

How to give yourself a lovely breast massage

You can massage your breasts while fully clothed, or you can use a body friendly oil on bare skin. I like to spend a few minutes after a shower to massage some oil into my breasts.

1. You want to touch your breasts how you would want your perfect lover to touch you, bringing awareness and sensitivity to your breasts, with loving presence.
2. Notice what you sense, feel, or imagine as you touch your breasts. What emotions, memories, feelings, or sensations are here? You might feel numbness, or sadness, or pleasure. See if you can stay present to what's real in your body as you do this.
3. In traditional Taoist breast massage, you would begin massaging **down on the outside, up on the inside**. Going in this direction clears out stagnant energy. (see drawing a.)
4. Next you would massage **up on the outside and down on the inside**. Going in this direction expands the energy so only do this if you have healthy breast tissue. If you have cysts or lumps, you should avoid massaging in this direction (up outside, down inside). (See drawing b.)
5. You don't have to follow any routine at all, you can simply explore your breasts with different types of touch. Do they like a soft touch or a firmer one? What does it feel like to knead or squeeze? How do they want to be touched? What feels good?
6. When you're done, take a moment to cup your breasts to your chest like you're hugging them, and just be with them and notice how they feel. Deeply connect via breath. All Sexual Energy according to the Tao starts for a woman IN her Breasts! Not her vulva/vagina :)

A note for women who have had (partial) mastectomies: You can still do this massage, since the energetic center of your breasts is still present. You can work with this area from a place of love and keep the energy moving to keep your heart center open and your chest healthy. This is especially good for releasing scar/fascia adhesions.

Fig. a.

You would Start (S) massaging **down** on the **outside**, and **up** on the **inside**.
Going in this direction **clears out stagnant energy**.

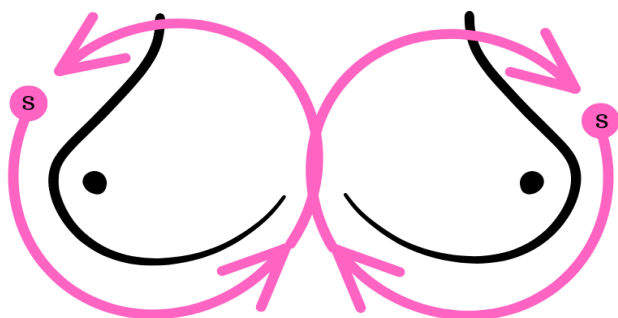


Fig. b.

Then you would start (S) massaging **up** on the **outside** and **down** on the **inside**. This direction **expands the energy**. Do **NOT** do this direction if you have cysts or any lumps.

