

FORBIDDEN SEX TIPS

# White Tiger TANTRA™

*Awakening & Releasing  
Powerful Female  
Orgasms*

**FIVE  
DVDs**

DVD 1: The Awakening

DVD 2: Sensual Enhancement Massage

DVD 3: Secrets of Traditional Massage

DVD 4: Raw Footage: The Awakening

Part 2 (on DVD #4) Is the same Raw footage  
with a Step-by Step commentary.

DVD 5: Raw Footage: Sensual Enhancement Massage



**F**or centuries, people have wanted to enhance the quality of the sensuality they experienced and shared with others. Some would travel deep into remote areas of distant lands, to find a teacher willing to share the mysteries of Spiritual Sensuality.

Those who taught these techniques were often called healers or Tantric Shamans. In many of the ancient traditions of our ancestors, these healers held the keys to opening the gateways that led to a profound union with others. It was a union with a much greater healing experience than that of mere physical gratification.

These shamans would use teaching stories to relax, open and then stimulate the minds of those who wanted to learn. Then they would share the secrets of a sacred sensual enhancement massage which would banish tension from the body, releasing a flood of ecstasy that was said to relieve stress for days.

In modern times, many people find it difficult to make that journey, to live in a cave, to hike the Himalayas, to awaken and release their full sensuality. However, for those who still desire...

We bring forward the wisdom and the ancient Tantric Secrets from the Clan of The White Tiger.

## STATE OF MIND

Get comfortable, and relax. When giving a massage to your lover or being intimate with your partner they will sense what you feel. You cannot give your partner comfort or help them to relax unless you are. If you usually meditate, it might be a good time for a session before you do the massage. Otherwise, you may want to take a few deep breaths deep into your lower abdomen, to relax your body and mind with each outward breath. This will center and balance you.

## BOLSTER

A bolster is a round pillow used to support areas of the body that don't lie flat on the table when giving a massage. Bolsters come in various sizes for different body parts and different sized people. As you will see in the video, we use a bolster that is eight inches in diameter. This would usually be used to support the knees. Here we use it to prop up the hips to give the best angle to stimulate the inside of the vulva known as the G-spot. The bolster in the video is an inflatable one. You can use a regular stuffed bolster but the inflatable bolster, with a little air let out, allows for more stability when the girls hips are resting on it. If you do not have easy access to a bolster you can substitute with a pillow.

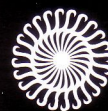
## ENVIRONMENT

Set the mood. Make the area you practice White Tiger Tantra a pleasant one. It is also important, when you give a massage, to keep your partner warm. Be aware that you will feel much warmer than the person lying on the table, especially if you are giving a lengthy massage. Cover the parts of your partner's body that you are not working on with a sheet or a blanket. It is important for them to be warm and comfortable, to be able to fully relax.

## OILS

We use our own unique blends that integrate grape seed oil as the base, with avocado and walnut or almond oil. We use these oils because of the high concentration of Vitamin E. There are also other beneficial constituents found in our natural blend of oils that tend to enhance the elasticity of the skin.

We recommend you use a food grade quality grape seed oil. You can find this at any gourmet, health food or natural food store. Grape seed is a natural product, so you will want to store it in a glass container to keep it from spoiling. You can use a smaller plastic bottle when using the oil for application. However, because of the porous nature of the plastic, your oil will tend to spoil much quicker due to oxygenation. Some people also speculate the oil can absorb toxins from the plastic.



**TANTRA TIP** You can also add natural scents to your oil if you like for the external massage. However be sure to use only unscented oil for the internal massage.

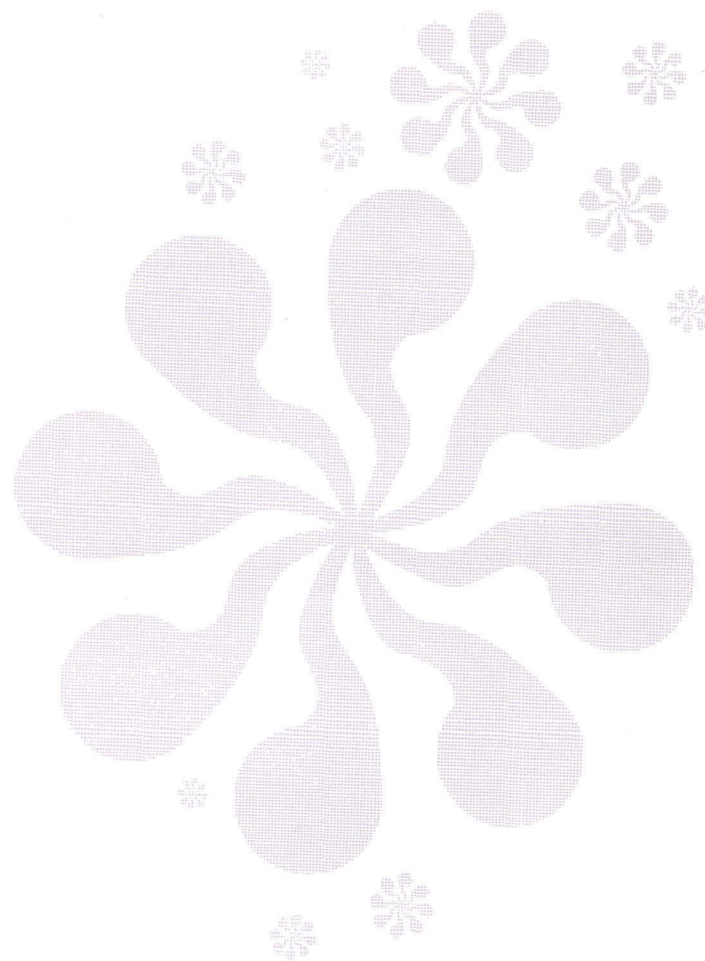
## FEMALE EJACULATION

Female ejaculation is the release of fluid that is produced by the paraurethral glands (commonly referred to as the female prostate.) The fluid is very similar in composition to the fluid that males ejaculate and it can look clear or milky. During sexual stimulation the fluid is released from the glands into the urethra sponge. The fluid will then either exit out of the front of the vagina through the urethra tube, resulting in female ejaculation, or the fluid can shoot backward into the bladder, resulting in a retrograde ejaculation. Most, if not all, women produce the fluid during stimulation but more often than not they will experience a retrograde ejaculation.

One of the popular misconceptions about female ejaculation fluid is that it is urine. That may be due to the fact that urine and the fluid that women ejaculate share a common channel to exit the body. This channel is called the urethra. This confusion may cause the woman to be embarrassed about this natural process of ejaculation. She may then suppress the fluid from her paraurethral glands by using her PC muscles, which are the same set of muscles she would use to restrict the flow of urine from her bladder. When this happens, it can force the ejaculated fluid back into the bladder.

Informed women would never be embarrassed about such a natural bodily function. Hopefully, the release of the teachings of White Tiger Tantra will bring to the awareness of the general public the benefits of awakening and releasing these powerful and profound orgasms.

Simply put, female ejaculation is the result of releasing powerful orgasms. If a woman is not experiencing ejaculation she is not experiencing the most powerful orgasms possible. It's not a perfect analogy but if you think about what it's like to hold in a sneeze versus letting out that big sneeze that clears your head and makes your whole face light up,



***Simply put, female ejaculation is the result of releasing powerful orgasms.***

it's kind of like that. The methods practiced in White Tiger Tantra are designed to compliment the natural functions of the female body. Our experience at Sensual Awakening has been that any woman, who has the desire to learn how to release tension from her body, is capable of doing so. A couple of factors that can support this ability is that she feels comfortable with herself, her partner and the process of letting go of stress.

# Quick Reference guide

## YANG POSITION (Figure G)

With the hand pointing down bend the middle and ring finger at the knuckle until they are almost at a ninety-degree angle to the other two fingers as seen in the Figure G.

When sliding the fingers in move slowly and pay attention to how your partner responds. You may want to tilt your hand slightly to one side when you first enter your partner so that the two fingers line up more on top of each other than side to side. She will let you know what is comfortable to her. Also be sure to use plenty of grape seed oil for lubrication.

Begin slowly and gently at first moving your hand up and down. On the up stroke you will make contact with the urethra sponge (G-spot) on the backside of the pubic bone. On the down stroke the back of your fingers will be pressing on the pelvic floor. When doing the Yang Position it is best if the woman is propped up with a pillow under the small of her back and her legs are pulled back towards her chest.

This will create the angle that causes the urethra sponge to protrude forward and will allow for easy contact with the fingers on the up stroke.

After a few repetitions you may begin to increase the speed of the motion. Do not rush this. Some women may need more time to warm up than others. You will find that usually after 3-10 repetitions you can begin to speed up the motion.

You will find that as you increase the speed at this angle your hand will feel like it is slipping out. You

will find that you need to keep quite a bit of pressure to keep your hand in her. While moving your hand up and down your hand will slip out slightly but the pressure will push it back in. This motion will begin to draw the fluid from the urethra sponge forward, which is the beginning stage of female ejaculation.

In Yang position, you will need to assert more pressure and commit to a much more vigorous application of your hand to the urethra sponge than what you might have initially expected. Make sure to observe the responses of your partner, to ensure she's having a pleasant experience. Communicate effectively with your partner to find the right amount of pressure and this experience will no doubt be recorded in her diary as extremely sensual.

## YANG POSITION



Fig. G

*Proper technique increases  
your potential for success.*

*Study the diagrams of the  
hand positions.*

## YIN POSITION (Figure H)

This will generally be the second hand position you will want to move into. Make a fist, then extend only the index and middle finger as if you were pointing with those two fingers. Again as you slide your fingers in you may want to start with the hand tilted slightly so that the fingers are more on top of each other than side to side.

With your hand facing up and two fingers in the vagina, you want to reach as far back as possible and press your finger up and back towards you, pressing against the back of the pubic bone. This will put pressure directly on the urethra sponge (G-spot).

From here you may begin to make little circles with the tips of your fingers pressing with a varied amount of pressure directly on the urethra sponge. You essentially are giving the urethra sponge a massage. You may also want to try figure eights.

You will also discover that the urethra sponge will increase in size as it is massaged. It could start out as small as a dime and grow to about the size of a half dollar or more. This could happen while you are giving the massage or over time as the woman continues to relax with you, she will release more tension from that area.

After doing circles and/or figure eights for a while you will want to begin pulling your fingers from the backside of the sponge, directly to the front. Do this by keeping your fingers in as far as possible and then curling the tips back towards you. Similar to as if you were gesturing for someone to come to you. Here again you are encouraging the direction of fluid to flow out of the woman through the urethra. This will be a very intense experience for



Fig. H

the woman and you will want to encourage her to continue to breath deeply in the lower tummy and to release sounds from deep in her chest. Releasing sounds from deep in the chest amplifies the flow of endorphins as well as increasing the flow of oxygen into the body. This will help with releasing tension in the body and help produce powerful orgasms.

You may find the Yin position works best by starting slow and increasing the speed. In general all of the motions that you make should be done rhythmically. Pay attention to the way her body is reacting and match the rhythm of your movement to her body.

Think of it like dancing. You are the lead partner and will take her where you want her to go. But you do not want to make too sudden of a change in direction or rhythm that would break the flow of the dance.

## REVERSE YIN (six o'clock): Circles & Tapping (Figure 1)

This position is the same hand form as the previous Yin Position. The difference is that the hand is now facing downward.

With the two fingers inserted you will be pressing down on the pelvic floor or what is also known as the posterior fornix. Unlike the previous Yin position, you will not be curling your fingers back towards you. Here you can use the same small circle movements or figure eights that you use in Yin Position. Vary your routine here. Some women will like circles; some will really like figure eights. Try both, go back and forth between the two see what works best for your partner.

Because the nerves are very spread out in this area you will find the best spot to touch may be deep, shallow, in the middle or all of the above. Again watch your partner's response to help you discover her personal erotic areas. Encourage her to let you know what she prefers. As with all of the positions in White Tiger Tantra, this may be a new experience for your partner, and you will need to communicate with each other to find what feels best.

In the six o'clock position you then want to begin tapping. Again, her favorite spot will vary. Keeping your two fingers stiff and tightly together bounce them off her pelvic floor. By tapping the pelvic floor rhythmically you are pressing on the same nerves that are stimulated during anal penetration. For women who have not experienced anal penetration they will find that this position will give them an experience of feeling how all of the nerves in the pelvic area are connected and interwoven.



Fig. 1



## THREE FINGER ROLLING

(Figure J)

Place your index, middle and ring finger together and extended straight out while bending your pinky down to your palm. Arch your three fingers back as far as you can to create a smooth rounded surface.

Using the three fingers inside make a sweeping motion from the top of one side, down and around to the other. You want to apply a smooth sweeping stroke with the same pressure all the way around.

Do this motion a few times in a row and periodically throughout the session. The purpose of this move is to integrate all the nerves together. When you are giving a massage you will concentrate on one specific part of the body for a while, then you will do what is called an integration move where you make a big sweeping movement that covers more of the body than the area you are just working on. This helps to bring more blood into the area and makes the body feel more connected as a whole.

Internally, the Three Finger Rolling method has the same effect. By making the sweeping motion all the way around the nerves of the clitoral network, it becomes much more integrated and awakens the entire area. This is also the fundamentals of understanding how White Tiger Tantra dispels the myth of there being one 'magic spot' for releasing female orgasms.



Fig. J

## SPLIT YIN - eleven & one o'clock (Figure K)

With the woman on her back and her legs pulled back towards her chest (to help the protrusion of the G-spot) with your hand facing upwards, insert your index and middle finger into her vagina. Then extend your two fingers as if you were giving the Peace or Victory sign. Then curl your two fingers slightly forward. The tips of your fingers should be on either side of the urethra sponge. Then you can begin making little circles, or as with some of the other positions, you may discover some women respond better to figure eights.

This is a more advanced technique, as the area may be difficult to find. The area you want to be touching is just on the outer sides of the urethra sponge, commonly referred to as the A-spot. With the woman in the above position, the G-spot should be at high noon. Directly off to the side of the G-spot, at the 11:00/1:00 or the 10:00/2:00 position is the A-spot.

If you are accurately on the spot it will feel different to the woman than the Yin Position. If you are not as accurate you will still be pressing on a huge cluster of nerve endings that will still feel wonderful. As always continue to communicate with your partner and have them guide you over the right spot.



Fig. K

# INTERNAL SPASM

## RELEASE TECHNIQUE

(Figure L)

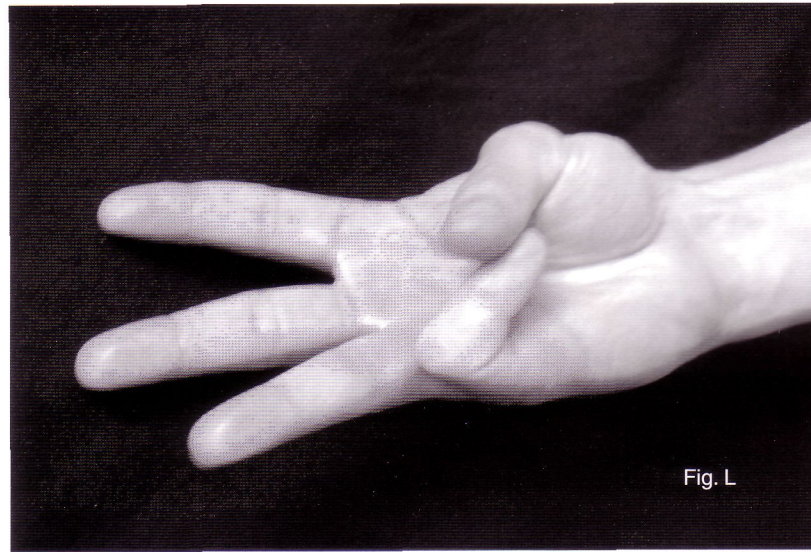
Open your hand wide, and then bend your pinky towards your palm. The same way the body will have muscle spasms on the outside you will find spasms on the inside. A spasm is an area of the muscle that has become tight and knotted up. When a muscle is in spasm it inhibits the flow of blood and will also decrease the nerve sensitivity of the area.

The easiest way to identify an internal spasm is when you do the Three Finger Rolling technique feel for unsmooth spots on the sidewalls. They will usually feel like a small grain of rice.

When you find a spasm, you want to push more blood into the area and help relax the muscle.

Place your index and ring finger on either side of the spasm. Then squeeze your finger together trying to touch your ring to your index. This helps bring blood into the spasm. Then gently push down on the spasm with your middle finger. This helps push blood through the spasm. Repeat this motion several times, then finish with Three Finger Rolling to help smooth out the entire area.

Because the inside of the body is much more delicate and sensitive to touch than the outside of the body, you should take into consideration being careful not to use too much pressure when removing spasm on the internal side of the vagina.



## CUPPING TECHNIQUE (Figure M)

Cup your hand as if you were trying to hold water in it or trap something underneath it. When you do cupping you want the pads of your fingers, the base of your palm and the sides of your hand to come in contact with the body. Bring your cupped hand down on the body with the force of a light spank, not quite hard enough to sting.

The purpose of cupping is to bring blood to the surface of the area. By cupping your hand you are drawing blood up to the void, with the part of your hand not touching the body. You will see in the video the appropriate areas to use cupping.

You will also find that after practicing White Tiger Tantra it is likely that your partner will be able to achieve orgasm just by you lightly cupping on the top of the pubic bone, in the area of the vulva that is commonly referred to as the Mound of Venus.



Fig. M



FORBIDDEN SEX TIPS

*White Tiger*  
**TANTRA™**

*Awakening & Releasing*  
*Powerful Female*  
**Orgasms**

*White Tiger Tantra*  
*Helping couples, women and*  
*men who really care.*

## D V D T I T L E S & C O N T E N T

### **DVD 1: The Awakening**

In the first part of this DVD you will be walked through the steps you need to know for releasing powerful female orgasms. Aided by illustrations, you will see exactly where the woman is being stimulated internally. Also in this video a woman answers questions about her experience with White Tiger Tantra and a couple testify and demonstrate just how powerful White Tiger Tantra really is.

In the second part of the DVD titled "The Awakening" you will see a woman's first experience with White Tiger Tantra. This woman had never experienced an orgasm before, neither by herself nor with a partner, and claimed that she was not sure she could have an orgasm. Here you will see her experience her first powerful orgasm with White Tiger Tantra.

### **DVD 2: Sensual Enhancement Massage**

This DVD is a demonstration the Sensual Enhancement Massage. Here you will see how specific massage techniques are used to release tension from the whole body. You will learn why the massage portion of White Tiger Tantra is so important. And you will learn how to give the Sensual Enhancement Massage while watching Steve DeAmore teach two women how to give the Sensual Enhancement Massage to a woman.

### **DVD 3: Secrets of Traditional Massage**

It is no secret every woman loves to get a massage. In this DVD you will learn the techniques used by professional massage therapists to relax every muscle in the body. Here you will quickly learn how to give an amazing massage by following along with the step-by-step demonstration aided by commentary. You will also learn some of the secrets, even most professional massage therapist do not know, that are sure to make your massage something exceptional.

### **DVD 4: Raw Footage: The Awakening**

On this DVD you will see the raw footage from The Awakening. After watching the woman, on DVD #1, with explanations and commentary of the woman's first and subsequent powerful orgasms. You will want to watch DVD #4 to see (in real time) the changes in the woman as she experiences how, with powerful orgasms, White Tiger Tantra releases stress and tension in her body.

Part 2 (on DVD #4) Is the same Raw footage with a Step-by Step commentary.

### **DVD 5: Raw Footage: Sensual Enhancement Massage**

Here you will meet a woman who is excited to share how the Sensual Enhancement Massage has improved many aspects of her life. You will then watch as Steve DeAmore demonstrates his Sensual Enhancement Massage, while explaining exactly what he is doing, step-by-step. Women who have viewed this footage have expressed that the woman in the video's description of her experience made them understand clearly what the woman was feeling. They also admitted that they were a little envious of the pleasure she was experiencing.

## White Tiger Tantra

With the continued practice of White Tiger Tantra you will discover the benefits of experiencing and sharing in extraordinary levels of intimacy and sensuality with your partner. Awaken and Enhance your relationship by releasing powerful extended orgasms that can change your life.

***If you are a woman...*** Like the woman in our video, **who had never released a REAL ORGASM**, prior to her introduction to our system of White Tiger Tantra, you may find that your experience can be a life-changing event, which can mitigate stress and tension from your body and mind.

***If you are a man...*** Who is interested in taking your lover beyond the normal sexual experience and into helping her release new heights of sensual ecstasy. Prepare yourself to **Become the SENSUAL ROCK STAR in her SEXUAL DIARY**. Nothing will build your Self-Confidence, like becoming a Sexually Competent Lover.

***If you are a couple... that has gone from Soul Mates to Cell Mates...*** Perhaps, you are ready to, **MAKE THIS CHANGE... NOW...** Perhaps, you are one of the couples, who want to share in this Love Enhancing Experience. To re-discover, again, that level of intimacy that you both thought you had lost forever. Share in the experience of White Tiger Tantra. **Re-awaken your love again with your sweetheart... NOW.**

**WARNING:** The producers of this material strongly urge any person who intends to engage in any form of Vigorous Sexual Activity, to first **CONSULT A MEDICAL DOCTOR**, to determine if it is physically safe for them to participate in sexual activities known to release multiple, extended and extremely intense orgasms.