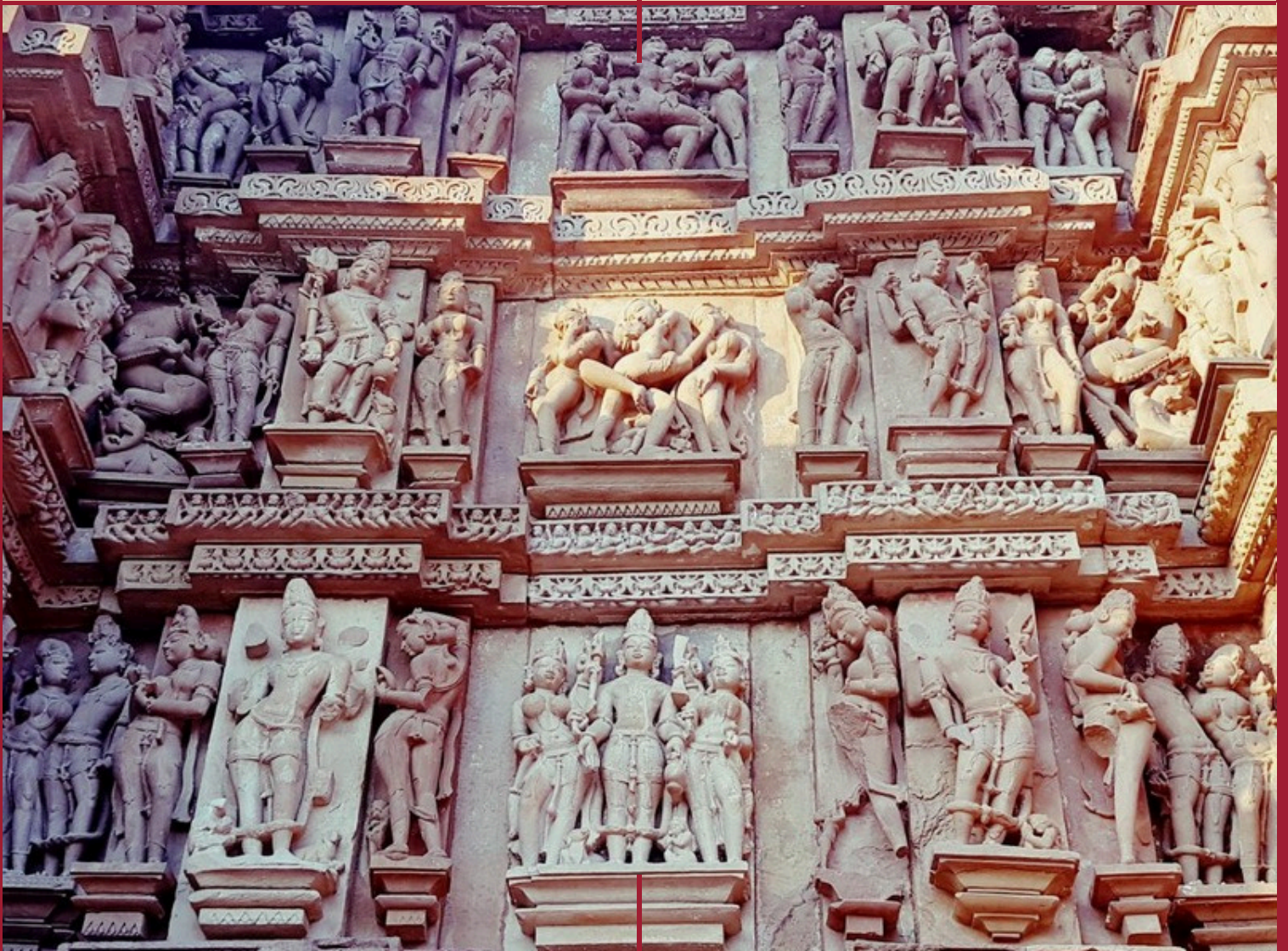


E-BOOK
AUTHENTIC TANTRA
MASSAGE EXPERIENCE



MAY GONZALEZ





Welcome to the Authentic Tantra Massage Experience

Dear Reader,

Welcome to this sacred journey into the world of Authentic Tantra Massage by May Gonzalez. This e-book was created with love and intention to **guide beginners** — people just like you — into an experience that is both gentle and profound.

Perhaps you are here out of curiosity, seeking to understand what Tantra truly is. Perhaps you are searching for healing, deeper connection, or a way to rediscover your body and your sensuality in a safe and sacred way. Whatever your reason, know that you are exactly where you need to be.

Tantra is not a technique to master overnight, nor is it simply about sexuality. It is a philosophy of life — one that teaches us to honour our body, embrace our energy, and live with presence and awareness. Authentic Tantra Massage with May Gonzalez is a doorway into this wisdom. Through conscious touch, breath, and intention, it offers a path to relaxation, healing, pleasure, and awakening.

This e-book will walk you step by step through the foundations of Tantra, the essence of **Authentic Tantra Massage created by May Gonzalez**, and the practices that make it a sacred art.

Take your time. Read slowly. Let the words sink into your body, not just your mind. And most of all, allow yourself to enjoy the journey.

**With love and presence,
May Gonzalez**



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Who This Book Is For

This ebook is designed for:

- Complete **beginners** who are curious about Tantra but don't know where to start.
- **Individuals** seeking a deeper connection with their own body, sensuality, spirituality or just self awareness.
- **Couples** who wish to introduce sacred touch into their intimacy.
- **People on a healing journey** — including those living with health conditions such as cancer, chronic pain, autoimmune disorders, or hormonal imbalances; individuals experiencing sexual dysfunctions or intimacy challenges; and anyone wishing to release shame, stress, trauma, or emotional blockages related to touch, sexuality, body image, or self-connection.

You don't need any prior knowledge or experience to benefit from this book. All that's required is an **open heart** and a willingness to slow down, breathe, and learn.



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May Gonzalez

May Gonzalez is a **Sacred Sexuality Priestess** and **Somatic Sexologist** who supports women, men, and couples in reconnecting with their bodies, healing emotional and physical wounds, and awakening to the sacred power of their sexuality. Her work is rooted in the understanding that our emotional experiences are deeply connected to physical manifestations — for women especially in the womb, yoni (vagina), and sexual centers — where trauma, repression, and unresolved emotions often create blockages and symptoms.

For women, she guides practices that honor the womb, release stored pain, and awaken the sacred feminine. **For men**, she offers pathways to connect with their sexual energy in a conscious way, free from performance pressure, shame, and heals sexual dysfunctions. **With couples**, she creates a safe and intimate space where partners can rediscover each other through sacred touch, communication, and Tantra-based practices that bring deeper intimacy, pleasure, and connection.

May Gonzalez integrates somatic wisdom with spiritual practices, helping her clients embody self-knowledge, embrace healing, and reclaim their authentic power. She is passionate about addressing womb conditions, sexual dysfunctions, and emotional blockages, always emphasizing the union of body, mind, and spirit. Through her teachings and sessions, she invites every person into a journey of transformation, wholeness, and sacred pleasure.



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Warning

This e-book shares my authentic vision and experience into Authentic Tantra Massage. What you will read here is not a comparison with other practitioners, teachers, or schools. I am not here to define what others do or to judge their approaches. Tantra is a vast path with many interpretations, and each practitioner may carry their own way of sharing it.

What you will find in these pages is the essence of how I, May Gonzalez, guide and understand Authentic Tantra Massage — shaped by my journey as a Sacred Sexuality Priestess, Somatic Sexologist, and seeker of truth. It comes from my lived experience, my studies, and the many individuals and couples I have supported on this path of healing, embodiment, and awakening.

I emphasize this because Authentic Tantra Massage is often misunderstood, confused with erotic services, or simplified into techniques. My work is different. It is not about comparison or competition. It is about sharing the wisdom and practices that I have seen transform lives — helping people reconnect with their bodies, release old wounds, and discover the sacred power of presence and touch.

So as you read, remember: this is the Authentic Tantra Massage Experience as I live and transmit it. Let it inspire you, guide you, and invite you into a deeper connection with yourself and with life.

**With love and presence,
May Gonzalez**



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Booking in Advance

To fully prepare for and receive the deepest benefits of an Authentic Tantra Massage by May Gonzalez, it is highly recommended to read this e-book and book your session in advance. Booking ahead allows you to:

- Set aside dedicated time for yourself without interruptions or rush.
- Mentally and emotionally prepare, including grounding, emotional detox, and clearing your schedule.
- Arrive relaxed, present, and ready to fully engage with the experience.

Planning ahead ensures that your session is sacred, uninterrupted, and transformative, giving both you and the practitioner the space to create a safe and profound experience.



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Communication

All communications and session arrangements with May Gonzalez will be handled **exclusively via WhatsApp**. To ensure a respectful and safe space for everyone, it is important that you **share your intention clearly and honestly**, expressing interest in an Authentic Tantra Massage.

Messages should be polite, respectful, and open-minded, even if you are new to Tantra. Inappropriate, rude, or disrespectful messages will not be answered, as creating a safe and sacred environment is a priority for every session.

By approaching communication with care and respect, you help ensure that your questions will be answered — and the space in which it occurs — remains sacred, safe, and transformative.



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I Tantra



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The Meaning and History of Tantra

Tantra is one of the most **profound spiritual traditions** to emerge from the Indian subcontinent. Historically, Tantric traditions began to take form around the **5th to 6th century CE**, with their most influential period developing between approximately **500 and 1200 CE**. During this time, many sacred texts known as Tantras were written and circulated across India, Nepal, and later Tibet and Southeast Asia.

To understand Tantra clearly, it is important to explore both the **meaning of the word “Tantra”** and its historical development, including how it evolved within different spiritual traditions over the centuries.





The Meaning of the Word “Tantra”

The word Tantra comes from Sanskrit, an ancient sacred language of India.

Sanskrit Roots

The term is often explained through two root elements:

Tan (तन्)

Meaning:

- to expand
- to stretch
- to extend

Tra (त्र)

Meaning:

- instrument
- tool
- method of liberation

When combined, Tantra can be interpreted as:

“A tool or method for the expansion of consciousness.”

Another traditional interpretation is:

“That which expands knowledge and liberates awareness.”





Original Use of the Word

In classical Sanskrit literature, Tantra also had several practical meanings:

- a loom used for weaving fabric
- a framework or structure
- a system of teachings
- a manual or body of knowledge

The metaphor of the loom is especially meaningful. Just as threads are woven together to create fabric, **Tantra represents a spiritual system that weaves together philosophy, ritual, meditation, energy practices, and devotion.**

Originally, Tantras were sacred scriptures. These texts contained teachings, rituals, mantras, meditation instructions, and philosophical explanations about the nature of reality and consciousness.





The Historical Origins of Tantra

Tantra developed in India during the first millennium of the Common Era, though its roots come from much older spiritual traditions.

Its formation was influenced by several earlier streams of Indian spirituality:

- Vedic ritual traditions
- Upanishadic philosophy
- Yoga and meditation practices
- Goddess worship traditions
- Local and indigenous spiritual practices

These streams gradually evolved and blended, giving rise to the Tantric traditions.





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Core Ideas Introduced by Tantra

Tantric traditions introduced several revolutionary ideas in spirituality.

1. The Body as a Path to Awakening

Instead of rejecting the body, Tantra sees the body as a sacred vehicle for spiritual realization.

Physical experience, breath, sound, and sensation can all become tools for awakening.

2. The World as Divine Expression

Tantra teaches that the universe is not separate from the divine.

Everything that exists is an expression of sacred consciousness and energy.

Nature, emotions, and sensory experience are therefore part of the spiritual path.





Core Ideas Introduced by Tantra

3. Energy and Consciousness

Tantric teachings often describe reality through two aspects:

Consciousness – pure awareness

Energy – the dynamic force that manifests the universe

Human beings embody both, and spiritual practice aims to realize their unity within oneself.

4. Methods and Practices

Tantric traditions developed sophisticated spiritual technologies, including:

- mantras (sacred sounds)
- yantras (sacred geometric diagrams)
- ritual ceremonies
- breathing practices
- meditation
- subtle energy work
- devotional practices
- Authentic Tantra Massage by May Gonzalez

These methods aim to transform perception and lead to direct spiritual experience.



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The Difference Between Tantra and Neo-Tantra

When people hear the word Tantra, they often think it is only about sex. This is a common misunderstanding.

- Traditional Tantra is a deep spiritual path that includes meditation, rituals, mantras, yoga, and energy practices. It is a vast philosophy of life, not focused only on intimacy.
- Neo-Tantra is a modern adaptation that emerged in the West during the 20th century. It places a stronger emphasis on conscious sexuality, relationships, and the healing of sexual shame.

Both have value. For beginners, Neo-Tantra can be a gentle doorway because it helps us explore our bodies, intimacy, and emotions in a more accessible way. In this ebook, when we speak of Authentic Tantra Massage, we are drawing from the essence of Tantra — presence, sacredness, energy — while also including practices that help modern people reconnect with themselves.





Why Authentic Tantra Massage by May Gonzalez is Different From Erotic Massage

It's important to clarify: Authentic Tantra massage by May Gonzalez is not the same as erotic massage.

- **Erotic massage** is usually goal-oriented, focused only arousal, quick stimulation, and is more difficult to achieve the orgasm.
- **Authentic Tantra Massage with May Gonzalez**, on the other hand, is an experience of presence, awareness, and healing through conscious touch. Pleasure may naturally arise — including full-body orgasm, dry orgasm, lasting longer in intimacy, and the practice of semen retention — yet the intention is not release (ejaculation). The deeper purpose is connection, expansion, and healing.

In Authentic Tantra massage:

- Touch is given with mindfulness and intention, not to “make something happen,” but to awaken energy and sensitivity.
- The experience is about the whole body, not just the genitals. Every part of you is honoured as sacred.
- It creates space for healing, emotional release, and deep relaxation.

Think of it this way: an erotic massage excites the body, while a Tantra massage nourishes the body, heart, and spirit.



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Authentic Tantra Massage by May Gonzalez is Not a “Happy Ending” Massage

One of the most common misconceptions about **Authentic Tantra Massage by May Gonzalez** is that it is simply another form of a “happy ending” massage. This could not be further from the truth.

A “happy ending” massage focuses solely on physical release, usually through genital stimulation, and is entirely goal-oriented. It reduces the experience to a transactional act centered on orgasm.

Authentic Tantra Massage by May Gonzalez, in contrast, is a sacred practice that honours and awakens all the sensations of your body, **exploring dry orgasm** and the full potential of whole-body pleasure.

The focus is not on a single release (ejaculation), but on presence at the moment, energy flow, deep relaxation, healing, and profound connection with oneself.



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There is No Ejaculation in Authentic Tantra Massage by May Gonzalez

Another important distinction is that Authentic Tantra Massage by May Gonzalez does not aim for ejaculation. In fact, ejaculation is not part of the practice at all.

Ejaculation might also occur in some cases, for example with premature ejaculation, difficulty controlling urges, or when experiencing “blue balls.” However, Authentic Tantra Massage by May Gonzalez is not centered on release (ejaculation). Its deeper purpose is connection, expansion, and profound healing.

Tantra teaches us that **sexual energy** can be transformed and circulated throughout the body, rather than being lost through release (ejaculation). When ejaculation becomes the goal, energy is discharged and the experience comes to an abrupt end.

In Authentic Tantra Massage by May Gonzalez, the intention is very different:

- Energy is awakened and guided upward, nourishing the whole body.
- The receiver learns to feel pleasure as waves of energy that expand beyond the genitals.
- The experience leaves the receiver with more vitality, presence, and balance, rather than depletion.

This does not mean arousal is “bad” — it is natural and often arises. But instead of directing it toward ejaculation, Authentic Tantra Massage by May Gonzalez channels that energy into healing, relaxation, and awakening.



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What Happens if You Ejaculate During the Session?

While the goal of an Authentic Tantra Massage by May Gonzalez is not ejaculation, it is possible for it to happen, especially if you have strong urges or experience premature ejaculation or blue balls.

During the session, your lingam (penis) will be massaged as part of the full-body experience, which can naturally arouse you. If ejaculation occurs, there is no need to worry or feel embarrassed — it's a normal response and does not diminish the session's value.

The key is to remember that Authentic Tantra Massage by May Gonzalez is about presence, energy flow, and awakening, not ejaculation. If you have concerns or doubts about this, we can discuss them before the session to help you feel safe, supported, and fully relaxed.



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The Foundation of Tantra



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Tantra as a Philosophy of Life

Tantra is more than a set of practices — it is a way of living. At its heart, **Tantra teaches union: the union of body, mind, and spirit**, the union of masculine and feminine energies, and the union of the individual with the greater universe.

Rather than trying to escape the body in order to reach spirituality, Tantra embraces the body as a **sacred temple**. Every breath, every sensation, every relationship becomes an opportunity to experience the divine.

When we apply this philosophy to massage, we understand that touch is not just physical. It is a doorway to self-discovery, healing, and awakening. Through conscious touch, we can reconnect with forgotten parts of ourselves and invite wholeness.



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The Sacredness of Touch and Presence

In our modern world, touch is often rushed, superficial, or purely functional. Yet, **in Tantra, touch is considered sacred** — a way of communicating love, respect, and acceptance.

The difference lies in presence. Presence means being fully here and now, without distraction, without judgment. When you place your hands on another person with presence, you are not just touching their skin; you are connecting with their soul.

Even simple, gentle touch becomes profound when given with awareness. A hand resting mindfully on the heart or a slow caress along the arm can awaken feelings of safety, belonging, and connection that go far beyond physical pleasure.





Intention vs. Goal-Oriented Touch

One of the biggest shifts Tantra invites us to make is moving away from a goal-oriented mindset. In much of modern intimacy, touch is often directed toward an outcome — usually sexual arousal or orgasm. While there is nothing wrong with pleasure, Tantra encourages us to look deeper.

- Goal-oriented touch is about reaching something (release, ejaculation, climax, result).
- Tantric touch is about being in the journey, moment by moment, with no pressure to achieve anything.

This is the difference between rushing to the last page of a book to see how it ends, and savouring each word, each chapter, allowing the story to unfold naturally.

When touch is guided by intention — such as healing, relaxation, connection, or awakening — it becomes a sacred act. In Authentic Tantra massage by May Gonzalez, the giver offers their presence and love without expectation, and the receiver is free to surrender, feel, and simply be.





The Concept of Energy

One of the pillars of Tantra is the understanding that we are not only physical beings but also **energetic beings**. Ancient teachings call this **life force Prana** (in Sanskrit) or Chi (in Chinese traditions). This energy flows through us, animating our body and mind.

Sexual energy, in particular, is seen in Tantra as the most powerful form of life force energy — not something to be suppressed, but something to be honoured and cultivated. It is the same energy that creates life, fuels creativity, and connects us with our deepest vitality.

During Authentic Tantra Massage by May Gonzalez, this energy is **awakened** and guided through the body. It doesn't need to be expressed through orgasm or release (ejaculation). Instead, it can be expanded, circulated, and integrated, leading to deep states of relaxation, bliss, and connection with oneself.



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3 Authentic Tantra Massage



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What is Authentic Tantra Massage by May Gonzalez?

DEFINITION AND ESSENCE

Authentic Tantra Massage by May Gonzalez is a holistic practice that combines **Ancient Tantric principles** with **mindful touch**, **conscious breathing**, and **presence**. Unlike traditional massage therapies, it is not just about relaxing the muscles — it is about awakening your sexual energy, expanding awareness, and honouring the body as sacred.

At its core, Authentic Tantra Massage by May Gonzalez is:

- A sacred ritual of touch, not a technique for stimulation.
- A meditative experience that allows both giver and receiver to enter a deeper state of presence.
- A bridge between body, mind, and spirit, where physical sensations open the doorway to healing and self-discovery.

It is not mechanical. Each session is a unique journey, guided by awareness, intention, and the flow of energy between giver and receiver.



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Purpose: Healing, Awakening, and Connecting with the Self

DEFINITION AND ESSENCE

The purpose of Authentic Tantra Massage by May Gonzalez goes far beyond relaxation. Its essence is to bring the receiver back into harmony with themselves.

- **Healing:** Many people carry emotional wounds, tension, and shame stored in their bodies. Tantra Massage helps to release these blockages, creating space for new vitality.
- **Awakening:** Through conscious touch, the senses become alive again. The receiver can discover new ways of experiencing pleasure and presence, often realizing that their body is capable of much more than they believed.
- **Connection with the Self:** In a world where we often live disconnected — from our feelings, our body, and our truth — Tantra Massage invites us home. It reconnects us with our inner essence, our sensuality, and our authentic being.



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Myths and Misconceptions

Because Authentic Tantra Massage by May Gonzalez involves intimacy and touch, it is often misunderstood. Let's clear up some common myths:

Myth 1: Authentic Tantra Massage is sexual service.

Truth: Authentic Tantra Massage is not about sex, climax, or “happy endings.” It is a sacred, healing practice

Myth 2: Authentic Tantra Massage is only about sex.

Truth: Tantra is a vast spiritual philosophy of life. Sexuality is just one part of it. Tantra Massage draws from its wisdom to bring healing and wholeness.

Myth 3: Authentic Tantra Massage is the same as erotic or sensual massage.

Truth: Authentic Tantra Massage is not about sexual release or performance. While it can involve the sexual organs, the purpose is healing, presence, and awakening energy — not stimulation or a “happy ending.”

Myth 4: Authentic Tantra Massage must end in ejaculation or orgasm.

Truth: In Authentic Tantra, ejaculation is not the goal, and in fact, it is often avoided. The massage encourages circulating energy throughout the whole body, rather than releasing it quickly. Orgasm may or may not happen, but it is never the objective.



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Benefits of Authentic Tantra Massage by May Gonzalez

Emotional Benefits

- Releases emotional blockages and stored tension
- Helps heal shame, guilt, or fear around the body and sexuality
- Fosters feelings of acceptance, love, and self-worth
- Creates a safe space for vulnerability and emotional expression

Physical Benefits

- Relaxes muscles and relieves stress
- Enhances circulation and body awareness
- Awakens sensitivity in areas of the body that may feel numb or disconnected
- Supports deeper and more conscious breathing

Energetic Benefits

- Awakens life force energy (prana/sexual energy)
- Expands energy flow throughout the whole body, not just the genitals
- Balances chakras and energy centers
- Leaves the receiver feeling revitalized and more alive

Spiritual Benefits

- Opens the door to meditative states and inner stillness
- Invites a sense of sacredness and reverence toward the body
- Creates a deeper connection with the self and with life
- Cultivates presence, mindfulness, and surrender



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Preparation for Authentic Tantra Massage



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Emotional Detox Before the Session

Tantra Massage is not only a physical experience — it is deeply emotional and energetic. Many people carry stored emotions, stress, or past trauma in their bodies, particularly in the womb, yoni, or sexual energy centers. Preparing emotionally before a session can enhance the healing and transformation you receive

EMOTIONAL DETOX PRACTICE

- **Journaling:** Spend a few minutes writing down any emotions, worries, or fears you are carrying. Name them without judgment. This helps release mental clutter before the session.
- **Breathing Exercises:** Practice deep, conscious breaths to release tension from the body. Inhale slowly, exhale fully, and imagine stress or negativity leaving with each exhale.
- **Gentle Movement:** Stretching, yoga, or even a slow walk can help release emotional and physical tension. Movement awakens energy and prepares the body to receive touch.
- **Meditation or Visualization:** Close your eyes and visualize a protective, warm light surrounding you. Set an intention to release emotional blockages and enter the session with openness.





Recognizing and Overcoming Self-Sabotage

It's common for beginners to unconsciously self-sabotage before a Authentic Tantra Tantra Massage with May Gonzalez. This can appear as:

- Feeling nervous or resisting surrender
- Doubting the process or questioning its value
- Distracting the mind with “what ifs”
- Creating unnecessary tension in the body

Self-sabotage often comes from fear, shame, or past conditioning around sexuality, touch, or vulnerability. Tantra teaches that awareness is the first step toward freedom.

How to navigate self-sabotage:

- **Acknowledge it:** Notice when thoughts or fears arise without judgment. Simply naming them (“I feel nervous” or “I feel resistant”) helps release their grip.
- **Return to breath:** Consciously slow your breathing to bring yourself back into your body and the present moment.
- **Set a small intention:** Focus on one simple goal, like “I will be present” or “I allow myself to feel.”
- **Trust the process:** Remind yourself that this session is safe, sacred, and designed for your growth — not a test or performance.

By engaging in emotional detox and addressing self-sabotage, you allow yourself to fully receive the healing, awakening, and pleasure that Authentic Tantra Massage can offer.



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Preparing for the Authentic Tantra Massage Experience

For the comfort, safety, and sacredness of your Authentic Tantra Massage session with May Gonzalez, **personal hygiene is essential**. Mindfulness about body odor, especially from areas such as the armpits, can greatly influence the quality of the experience for both you and your practitioner.



SHOWERING AND CLEAN CLOTHES

- Please take a proper shower just before your session, washing thoroughly with soap, including under the arms.
- Even freshly washed clothes can retain odors, so wear clothing that has been recently laundered.
- Avoid heavy perfumes or strong scents; if desired, a light, natural deodorant is acceptable.



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Preparing for the Authentic Tantra Massage Experience



INTIMATE AREA HYGIENE

- To maintain respect, safety, and comfort during the session, special attention to intimate areas is requested:
- Gently wash the penis, paying attention to the glans (head of the penis) using warm water and mild soap.
- If uncircumcised, gently retract the foreskin to clean underneath, where natural secretions like smegma can accumulate.
- Dry the area thoroughly with a clean, soft towel before putting on fresh underwear.
- This level of hygiene not only supports your own health but also helps create a respectful, clean, and comfortable environment that allows for deep presence, connection, and healing.





Preparing for the Authentic Tantra Massage Experience

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AVOID HEAVY MEALS AND INTOXICANTS

Before an Authentic Tantra Massage, avoid heavy meals, alcohol, and recreational substances. Your presence, sensitivity, and energy flow directly affect the experience.

- Heavy meals can make the body sluggish or distracted, reducing awareness and energy circulation.
- Alcohol and substances impair sensitivity, clarity, and emotional receptivity, which are essential for the session.
- Mental clarity ensures you can feel, communicate, and fully participate.

Practical tips:

- Eat a light meal 1–2 hours before the session.
- Stay hydrated.
- Arrive sober, alert, and fully present.
- These choices create a safe, receptive space where every touch, breath, and sensation can be fully experienced.



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Preparing for the Authentic Tantra Massage Experience

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AVOID CAFFEINE AND STIMULANTS

Before an Authentic Tantra Massage by May Gonzalez, it's recommended to avoid caffeine, energy drinks, and other stimulants 24hrs before the session.

These substances can:

- Increase restlessness or anxiety, making it harder to relax fully.
- Overstimulate the nervous system, reducing your ability to feel subtle energy and sensations.
- Interfere with deep breathing, slowing down, and surrendering into the session.

Instead, focus on hydration with water or herbal teas. A calm, steady body and mind will allow you to fully receive the massage, connect with your energy, and experience deeper relaxation and presence.



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Grounding and Centering Yourself

Before starting a Authentic Tantra Massage by May Gonzalez, it is important for the giver (and ideally also the receiver) to be grounded and centered.

- **Breathe deeply:** Take a few minutes of slow, conscious breathing to quiet the mind.
- **Meditate briefly:** Even one or two minutes of stillness with eyes closed helps you arrive fully in the moment.
- **Set an intention:** Silently ask yourself, What do I wish to give or receive from this experience? It might be relaxation, healing, connection, or simply presence.
- **Body awareness:** Feel your feet on the ground, your body supported, and your breath flowing naturally.

A centered giver creates a field of safety and presence that allows the receiver to surrender more deeply.



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Consent, Boundaries, and Communication

Perhaps the most important preparation for Authentic Tantra Massage by May Gonzalez is the agreement between giver and receiver. Tantra is based on trust and respect, and clear communication ensures safety.

- **Consent:** Nothing should ever happen without the explicit agreement of both people. The receiver must feel free to say yes or no at any moment.
- **Boundaries:** Discuss beforehand what areas of the body are welcome to be touched, and which are not. It is perfectly fine for a beginner to start with clothed or partial-body massage.
- **Safe words or signals:** If at any time the receiver feels uncomfortable, they should have a simple way to communicate it (e.g., saying “pause” or tapping the giver’s hand).
- **No expectation:** The giver must release any agenda. The purpose is not to “achieve” something, but to hold space for whatever arises.

When boundaries are honoured, the receiver feels safe to relax and open. Without safety, Tantra Massage cannot be authentic.





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Essential Elements of Tantra Massage

To experience the depth of Authentic Tantra Massage with May Gonzalez, it is not about how many techniques you know, but how you bring awareness, presence, and energy into every moment. These essential elements transform simple touch into a sacred, healing experience.



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Discuss Your Session with May Gonzalez

Every Authentic Tantra Massage session is unique, and **open communication** with May Gonzalez is essential to ensure your experience meets your individual needs. The elements of each session — including conscious breathwork, sensitive massage, voice activation, and other techniques — are designed to create a deeply transformative and awakening experience.

If you prefer a lighter, more restorative approach, shorter sessions focused on pure relaxation are also available. By discussing your intentions, preferences, and any concerns beforehand, your session can be fully tailored to you.

Detailed information about the session elements, duration, and pricing will be provided directly by May Gonzalez, so you can choose the option that best supports your journey.



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Breath Awareness (How to Breathe Consciously)

Breath is life. In Tantra, the breath is the bridge between body, mind, and spirit. Conscious breathing invites relaxation, presence, and energy flow.

- **Natural breath:** Allow the breath to be deep and unforced, inhaling through the nose and exhaling softly through the mouth.
- **Full body breathing:** Imagine the breath filling not just your lungs, but your belly, chest, and even the whole body.
- **Synchronizing breath:** If practiced with a partner, you can gently synchronize breathing to create a sense of union.
- **Release with exhale:** Encourage the receiver to let go of tension, emotions, or thoughts with each exhale.

By staying connected to the breath, both giver and receiver remain grounded in the present moment.





Touch Techniques (Types of Touch, Pressure, Presence)

Touch in Authentic Tantra Massage by May Gonzalez is not mechanical — it is conscious and intentional. There are many forms of touch, each evoking different sensations and responses.

- **Feather touch:** Very light, delicate touch that awakens sensitivity and goosebumps.
- **Flowing touch:** Long, continuous strokes that soothe and relax the nervous system.
- **Firm grounding touch:** Steady pressure with the palms or hands to create a sense of safety and rootedness.
- **Holding touch:** Resting the hands still on an area of the body, allowing energy to flow and emotions to surface.

Above all, the quality of presence in the hands is more important than the technique. A simple touch filled with awareness and love is more powerful than any sophisticated method.





Energy Flow and Chakras Introduction

In Tantra, the body is seen as an energetic system with channels and centers of energy called chakras. When energy is awakened and allowed to flow, the body feels more alive, balanced, and connected.

- The seven main chakras run from the base of the spine to the crown of the head. Each one relates to aspects of physical, emotional, and spiritual life.
- In *Authentic Tantra Massage* by May Gonzalez, touch and intention help energy rise upward, from the lower chakras (survival, sexuality) to the higher chakras (love, expression, intuition, and spirituality).
- When energy flows freely, the receiver may feel tingling, warmth, waves of pleasure, or deep peace.

Simply being aware that touch awakens energy is enough. The massage becomes a way of balancing and nourishing the entire energetic system.



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Mindfulness and Slowing Down

Tantra invites us to step out of the rushed, goal-oriented rhythm of modern life. A key principle of Authentic Tantra Massage by May Gonzalez is slowness.

- Move more slowly than feels natural. This allows the body to truly register sensations.
- Be mindful of every movement, every breath, every touch.
- Pause often. Stillness can be as powerful as movement.

When the giver slows down, the receiver can relax, let go of expectations, and enter deeper states of awareness. Pleasure and healing are found not in rushing to the end, but in savoring each moment fully.



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Bioelectricity and Body Sensations During the Session

Our bodies are not only flesh and bone — they are living networks of energy. Modern science confirms what ancient Tantra has always known: the human body is an electrical system. Every heartbeat, every nerve impulse, every thought is guided by tiny electrical signals. This flow of energy is sometimes called bioelectricity.

When we engage in Authentic Tantra Massage by May Gonzalez, conscious touch and breath stimulate this natural electrical flow. Here's how it often shows up in the body:

- **Tingling or buzzing:** Many receivers feel gentle tingles, shivers, or waves moving through their body. This is bioelectric energy being awakened and circulated.
- **Warmth or heat:** Energy can feel like warmth radiating from within, especially around the chest, belly, or pelvis.
- **Magnetic pull or vibration:** Some people describe sensations like currents, as if the body is “charged” with subtle electricity.
- **Expansion and lightness:** As energy rises, the receiver may feel spacious, as though the body is lighter or even dissolving.
- **Emotional release:** Because bioelectricity interacts with the nervous system, stored emotions may surface — through tears, laughter, or deep sighs. This is part of the healing process.





The Nervous System and Pleasure Pathways

Authentic Tantra Massage by May Gonzalez works directly with the nervous system, which is like the wiring of our body's electrical field. Gentle, mindful touch activates the parasympathetic system — the state of rest, digest, and heal. This allows the body to leave stress mode and enter openness.

- When the nervous system feels safe, energy flows more freely.
- Instead of a quick spike of arousal (as in goal-oriented sex), Authentic Tantra Massage by May Gonzalez creates waves of sensation that can spread through the whole body.
- These waves are not limited to the genitals — they can be felt in the hands, spine, feet, and even the crown of the head.



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Circulation of Sexual Energy

In everyday life, most people experience sexual energy only in a limited way — as genital arousal. Tantra expands this energy, circulating it through the body like an electrical current that nourishes every cell.

- Breath + touch act as conductors, guiding the current upward along the spine and through the chakras.
- As this happens, pleasure transforms into full-body bliss — sometimes called valley orgasm or energetic orgasm — a state of deep peace, openness, and connection.
- Unlike ejaculation or release, this expanded energy leaves the receiver feeling revitalized, not depleted.





Trusting the Sensations

Each body is unique, and sensations can vary. Some people feel strong tingling right away, others may notice only subtle warmth at first. Both are valid. The key is to stay open, breathe, and trust that the body knows how to awaken at its own pace.

Over time, as the nervous system relaxes and the energy pathways open, sensations deepen and become more profound.



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Final Tips



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1. Enjoy the Experience

Release pressure and expectation. Authentic Tantra Massage by May Gonzalez is not a technique to master, but an experience to savor. Allow yourself to enjoy each breath, each touch, and each sensation as it arises.

2. Create Space for Yourself as a Beginner

You are not supposed to know everything right away. Be patient and gentle with yourself. Creating space to learn, to feel, and even to make mistakes is part of the journey. Every session will teach you something new about your body, your energy, and your heart.



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3. Embrace Your Pleasure

Pleasure is not something to be ashamed of — it is your body’s natural language of joy and vitality. When you feel pleasure, don’t suppress it. Welcome it. Breathe into it. Allow it to expand through your body like waves of light.

4. Surrender to Your Senses

The true magic of Authentic Tantra Massage by May Gonzalez unfolds when you let go of control. Surrender to the touch, the music, the scent, the breath. Trust your body and allow your senses to guide you deeper into the present moment.

5. Remember: It’s a Journey, Not a Destination

There is no final goal, no “right way” to experience Authentic Tantra Massage by May Gonzalez. Each session is unique, just like you. Whether you feel deep relaxation, tingling energy, emotional release, or gentle peace — it is all part of your unfolding journey.



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Thank you!

Thank you for embarking on this journey of surrender and connection with me. I deeply honour your willingness to explore the sacred art of Authentic Tantra Massage, to open yourself to the depths of intimacy, and to embrace the beauty of your body and spirit. May the practices in this guide bring you closer to your true essence, cultivating more love, pleasure, and peace in your life. Remember that each step of pleasure is a gift to yourself—one of trust, presence, and boundless joy. With all my gratitude, I wish you a journey filled with transformation and deep, loving connection.

With love, gratitude, and healing light,

May Gonzalez

Sacred Sexuality Priestess & Somatic Sexologist



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