

Michaela Riedl

*Yoni  
Massage*

Awakening  
Female  
Sexual Energy



*Yoni* is the Sanskrit word for the female genitalia, describing not only the anatomy but also encompassing the energetic and spiritual dimensions. While yoni massage offers women the opportunity to enhance their sexuality, Michaela Riedl shows that the effects of this practice are much more profound and have ramifications affecting every area of life. In the West, long-held inhibitions about sexuality and the shame and guilt associated with the sexual zones of the body have created deep-seated barriers that prevent individuals from fully expressing themselves. The practices provided in *Yoni Massage* are designed to allow women to overcome these barriers and reconnect to their innermost core and deepest feminine nature.

Yoni massage is not simply a hands-on technique but involves the conscious direction of energy throughout the body through deep breathing and visualization. It provides women the ability to cleanse and energetically stimulate the chakras as well as achieve emotional healing by releasing the traumatic pain that often becomes seated in the yoni. The author explains that the relegation of this important spiritual and energetic center to a "private part" hinders the process of enlightenment. Once women are able to be in touch with their yoni energy, their connection to the entire web of life is restored.



MICHAELA RIEDL studied tantric massage at the Diamond Lotus Institute in Berlin and then refined the yoni and lingam massage techniques developed by Annie Sprinkle and Joseph Kramer, founder of the Erospirit Research Institute in California. She directs the AnandaWave Massage Center in Cologne, Germany, which offers workshops in tantric massage as well as seminars and counseling for experiencing sexuality in a healing way.



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Female  
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Michaela Riedl

Translated from the German

by Nikolas Win Myint



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*Dedicated to my mother, Roswitha Riedl, and my father,  
Friedrich Riedl, in gratitude for their love and respect;*

*My friend Gitta Arntzen, with whom I lead AnandaWave,  
in gratitude for the realization of a shared vision;*

*My teacher Maraya, in gratitude for lighting  
the spiritual spark in my life.*





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# Preface



The female mystery has beguiled us since time began. Because a large part of female sexuality takes place hidden from view, it leaves much room for fear and speculation. It also leaves room, however, for fantasies, desires, and hopes. Many women and men that I encounter have a serious wish to learn more about female sexuality—holistically and in depth—but they often feel helpless and inadequate to do so.

Early in my own life, I felt an impulse to learn more about my yoni, and a desire to get in touch with the feelings that were associated with it. I was curious about my desire and joy, and about the emotions and moods that sometimes blocked the realization of that joy. However, it soon became painfully clear to me that our society hardly offers opportunities to approach this topic in a respectful and appropriate way. Yet how are we to be in touch with the beauty and essence of our sexuality when we have such a limited space in which to experience it? A yoni cannot reveal its secrets or its overwhelming joy by following narrow norms; it can reach full bloom only when we experience all its depths.

Female sexuality is an indefinite space that becomes bigger, more intense, and more pleasurable the more we experience it in a protected space. Respect and attention are keys to appreciating the many facets of the yoni and receiving its gifts of fulfillment and joy.

My many questions and hunger for experience led me to take part in a tantric yoga course from 1995 to 1997. It was there that I learned for the first time about yoni massage, an extensive and intensive massage of the female genital area. The yoni massage work had lasting effects on

my sexual experiences and also taught me much about true sexuality. I became aware of how closely my yoni was linked to my whole being—to my inner growth, my happiness, and my desire for life. I have encountered nothing since then that has affected me on so many levels: on a physical level as a source of health and vitality, on an emotional level through intensive dealings with my feelings, and on a spiritual level through the experience of my spiritual breadth, which is part of the heart-opening effects of yoni massage.

While I had been searching up until then for meaningful work, this experience immediately made clear to me what my calling was. Since then, I have explored the yoni in many ways—by myself, and together with other people who share my urge to learn more about the healing dimensions and strength of our sexuality. In 1997, I met the shaman teacher Maraya Haenen, who deeply affected my life and thinking. With Maraya's guidance I immersed myself in the spiritual aspects of sexuality and tantra, which became the foundations of this book.

Since 1997, I have offered seminars and massages for people who want to learn more about themselves, about sensual touch, and about the power of sexuality. Along with my business partner Gitta Arntzen and many others, I created a healing center called AnandaWave—Space for Spiritual Experience. AnandaWave offers massages, seminars, and counseling that provide women and men with opportunities to encounter sexuality in a healing way. For me, sexuality is the most fundamental source of spiritual and physical well-being, which in turn lead to growth and health. My vision is for all people on this earth to recognize the yoni for what it is: the universal lap of woman, from which we all come, and which we should all remember to honor.

Even after years of work, the transformations that happen at AnandaWave continue to touch my heart and make me happy. Within a short period of time, clients begin to open themselves and allow themselves to be touched. When I look people in the eye after a good massage or a good seminar, I see increased depth and empathy, as well as more clarity, loving presence, and profound openness. After massage women often tell me that they have never before been touched so thoroughly and with such undivided attention. Many report that they have previously been very much fixated on reaching climax, which had precluded awareness

of anything else: sensations such as the widening of the yoni, emerging feelings, merging with the partner, the opening of the heart, the steadily growing and expanding desire, and the circulation of energy in the body had all been lost. Some women recognize themselves as sexual beings only after their first yoni massage, while others begin to realize that they carry deep wounds in themselves.

It takes many small steps to experience sexuality in a deep and healthy way. I do not believe in one-size-fits-all solutions for problems or for unfulfilled desires. Healing begins with a journey, and we must open ourselves to the process. The yoni massage is one possibility that is important to me personally, since the massage touches the innermost parts of womanhood. It is a small step to a more fulfilled and consciously lived sexuality.

This book is intended to support women in adding more vitality, healing, and desire to their lives, and in opening the way to a new understanding of their femininity. For men, it is an invitation to learn more about the female mystery and to develop a better understanding of it. I sincerely hope that my book offers knowledge and inspiration to its readers, both male and female. I hope that it will provide the seed for valuable and healing experiences and contribute to people experiencing their relationships and sexuality as a source of internal riches. Where love resides, there is no longer space for violence.

WITH SENSUAL GREETINGS,  
MICHAELA RIEDL

... ..



... ..

# Introduction



A woman who has discovered her sexuality and draws strength from it is radiant, creative, and filled with vitality. She embodies the beauty of life and in turn attracts this beauty like a magnet.

The yoni is the key to discovering this empowering form of sexuality; it opens our innermost core. The word *yoni* comes from the Indian Sanskrit and refers to the entire female genital area, from the external parts of the vulva to the vagina, uterus, and ovaries. I am deeply grateful to have finally discovered a beautiful term for female genitalia, since I never found anything in the German language that even came close to describing the beauty and dignity of women's bodies.

No yoni ever tires of sending new signals as an invitation to us. We are connected to it at the most fundamental level, and we can neither ignore it nor ban it from our lives. Whether we are young or old, seventeen or seventy-seven, whether we are filled with beautiful experiences or lonely or traumatic ones, our yonis always maintain open pathways to our inner selves and will never be entirely closed to us. It is thus unimportant where we are in our sexual experiences when we decide to embark on a journey of discovery to the depths of our yoni.

What we can discover on this journey is the flower of our femininity and the power of our independence. A woman who knows her yoni knows her desires and is able to communicate them clearly. This self-awareness and confidence find expression in all other parts of her life and are transferred to her entire being.

When women are fulfilled and knowing as a result of close contact

with our femininity, we are able to build bridges to men. We no longer need to defend our boundaries in a hostile manner, or to wait quietly for a man to fulfill our hidden desires. We ourselves know what we need and can express these needs in a clear and loving way. From my years of leading seminars I know that men are incredibly grateful when they have concrete information and no longer have to search in the dark. When they know exactly what a woman likes, they are usually ready with their whole heart to translate this into respectful, careful, and loving practice.

An important goal of this book is to provide more understanding, knowledge, and new perspectives, which together will create the basis for allowing ourselves to look in a new way at the old injuries that have been created over centuries and passed on through generations. This will enable us to take an active and courageous step forward, into a happier and more self-directed future. With detailed descriptions of yoni massage, I want to offer readers the possibility of approaching the yoni in a practical and sensitive way.

Before going into the individual phases and steps of yoni massage, it is important to look at the many layers of the female genitalia. First, we have to understand where we will find what—what happens when I open the outer labia; where will I find the clitoris pearl with its hood; what do the inner labia cover? Where do I find the urethra? Where is the opening of the vagina and that of the anus, and what exactly lies between the two? These questions may seem obvious to some, but I continue to encounter women who are surprised to learn that urine does not come from the vaginal opening but from the opening of the urethra above it, which is pin-sized and leads to the bladder.

I encounter even more uncertainty and insecurity among women and men when we talk about the innermost point of the female genitalia. Where exactly is the mysterious G-spot? Does it even exist? Where does the vaginal canal end? The vagina itself is not a pipe that is always open and receptive but is made up of the upper and lower vaginal walls, which rest snugly on top of one another and have to be opened carefully before something can be inserted with ease. To know even this much seems very important to me.

Once we are familiar with the external and internal areas of the yoni and know exactly where to find what, we can dare to go a step further:

how do the different parts feel? Women can feel each touch clearly and will notice that the feelings become more intense as the relationship with the yoni becomes closer and more clear. Men have the possibility of letting themselves be guided by a woman, or guided by their own intuition, and thus become ever more aware of female body language.

In this context, it is useful to know that the clitoris is made up not only of the visible small pearl but also has a shaft with two legs—the entire thing has the incredible length of ten centimeters—through which it is present in the entire female genital area. Moreover, the pelvic floor muscles can stimulate the clitoris even without direct contact. Once we know how to use even these little bits of information in a practical way, we can enrich our sexual lives enormously.

To enable men to have an approximate idea of how the individual areas feel to women during stimulation, I've included a section titled "Gender Similarities in Anatomy and Sexuality" (page 32), which lists the parts of women and men that are similar in their sexual reactions. For example, an extensive massage in the area of the G-spot for women feels somewhat like an extensive prostate massage for men.

Many people stop after the discussion of anatomy and don't give much further thought to the subject of sexuality, but the sweetest experience of female sexuality can be found only by leaving the usual paths and diving into the depths of female sensation that are neither visible nor concretely touchable. This world opens itself to us as soon as we close our eyes and direct our attention inside ourselves. When we experience a feeling, for example caused by the stimulation of our clitoris, we can recognize the feeling and either observe it from the outside or actually become the feeling. All of us know the difference between these two. We can be happy about a birthday present and perceive this feeling as happiness, or we can be entirely swept up and thus become the happiness ourselves. Our heart opens up, our breathing deepens, our eyes glow, and when we walk out on the street, we encounter lots of friendly people. The bus driver says a friendly hello, the neighbor does us a favor, and the flower shop gives us a rose as a present. We embody this happiness so much that it affects those around us.

What exactly happens to us in moments like these? And how can we consciously create them? Humans are made up of energy and it is what keeps us alive. We all know people who have too little energy and who

seem slow and tired as a result, and we also know people whose overabundant energy drives them to become uncontrollable in daily life. An electric toothbrush works if we give it energy in the form of electricity, and it stops working when the energy source is removed. Slower movements of the brush signal that the battery is close to running out. With people, the situation is very similar.

The energy inside us affects our whole being. Our body, our thoughts, and our consciousness are made up of energy. Body, soul, and feelings form an indivisible whole. They are closely linked to each other through the endocrine system, the central nervous system, and the immune system. We recognize a lack of energy as pain, listlessness, or dullness.

At times our sexuality can bring us into contact with intense feelings, which then have an immediate effect on our body and soul. Knowing this, we can choose to accept our ever-more-intense feelings. We can completely give in to them, using breathing and consciousness to bring the intense energy flow through our bodies, until we reach a point where we have suddenly become one with the feeling. It is in this moment that an infinitely deep and peaceful space opens up. In this space, there is no "I" observing from the outside; we melt and become one with all that exists. For me, this oneness is spirituality.

When we understand how the energy created by sexuality flows through our bodies, we can support and strengthen the process in a number of ways—in particular through our breathing. With the help of particular breathing techniques (see page 75), sexual energy can be spread across the whole body, filling us with health and vitality. When the energy begins to flow, our hearts open and we feel happy, safe, and deeply loved. In this state we feel strong, confident, and alive.

We cannot truly understand this process, however, until it is rooted by experience in each cell of our bodies. Nothing can replace our experiences. The best massage technique in the world is of no use if we forget the love that is needed to heal our hearts and our humanity. This love leads us to new ways of creating respectful interactions with our sexuality.

Because of my tantric yoga experience, I understand yoni massage most completely in the light of tantric philosophy, which builds a bridge between body and soul, and between sexuality and spirituality. Tantra cultivates the senses to the point where we can recognize sexual strength



in its full spectrum and use it for our health, spiritual growth, and mental presence.

Thus I always see the practical application of yoni massage as work on consciousness. Experiencing the depths of our sexuality allows us to enter new spaces of consciousness, where we recognize that we are part of a whole with which we are irreversibly linked. We become aware that all of our actions have effects on ourselves and our surroundings. From this recognition, which can be attained only with an open heart, we develop a desire to be responsible in this web of life.

Despite all the knowledge that we can gain about the yonī and yoni massage, the fact remains that we are dealing with a mystery that we should not desecrate by being too analytical or too narrow in our interpretations. It is a world that we can experience most intensely in the enveloping and protecting twilight between consciousness and the subconscious. An analytical light that is too bright desecrates the intimacy that is created when we give ourselves to the process of yoni massage freely and without expectations. In the experience of this spiritual, powerful space, and in the peace that we encounter there, lies the uniqueness of yoni massage.

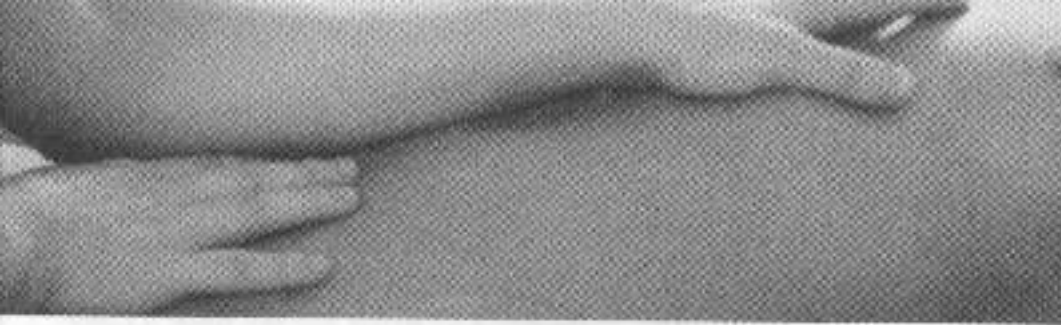
# 1

## *Female Sexuality*



*I do not search, I find.  
Searching, that is starting from existing circumstances,  
And wanting to find the known.  
Finding, that is the entirely new.  
All ways are open, and what is found is unknown.  
It is a daving, a holy adventure:  
The uncertainty of such risks could in fact only be taken  
by those  
Who feel comfortable in uncertainty,  
Who in not knowing, and not leading,  
Are led,  
Are pulled by the destination,  
Rather than determining it.*

—PABLO PICASSO



Throughout history, and in different cultures around the world, women have been assigned various roles—sometimes as initiators or love goddesses, at other times as tools of the devil or as playthings of man. Somehow we are consigned to extremes either of beauty and purity or of sin and shame.

In the tantric tradition, women are admired for their power to initiate others, while the yoni is honored as a healing place and residence of the goddess. Each woman is seen as the embodiment of sensuality, as transmitting sexual strength and creativity. This praise of the female goddess and her arts of love is described in Indian works such as the Kama Sutra and the Ananga Ranga, which elevate sexual passion to a spiritual level.

The tantric tradition seeks to connect the worldly and the spiritual. In this context, the union between woman and man is a ritual act of central importance. It is an embodiment of the union of Shiva, the male godly principle, with Shakti, the female godly principle, and a reenactment of their dance that unites the polarities of life.

The Shiva lingam (*lingam* is the Sanskrit word for penis or phallus) and the Shakti yoni are honored throughout India in sculptures that depict a large lingam stone resting in a holy yoni bowl. The Shiva lingam is the embodiment of cosmic creativity and transcendence, while the yoni represents an entrance to the original “holy shrine”—the place where holy conception takes place. Everyday rituals in India involve people placing flowers and offerings on this symbol, and pouring milk, oil, or holy water over it.

In almost all cultures with a strong spiritual foundation, we find traditions that honor women as powerful sexual initiators. Old teachings and writings from Greece, Egypt, Arabia, India, Tibet, and China express these traditions. Chinese literature, for example, contains a number of poetic names for the female genitals, such as “jade gate,” “cave of desire,” “valley of joy,” “ruby-red slit,” and others. (However, these traditional



*Fig. 1.1. The Shiva lingam  
in a yoni bowl*

writings were written by a small learned elite, and they did not find a concrete way into people's everyday lives. When we look at these same cultures today, we no longer see evidence that they honor female sexuality. On the contrary, the topic of sexuality is taboo in India and many other countries, and women are treated with little respect.)

Christianity, with its negative view of anything related to the flesh, is traditionally unfriendly toward sexuality. This attitude is also reflected in many of our languages, which do not contain any beautiful or loving names for the reproductive organs.

We are confronted with these contradictory extremes—from praise to condemnation—as soon as we begin to deal with female sexuality. When we begin to make contact with our yoni, it is likely that we will encounter this contradiction in ourselves. One participant in one of our seminars about yoni massage described it in this way: "I always feel as if a washerwoman is standing next to me, with her finger raised and commenting on every feeling. Then I am embarrassed about everything and ask myself what I am doing here and whether this is normal. I feel caught, as though I were doing something very bad, even though I know that I am finally opening myself to something that is good for me."

I suppose that each woman finds this contradiction in herself in some way. I know hardly any women who haven't imagined themselves in the role of a whore at some time in their fantasies, even though they are moral in their daily lives. We should thus listen with interest to what these voices inside our heads are saying, because they reflect the contradicting thoughts

and feelings that pull at us every day, whether we are conscious of them or not. If we don't confront these feelings in ourselves, we will not be able to engage our sexuality without judgment. Only when we know these thoughts can we begin to deal with them; once the voice inside has said all it wants, we can thank it and return our attention once again to our yoni. We can touch it gently and feel exactly how this feels, in order to enter a dialogue with these feelings. The feelings then come to the foreground, and the judging voice loses its significance. In this way, nobody can make us doubt ourselves, and we can enjoy our sexuality with confidence and control.



### EXPLORING THE YONI

If you would like, you can now take the time to look at your yoni. For this, you will need a mirror. Ask your yoni how it would like to be touched. You can also celebrate the exploration of your yoni together with a partner, as long as you know each other well and trust one another. For this, find a safe, comfortable, and warm room, which you make appealing to yourself. If you wish, you can talk to your partner about your internal dialogues when they take place, but the point is not to appraise, comment, or discuss your thoughts. Whether alone or with a partner, make the exploration of your yoni as joyful and lively as it is sensual and pleasurable.

When you are looking at your yoni in a mirror from a standing or sitting position, you often see little more than a hairy triangle and perhaps further down the clitoris and the Venus lips, or inner labia. I use the term Venus lips instead of labia, since this area for me has nothing to do with shame.\*

According to Taoist teachings, our labia contain our fear of opening ourselves, and our desire to hide. Both feelings can be released through

\*Translator's note: The German author makes this reference to shame because in German the inner labia are called *Schamlippen*. *Scham* translates as "shame," "modesty," or "bashfulness." In addition, the pubic bone is called the *Schambein*, or shame bone.

massage. Also according to these teachings, the clitoris stores nervousness, mistrust, impatience, and tension. Again, massaging the clitoris can resolve these blockages.

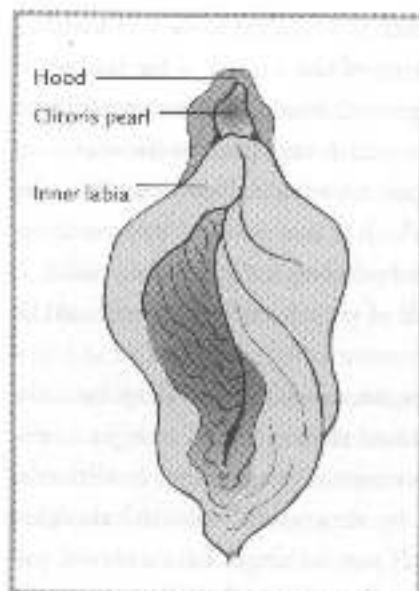
To explore your yoni, sit down close to or on top of a mirror. You can use a regular handheld mirror for this or, better yet, a slightly larger mirror that leaves both your hands free so that you can explore your yoni with your fingers. If it is your partner's yoni that you wish to explore, ask her to allow you to look at her yoni.

The Venus mound (*mons veneris*) is usually hairy and toward the bottom ends in the outer labia, which are also usually covered by hair. The inner and outer labia form a protective oval that envelops the inner, more sensitive part of the yoni. The oval formed by the outer labia begins with the band of the clitoris and ends with its lower tip in the dam that is called the perineum. The perineum is about one inch long and forms a bridge to the anus.

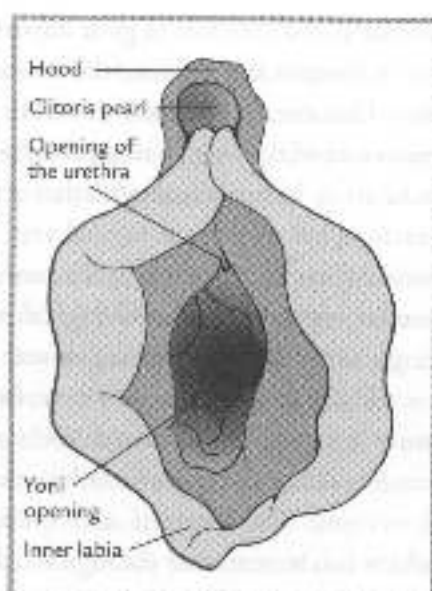
A yoni is as unique as a face: in some women, the outer labia may cover both the clitoris and the inner labia, while in other women, the outer labia may be flat, leaving the clitoris and inner labia clearly exposed. Other women may have very long inner labia, while the clitoris is surrounded by the outer labia.

If you gently pull apart the outer labia using the fingers of both hands, you will be able to more clearly see the clitoris pearl with its tentlike hood. The sides of this hood end in the two inner labia, either directly or with a seamlike connection. The inner labia also form an oval, from the hood of the clitoris to the yoni opening (vagina entrance). A little further up you can see the opening of the urethra. This opening, through which urine is excreted, is usually no larger than a pinhead and is easiest to find when you use one finger to gently pull the yoni opening downward, causing the upper area to tense slightly. In this way, the opening of the urethra, which is usually surrounded by folds of skin, becomes more easily visible. It ends in a short path that leads to the bladder.

The yoni opening is surrounded by a jagged ring, the remains of the broken hymen. The hymen is a tissue layer that covers the yoni opening, either partially or entirely, until a woman has sexual intercourse or until the hymen is broken by other events, such as insertion of a tampon, masturbation, or sports.



*Fig. 1.2. The outer characteristics of the yoni (closed yoni)*



*Fig. 1.3. The outer characteristics of the yoni (open yoni)*

Next, we reach the inner area of the yoni. For this, it is best to use plenty of lubricant and to make sure that your hands are pleasantly warm. People often picture the vagina as a tube that is always open and ready for receiving the lingam. In reality, however, it is usually closed, with the lower and upper vaginal walls resting on top of each other. The yoni first has to be gently opened before it offers its full depth and breadth. Deep breathing, sighing, and moaning facilitate access to the temple of your yoni, or your partner's yoni.

By slowly and carefully inserting one finger, you can explore the inner area of the yoni. It is best to approach this holy place with consideration and empathetic attention. The inner area of the yoni feels completely different in each woman. Usually it is warm, at some spots even hot, and has an uneven surface like a crater. The depth of the yoni can vary from two and a half to ten and a half inches, and the opening in a relaxed normal state can be between one and three inches wide.

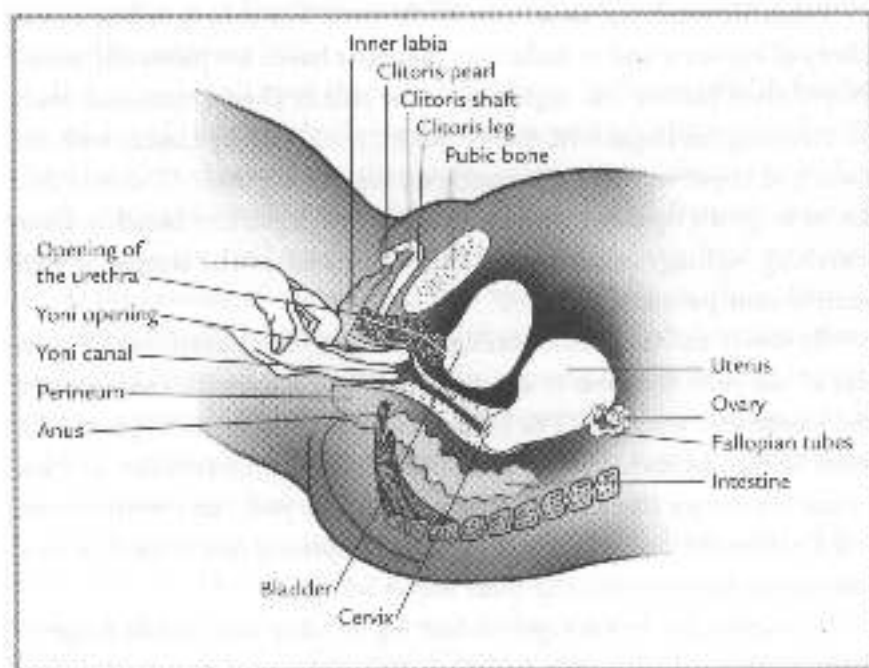
The upper area of the vagina is best felt by using your middle finger to slide into the yoni, with your palm facing up. This upper zone is connected directly with the very sensitive urethral sponge, which makes it receptive to

sensation and therefore of great importance to sexuality, as we will see later.

Among many women, the lower area of the vagina is far less sensitive. This does not mean it should be ignored, however; the area can store memories of deep psychological injuries, which may present themselves as hard areas, knots, or particularly hot spots. A woman may have difficulty reaching her own lower vaginal area, which is best reached by crouching, then sliding the thumb into the yoni and pressing it slightly downward. If you are exploring the lower vaginal wall of your partner, use your middle finger, with your palm facing down.

If you now insert one—or even better two—fingers deep into the yoni, you can feel the cervix. You may find the cervix either right in the center or slightly above or below the center, as it can bend in different directions. The cervix is surrounded by very subtle spiritual energies, which can be activated through touch. If you no longer have a cervix, you can touch the scar tissue surrounding this area, which will also activate these subtle energies.

Now that we have an overview of all areas of the yoni, we can discuss each area in further detail.



*Fig. 1.4. Massaging the upper yoni wall*



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