



Tantric Touch Technique

Basic Guide Book

By Brad R. Wright

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The teachings of *Tantric Touch Technique (TTT)* came from the intuition of Brad R. Wright with the help of a few good friends and client feedback. There are many people in the world that use the term *Tantric Touch* or *Tantric Massage* in their practices or facilitations. This is not to be confused with what is presented in **Tantric Touch Technique** by Brad R. Wright. Any similarities to other techniques and teachings other than that described are purely coincidental.

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You may purchase a download copy of this Guidebook on our website.
Lucidlotus.com

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Edited by friends and myself, Brad R Wright
Male figure graphic art provided by an unknown artist. All other
graphic design and male diagram modifications by Brad R Wright.

Optional Audio CD or mp3 download
called **TTT one hour sound was** created and edited by Brad R Wright
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About the developer

Brad R. Wright was born in the year 1965. He has studied alternative healing arts modalities since the age of 24. Brad lives in London, Ontario Canada (at time of printing). Brad is trained in the following:

- Reiki
- The Results System (included the study of emotional healing, body energy meridians, oneness techniques, body detoxification, energy balancing, guided meditations, core belief clearing and more all using a testing system of kinesiology.
- Bodywork (massage)
- Sound and Light Healing
- The Reconnection and Reconnective Healing
- Hot Rock Massage
- IFT and Intuition

Spiritual Terms:

Kundalini:

Kundalini is a Sanskrit word meaning either "coiled up" or "coiling like a snake." The word kundalini is used as a Hindu term for the life force energy or the spiritual conscious force which is stored in the base of the spine. It is said that this is the creative energy which sparks new life during copulation. In some Yoga practices, this energy can be directed up the spine instead of out the sexual organs. By sending this energy up to the higher consciousness centers it can produce higher states of being, spiritual awareness and bliss.

Through many different practices of yoga people have directed this energy up from the lower part of the body to the top at the crown of the head. You can type the word "kundalini" in google, on the internet and find a vast amount of information on the topic.

Tantra:

Our North American way of thinking has misused the word *Tantra*, leading most of us to believe it pertains to only a form of spiritual sex. The word *Tantra* is a Hindu word for spiritual technique. There is a book in this culture called the *Shiva Sutras* which describes 112 forms of techniques (*Tantras*) to spiritual awakening. Only 2 out of the 112 of these techniques would be considered to be sexual. Tantra is a way of life to reach higher states of consciousness with all of your being. I believe that **TTT** can be used to reach higher states of awareness for some, which is why I called this technique Tantric Touch Technique.

In the year 1998 a close friend of mine was in the beginning stages of kundalini awakening. This is a process of the energy moving to higher centers in the body. During this period of my friend's process, one day we ended up touching each other's bodies with a light random touch. After about three hours of receiving this touch over my entire body something began to happen. It was as if my whole body was coming to life for the first time. I felt a sense of expansion and oneness. Tingles of energy flowed

through my entire body for over a 24 hour period. It was amazing. A calm presence was the result. I felt a deep connection to everything.

History of *TTT* Development

In the year 2000 after working with a fellow alternative health facilitator, I asked him if he would be interested in experimenting with light touch over the body, similar to what I experienced in 1998. He agreed and after the first exchange it became clear that this was a good modality for our alternative health clients. I began researching on the internet to find this type of work somewhere. I found out to my surprise that the only thing that came remotely close to what we experienced was *Tantric Massage* but after some probing questions to a few people doing this type of massage it became clear that it was nothing less than a form of tantric sex, where the focus was around stimulation of the genital and perineum. There is nothing wrong with tantric sex and it is a good practice for couples on a spiritual path. For that to be used in a professional bodywork or massage therapy setting is unethical. So I scraped the idea of learning *Tantric Massage* from anyone. I did not want to become some kind of sex therapy prostitute. It has it's place and is probably very good, but it was not for me.

I put the whole idea on the shelf. It was not until 2006 when I had the realization it was my life path to develop this form of touch into a usable non-sexual technique. *Tantric Touch Technique* came to full realization for me in October 2006 while in a state of meditation. It was further developed through November 2006 when I had a full working *TTT* foundation. From November 2006, to June 2007, trials were conducted with clients. The first methods presented in *Tantric Touch Technique (TTT)* are the result of the feedback from these clients and further testing to refine the work in this guidebook.

There are many people in the world that use the term *Tantric Touch* or *Tantric Massage* in their line of work. This is not to be confused with what is presented here in this guidebook of study. Any similarities to methods or teachings other than that described in *TTT* are purely coincidental. It is known by some that all thought forms are gathered in a universal collective consciousness called the akashic records. Any thought by an individual can be known to all when accessed through higher states. It is therefore possible that similarities between anyone's intuitive awareness are possible.

TTT is to be used only as a guide along with the facilitator's own intuition in this modality of touch. As you develop your own intuition with *TTT* the technique will become your own and will vary from someone else's. I also encourage couples to learn and use this on each other.



What Is Tantric Touch Technique?

Think of **TTT** as another modality for stress release, relaxation, and a spiritual tool to reach higher vibrational states of awareness. One of the purposes of **TTT** is for a person to feel an expanded state of consciousness or rather an awareness of the energy body which surrounds the physical body. You may have heard of something called an aura or an astral body. This is all part of the same energy body I am referring about here. During and after a session of **TTT** most people can actually feel this body in some way or another, even the most skeptic person will feel that they seem bigger or their body feels expanded in some way. Even though they can't quite understand it yet. This is one of the first steps in getting to know who you really are. You are not just a physical body. We have many energy bodies surrounding us that we will get to know as we progress through spiritual awareness and evolution as a species. We are all connected through this energy right back up to the creator. Have you ever had a thought that did not seem like it was your own. It probably wasn't. We are all connected to one another on a super conscious level and we pick up other peoples energy and thoughts all the time. It is important for each of us to get to know what is our own thinking and what is coming from the collective matrix of mankind. It is only after this, that we can fully grasp a higher consciousness level.

TTT can assist in the beginning stages and more advanced stages of self awareness leading one to higher states of consciousness.

TTT incorporates light touching techniques over the entire unclothed body. If the person is uncomfortable with this they can wear a bikini or other under garments of their choice. Due to the nature of this technique a sheet over the body would inhibit the best results. The body needs to be exposed to allow the most sensitivity possible for the greatest feeling of the person's energy body. It is very subtle, we all have a slightly different vibration. This is what makes us all different. When two people's vibrations come together it creates a resonance. The difference is what makes **TTT** work!

The person is asked to put their attention on their breath and to feel the sensations of their body as you performs this technique.

TTT could be considered as a full body facilitated meditation technique. People who enjoy receiving touch may find this modality to be very beneficial in opening the realm of higher vibrational states of relaxation and body awareness.

During a **TTT** session the sexual centers are usually passed over lightly as part of the body experience. This is not to be used nor intended as sexual gratification of any kind. There are other techniques such as Tantric Massage that can be used for that purpose. It is part of the process to experience the movement of life force energy (Kundalini) through the body using touch.

Important Note: **TTT** teachings in this guidebook may be used during love making with your intimate partner as part of intimate relations but under no circumstance should sexual gratification methods of any kind be performed with a client.

Facilitator Preparation

I want to share with you some key points for facilitation of **TTT** for people doing this in a professional setting:

- In order for your client to have a relaxed session we recommend that you have a massage table that has a head rest with a face hole. This allows your client to comfortably place their head on this table support while facing down. The hole in the head rest allows the client to keep their head facing straight down and able to breathe freely without neck strain. This is important while working on the client's back side (client face down). There are many manufacturers of this type of table. It is best to shop around to get the best price. We also suggest that you go with a bit wider table than the standard to accommodate large clients.
- You want to wear comfortable clothing while working on a client as you want your energy to be able to flow. We suggest that you wear loose track pants and a T-shirt or a Massage Practitioners uniform (Scrubs) is also good. Do not wear pants that have a belt as this may restrict your energy.
- We suggest that you turn off all phones prior to a session so your client will not be disturbed during the session.
- It is best to use a quiet room for your session. Set up your table so as you can move all the way around it without hitting anything else in the room. For **TTT** you can put a water fountain that has a nice trickling sound in the room if you want.
- Play The 1 Hour TTT Audio CD/mp3, as a recommended sound guide for your session (included in the home study kit or downloaded at LucidLotus.com)
- The room needs to be warm as your client will be completely naked. We suggest that you have a thermometer in the room to measure the temperature. We suggest a minimum of 75 degrees. You can adjust this as needed.
- It is best that you trim your fingernails before a session and of course wash your hands.
- Make sure you don't have body odor prior to starting a session as you will be working over your client and smells may prevent them from having a wonderful session. Some people are sensitive to perfumes and essential oils as well. It is best not to wear any of these things if your client is sensitive.
- If discussed with your client previously, you may want to use a diffuser for essential oil in the room such as Frankincense mixed with Lavender. But only if someone is O.K. with this prior to a session and you know they will not have any issues. Remember that smells stay in rooms, so if you have more than one client a day, it may be best to avoid this all together.



Bodywork and Massage Therapy Complement

If you are trained in Bodywork, Energy Healing or Massage you may want to incorporate your work with **TTT**. In my experience with clients as I was developing **TTT** during the trials, I found the results to be enhanced greatly when the **TTT** session followed a massage. The clients that I gave a one hour massage to, prior to a one hour **TTT** session, seemed to experience more expanded states and have more energy flow. I strongly recommend that if you practice massage of any kind to offer a one hour massage prior to a one hour or more session of **TTT**. You and your client will both be delighted at the difference it will make. I do want to emphasize that it is important to remove excess oils or creams from the body if you were using them during the massage. The **TTT** is best done with no oils or cream residues on the skin. The touch sensitivity seems to be better without the added oils and creams. I recommend 1/2 hour on the back and front for massage starting face down. Then at the end of the massage wipe the client down with a towel to get rid of excess oils or creams. Then start the **TTT** session with the client face down after a short break. The rotating from up to down every thirty minutes keeps the client's body in a more relaxed state. Keep this in mind if you decide to do longer sessions of just **TTT** also. If you offer a 2 or 3 hour **TTT** session, have the client flip over every thirty minutes or so.

Liability of Facilitators

Due to the nature of **Tantric Touch Technique** it is critical that anyone facilitating this technique be aware of the potential legal issues pertaining to this technique. It is important that you screen your client very carefully before facilitating a session. (*explain **TTT** in a pre-client interview, so there are no surprises*)

If you are a body worker or a registered/certified massage therapist it is important that you know the liability risks and what you are insured for under your practitioner's insurance (if you have any). At the time of this printing **TTT** is not a legally recognized technique by any governmental authority and may therefore not be recognized as insurable under the standard practitioner's insurance plans available. I hope that this technique will be recognized some day as part of a credited course towards ongoing education programs but until then it is the responsibility of the facilitator for any liabilities that may occur. When in doubt, just don't do it unless you have already established a good foundation with an existing client.

One such liability that could occur if this technique is not explained to the client is a sexual law suite, even though nothing in these teachings would be considered a problem. You don't know the mental state of the client and therefore their reaction to a session. A session can be life changing and the client needs to know about it before the session begins. People can go through emotional breakdowns or changes. Be prepared to offer your client advise and encouragement. This can occur during a session or even a few days later.

The Pre-Client Interview

Before working with a new client it is best to either talk with them on the phone or sit down with them prior to the first session so that you can explain to them what this technique is and is not. This interview will help to establish a friendly relationship with your new client and build a trust with your client which is very important with this technique. Below is a list of points you want to cover with your client:

- Ask them why they are coming to you for **TTT**.
- Ask them if they have any current health challenges. Explain to them that this is important as you will be touching their body. Even though it is light touching, you need to know if they hurt anywhere. It is good to know if they have any diseases such as hepatitis, cancer or HIV. Be prepared to deal with the issues at hand.
- The most common expectation a client usually has with **TTT** is that of sexual gratification, simply because of the name association of the technique. They may ask or want some kind of sexual gratification either by you or by themselves during a session. Explain to them that this is not a technique for the purposes of sexual gratification or orgasm and if they are looking for that tell them they should find someone that offers *Tantric Massage*. Make sure that they know you will be touching them with light feather like techniques over their entire body and that the sexual centers will be included but not emphasized upon as to create any sexual gratification. Explain that they may feel aroused at times but it will generally fade away as time goes on during a session as the energy moves up the body.
- Describe to them what the perineum pulse is and ask them if it is ok to perform this part of the technique on them. If they are uncomfortable or of the opposite sex you may decide to omit this part of the technique.
- Suggest that they go fully nude as this will be the very best experience for them. If they don't feel comfortable with this, then allow them to wear bikini type underwear if absolutely necessary. Quite often clients will want to wear underwear the first time so that they feel more comfortable with you and themselves. Once they have experienced **TTT** they may be more open to being fully nude the second time.
- Refer them to the LucidLotus.com website to learn more about it themselves.
- Explain to them that during and after a session they may experience new sensations in and around their body and that they might feel their subtle body around their physical body.
- Explain that they may have jerkiness of their body during and after a session and that this is not some kind of seizure as described in a medical text book. It is just part of the kundalini energy moving through blockages opening the subtle energy meridians in the body. This usually occurs with sessions of over two hours in length but can occur with less.
- Let the client decide on how long they would like a session. Generally the first session should be one hour as to let them experience the new sensations of energy within and around them. Further sessions can be longer.
- Tell the client to shower prior to coming to a session.
- Tell them not to come straight from work or the gym but allow themselves a bit of down time before a session and also not to engage in anything after a session.
- Explain that they may experience emotional challenges during a session or even a few days following one. Offer support and contact them to see how they are.

The Touch of *TTT*

Before you begin learning *TTT* you will need to get a sense of how to touch the body you are working on. This is especially important if you are not learning from a live, in person hands on course. For people at home on there own you will find this helpful if you have not done any form of bodywork on anyone before.

Find a feather or go out to a store and buy one somewhere. Take the feather in your hand holding onto the stem with thumb and finger loosely. With the weight of the feather alone you will stroke your other arm with it. Make sure only the weight of the feather is touching your arm. So hold it loosely! Try this a few times until you get a tingling sensation on your arm. Now use your middle or index finger and duplicate the feeling of the feather when you were touching your arm with it. It can be difficult for some people to get this at first but it is important that your touch is featherlike for this technique to work. The key is to be barely touching the skin with your fingers. This creates an energy contact that is different from massage. The energy going from facilitator to client will be going to both the outer energy field of the body and the physical body at the same time. It is in this type of touch that makes it possible to access the whole being of the client. A heavy touch would limit the experience to physical only and not work for the full experience you want to give.

All of the terms you will be learning for this technique use a featherlike touch. Even though you may be using more than one finger in a constant stroke or a multi finger movement as you will learn. The touching is all feather like weight or pressure on the skin. The only exception to this rule is when you are doing taps, finger and hand holds on the body as described in the instruction.



Facilitator Breathing Technique

Prior to the arrival of your client you want to allow a short quite time to center yourself in whatever means you normally would do. If you have not done this before follow our instructions as we proceed.

Through much study of the healing arts it has been discovered that the breath is most helpful to facilitate universal energy within the body of the facilitator for healing or sending energy to the client. What the client does not know about **TTT** is that it is more than simply just a touching technique. It is a meditation for the facilitator as well. Once you have mastered the technique, you will want to incorporate a light meditation-al state using your breath while working on a client. We strongly suggest that you use the breathing technique below for all your clients. Do at least 10 reps of this technique just prior to going into the room with your client for the session and as much as you feel you can do during a session.

Sky & Earth Breathing:

Quiet your mind and allow your thoughts to be focused on love. Remember your most powerful experience of love if you need to. Feel love fully.

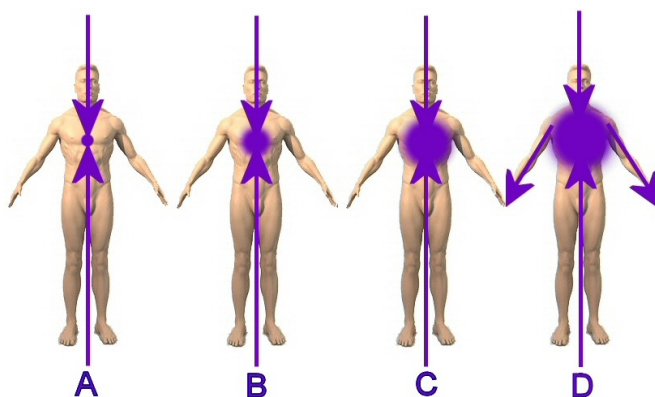
Take a deep breath in, with a count of 4(one second Intervals) and imagine two beams of white light coming in from the top of your head to your heart and another from the center of the earth up to your heart at the same time **(A)**. You may want to imagine the energy spiraling clockwise from above and counter clockwise from below.

Exhale with a count of 4. While exhaling feel the energy coming in from both directions. as it expands around your heart chakra **(B)**.

Inhale with a count of 4 as the energy expands even more. Feel the love energy of the divine galactic center and mother earth combine, build and expand out from your chest **(C)**.

Exhale with a count of 4 and send this divine love energy out from your center, down through your arms and out your finger tips like laser beams of light **(D)**.

Continue breathing in and out in with a 4 – 4 count. Always be conscious of the energy coming in from both directions on the inhale and exhale breath. Play with the energy until you feel comfortable doing this during a session with a client. You may want to sync your breathing with the client during a session. Always use your intuition to guide you. When Syncing your breath, inhale when the client exhales, and so on.



Terms and Chart Reference Codes



Single Finger Touch: Using the middle or index finger touch the body with a light, feather like, short stroke of no greater than one inch.



Single Finger Stroke: Similar to a *Single Finger Touch*, except the stroke has a continuous constant contact and progression.



Balanced Single Finger Stroke: The same as a Single Finger Stroke, except you use two fingers. One on each hand, usually on opposite sides of the body simultaneously.



Single Finger Rollover: Using the middle or index fingers on both hands, you will give 3 inch *Single Finger Strokes*. One finger at a time in a circular counter clockwise motion. With each new *Single Finger Stroke*, you will start the stroke one inch farther from the previous stroke's starting point and progress one inch farther while maintaining the 3 inch distance per stroke. This repeats until you complete the total progression of the area. (*Measurement here is just a guideline, use your intuition for all TTT*)



Flutter: Using all your fingers per hand you simulate light raindrops falling. A flutter can have a short progression of distance from 1 to 4 inches. The idea is to have no more than one or two fingers (per hand) randomly touching the client's body at any given moment. This gives a bit of randomness to the *Flutter*.



Waterfall: Make light continuous *Flutter* strokes along the path of progression to simulate a waterfall type feeling.



Wave: Use all fingers per hand. create a feather like continuous contact stroke along the path of progression.



Rollover: A roll over is the movement of two hands moving in a counterclockwise motion. One hand's fingers moving from the client's body up from contact while the other hand's fingers moves down to make contact.



Balanced Rollovers: Use of one hand's finger/s per right and left side of the body area. The progression is even on both right and left sides in an alternating touch of right side then left side as you make the progression on both sides. Only one hand's finger/s will be touching the body at a time.



Balanced: When the word balanced is combined with an above term it means that you will be using one finger per hand or all fingers per hand on the right and left sides of the body at the same time.



Random Touch: When this term comes up in a descriptor, it simply means applying the descriptor in a random way over the described body area.



Alternating Touch: Using one hand at a time alternate touching one side of the body at a time.



Hand: Place your hand on the body location as described with slight pressure to obtain a comfortable contact with your client.

Say the following to the client:

(B) Exhale 2, 3, 4 (facilitator counts out loud using 1 second intervals from the word exhale starting with 2)

(C) Inhale 2, 3, 4 (*facilitator counts out loud using 1 second intervals from the word inhale starting with 2*) D– Repeat B through C a few times E – I want you to keep breathing this way.

1.1: Client facing down arms to side

Place one hand on head **A** other hand on heart **B** - Hold until it feels right.

Slowly move hand **A** to meet hand **B** using a waterfall. Move both hand to tailbone **C** using a balanced waterfall.

1.2: Single finger rollover up from tailbone and out head change to a balanced waterfall down to buttocks ending at tailbone (repeat 3 or more times)

1.0 Breath



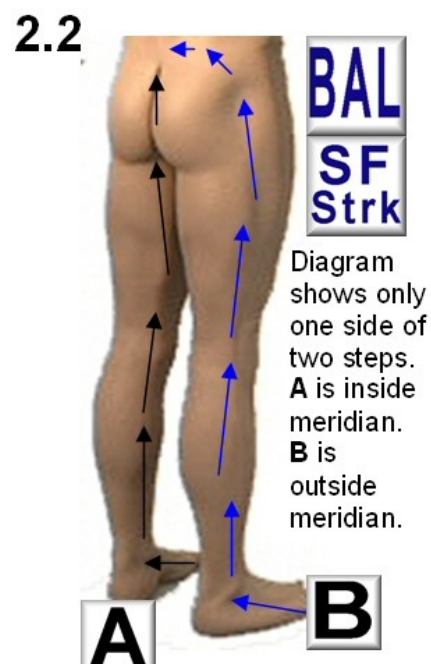
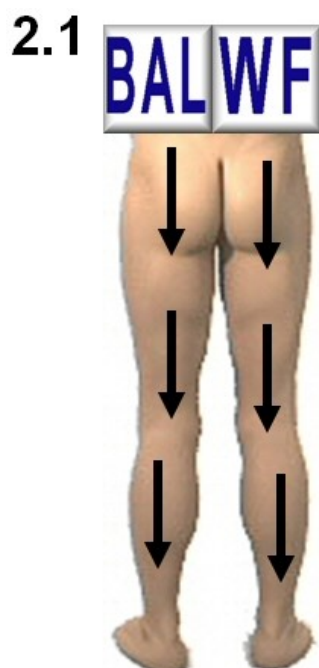
2 Tantric Touch Technique

2.1: From the buttocks continue a balanced waterfall down to the ankles and out the feet.

2.2: From the big toe **A** on both legs do a balanced single finger stroke on the inside of each leg along the center meridian up to and including buttocks crack.

(Repeat 2-3 times). Note: diagram shows only one side.

Starting from **B** little toe— do a balanced single finger stroke up the outside of each leg center meridian finishing above the buttocks crack slightly (Repeat 2-3 times). Note: diagram shows only one side.

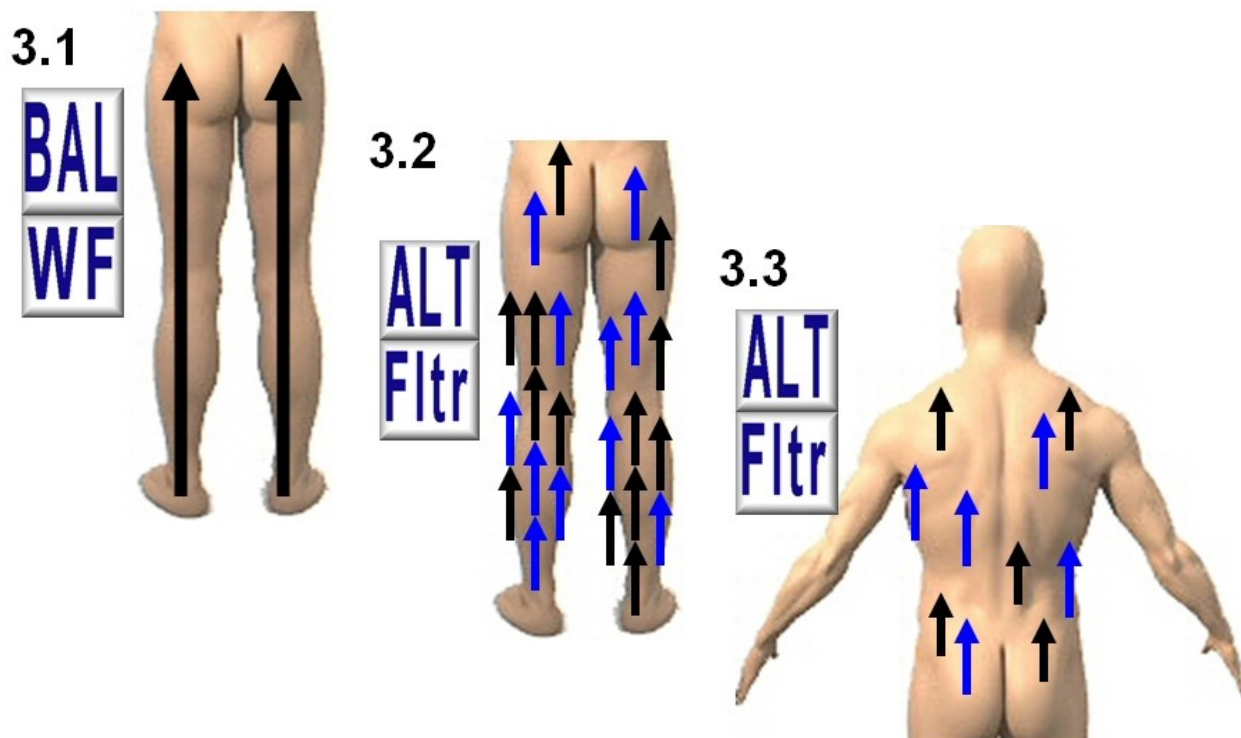


3 Tantric Touch Technique

3.1: From the feet do a balanced waterfall up to buttocks (2 times)

3.2: Using one hand for each leg perform an alternating flutter. Only the fingers of one hand will be touching a leg at one time. As you alternate legs while slowly progressing to the buttocks, give a bit of randomness while touching the inside, outside and centre of each leg in the same area of the leg before progressing to the buttocks (repeat 3-6 times).

3.3: When you have reached the buttocks on the last flutter from 3.2 continue up the back to shoulders in the same way covering the back on each side (repeat 3-6 times starting at the buttocks).



4 Tantric Touch Technique

4.1: From shoulder do a rollover wave down the arm. Change to single finger strokes from the palm of hand and go out each finger twice from palm starting with little finger ending with thumb. Repeat two times by first moving from thumb to buttocks with one hand and perform a wave up along the back to shoulder. Then do the opposite arm by first making contact from buttocks up center of back using a wave to reach the other shoulder as you move around the client to meet your hand at the opposite shoulder.

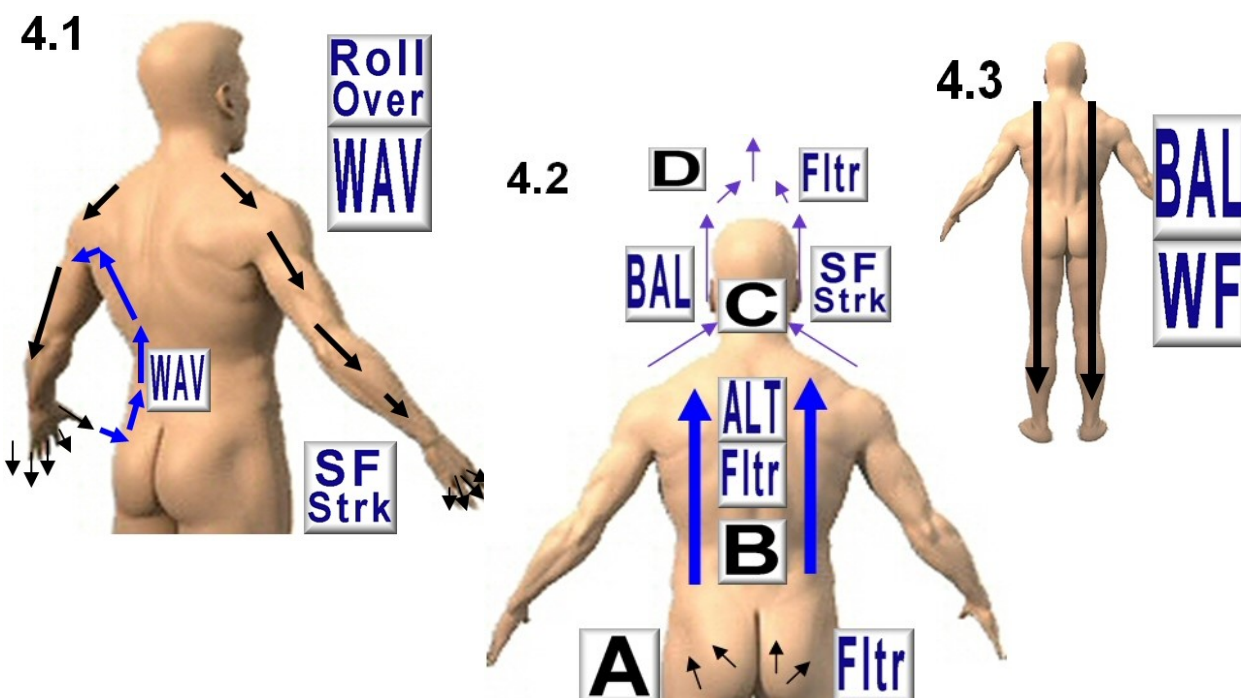
4.2: A - Move both hands to buttocks and flutter a few times.

B - Continue with flutter up the back alternating each hand as you go up to shoulders (repeat 3-6 times)

C - At shoulders change to balanced single finger rollover going up the top of shoulders, to the neck, trace ear lobes and up out head.

You may do a bit of waterfalls or flutter around the top of the head (repeat with randomness a few times).

4.3: Perform a balanced waterfall from shoulders to feet with upward strokes.



5 Tantric Touch Technique

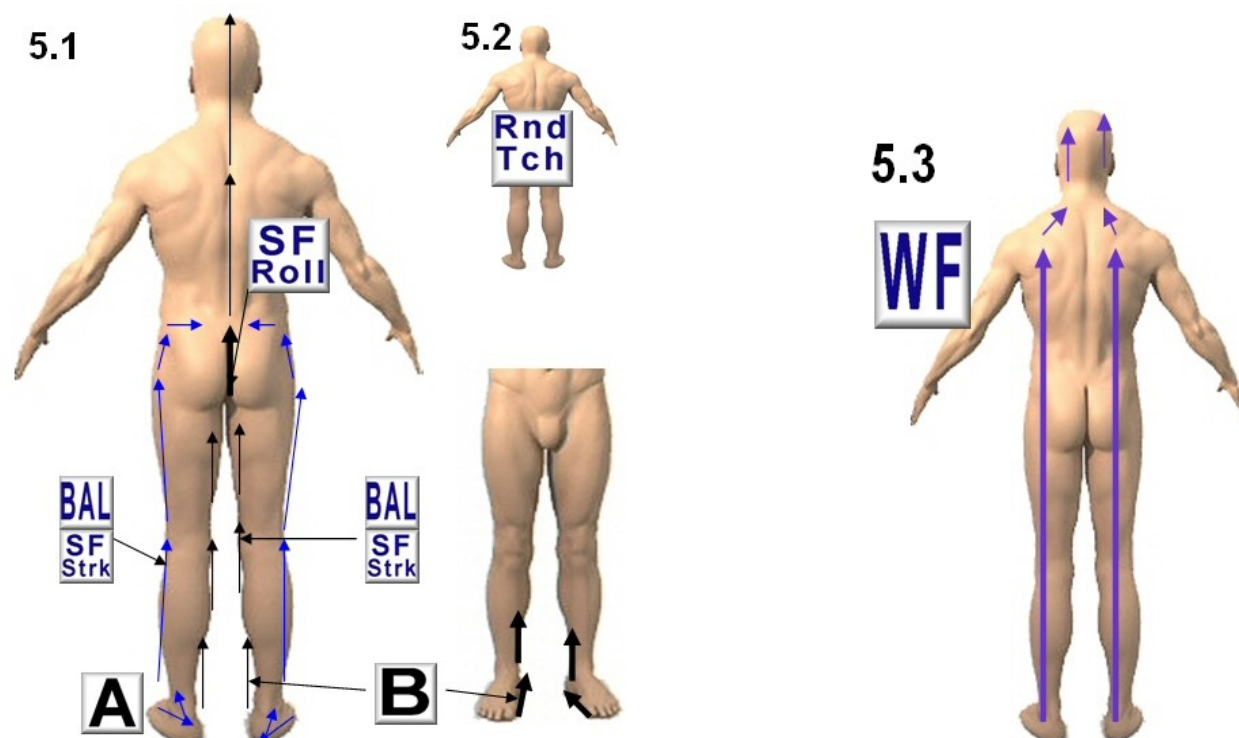
5.1: A - From the little toes use a continuous balanced single finger stroke along the outside meridian up and around the top of buttocks stopping in center where fingers meet (repeat once).

B - From big toes use a continuous balanced single finger stroke along the inside of leg meridian up and over buttocks crack changing to a single finger rollover at buttocks crack when fingers come together. Continue up spinal cord and out top of head (repeat Once).

5.2: For several minutes perform random techniques over entire body, don't forget to touch the pinky toe, big toe, inside of neck, ears inside of thighs. Get creative.

5.3 To end the backside perform a toe to head balanced waterfall up and out head (repeat 3 times). Wait 1 minute. Then touch shoulder of client and say "Are you ready to turn over?"

5.4 Help the client turn over.



6 Tantric Touch Technique

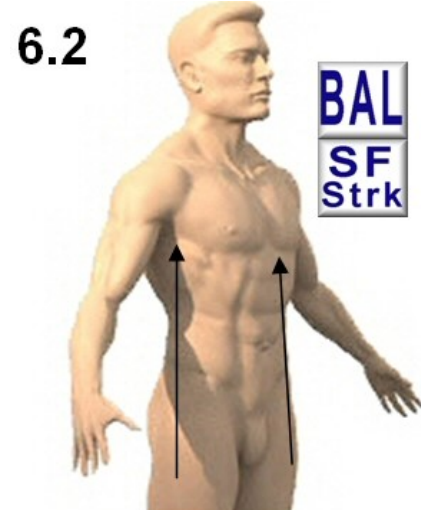
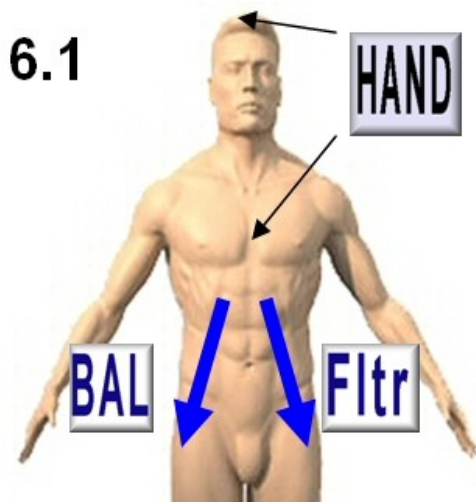
6.0: Say the following to the client:

- (A) I want you to take a deep breath in on my count of four (*facilitator counts to four using 1 second intervals out loud*) 1, 2, 3, 4
(B) Exhale 2, 3, 4 (*facilitator counts out loud using 1 second intervals from the word exhale starting with 2*)
(C) Inhale 2, 3, 4 (*facilitator counts out loud using 1 second intervals from the word inhale starting with 2*) D– Repeat B through C a few times E – I want you to keep breathing this way for the remainder of the session.

6.1: Begin with one hand on top of the head and the other on heart until it feels right. Then remove hand from head to meet hand at heart and perform a balanced flutter to either side of hips.

6.2: Using a balanced single finger stroke starting at the sides of the hips move up the sides of the body to come as close to the arm pits as you can (repeat two times).

6.0 Breath



6 Tantric Touch Technique

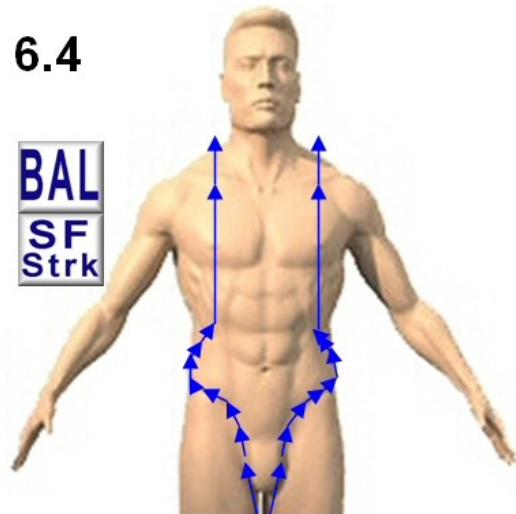
6.3: Using a balanced single finger stroke starting at the hips along the sides move up. When you reach even with lower ribs follow the edge of the ribs to align with nipples and come straight up over nipples and out (repeat two times).

6.4 Starting below the groin using the balanced single finger stroke come up following the natural pelvic line out to the sides of body and proceed just as in step 6.3 following the rib cage and up over nipples and out shoulders (repeat two times).

6.3



6.4



6.5: Repeat 6.1 to 6.5 in a random manner while keeping all strokes balanced several times.
Create random flutters over the entire groin, chest, shoulders following the same paths.

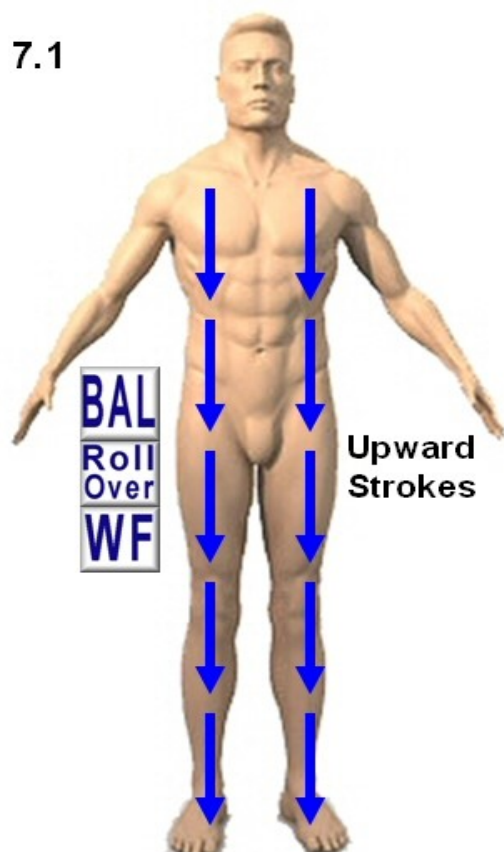
7 Tantric Touch Technique

7.1: From shoulders perform a balanced rollover waterfall down to feet and out toes. As you move down your rollover strokes should be in an upward motion as you progress down.

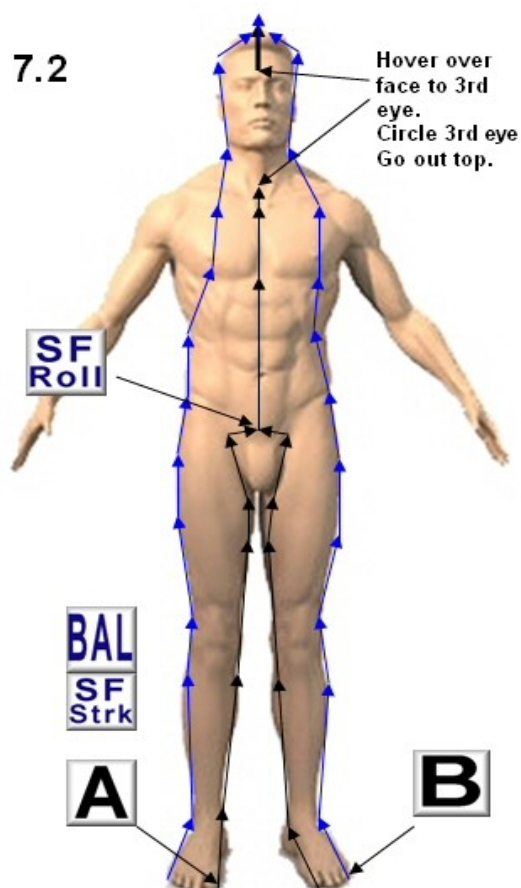
7.2: A - Starting on the inside of the big toes perform a balanced single finger stroke up the inside of leg meridians and up around groin to come to center above groin. Change to single finger rollover straight up to collarbone then hover up over face to third eye using one finger. Circle third eye with one finger and come up and out the crown (repeat)

B - Start at side of little toes moving up along outside leg meridian, to hip and up by rib cage. Follow lower rib cage to align with nipples, proceeding up to shoulders and along sides of neck, on and around ear lobe and up out top of head.

7.1



7.2



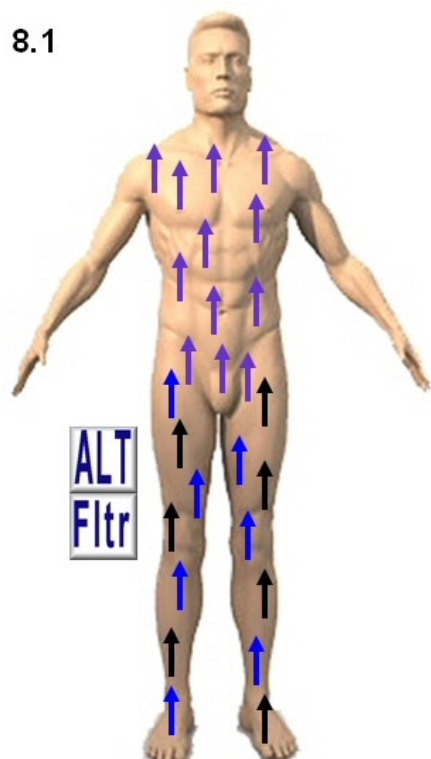
8 Tantric Touch Technique

8.1: Starting at the feet perform an upward alternating flutter giving some randomness to where you touch the legs (single hand per leg). Make sure that only one leg is being touched at one time as you alternate up to the groin. Pass over the groin with some random flutters and continue with upward flutters to shoulders.

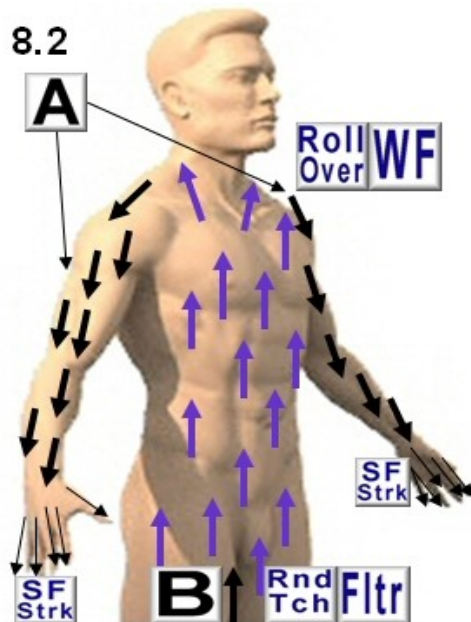
8.2: A - Go down left arm starting at shoulders with a rollover waterfall and out each finger twice from centre of hand using a single finger stroke. Start with pinky finger and end with thumb. Repeat twice for each arm. Note: Go from thumb to thigh up to shoulder with a wave similar to 4.1 on the back to reach the top of shoulder. When changing arms, go from thumb, to thigh, to groin and straight up with a wave to opposite shoulder as you move around the client to be on opposite side.

B - Move to thighs and begin random flutters on both sides and over the groin area moving upwards over stomach. Continue on chest in a random way up to shoulders (repeat a few times ending at shoulders).

8.1



8.2



9



Tantric Touch Technique

9.1: A - From shoulders alternate left and right with single finger strokes up along the neck going around and over ear lobes up out the crown of the head (repeat).

B - Using balanced single finger strokes for both sides of the face

1 - touch under the chin to under back of jaw.

2 - Under lip.

3 - Over the lip.

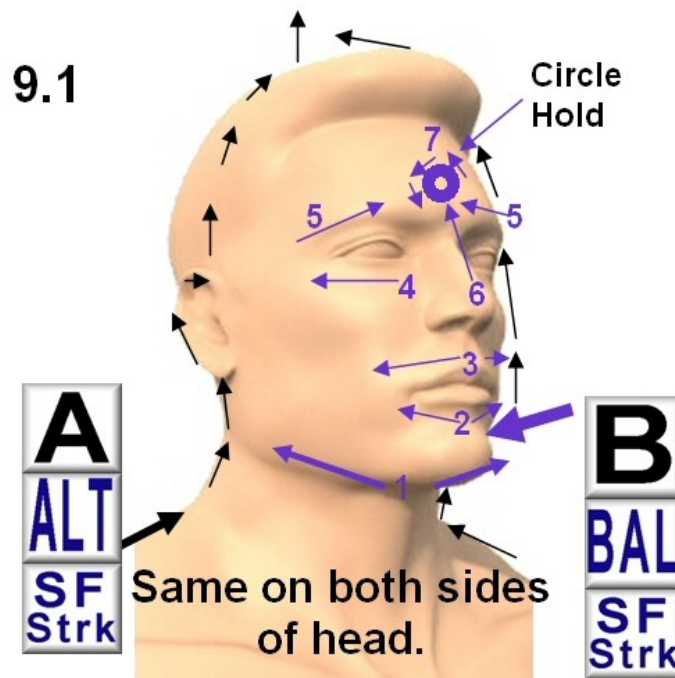
4 - Under eyes from center out.

5 - Above eyes from out to center.

6 - From the bridge of the nose up to third eye.

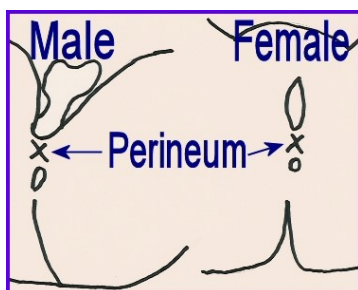
7 - Perform a counterclockwise circle at the third eye a few times and hold lightly on third eye and keep it there for optional step 10.

*(Note: When doing **B** section you may want to cover more of the head area with strokes in between the diagram numbers shown from 1 to 6.)*



10 Tantric Touch Technique

*The root chakra in the male body is located slightly inside the perineum, midway between the scrotum and the anus. There is a vestigial gland at this point which is like a knot. The moment the knot is opened, the energy awakens. If this energy goes up the body rather than out the sexual organ, awakening of the kundalini can occur. This is the intent of **TTT**.*



10.0: While maintaining contact with your finger on the third eye from step 9, take your middle and index fingers on your other hand and put them together straight out while tucking in your thumb and end fingers. With these two finger locate the perineum and place them lightly on it. (*shown in diagram*). Find a comfortable placement. You should

now have your two fingers on the perineum and one finger on the third eye. Sense the energy flow between the two points.

Say the following to the client:

- (A) I want you to take a deep breath in on my count of four (*facilitator counts to four using 1 second intervals out loud*) 1, 2, 3, 4
- (B) Exhale 2, 3, 4 (*facilitator counts out loud using 1 second intervals from the word exhale starting with 2*)
- (C) Inhale 2, 3,4 (*facilitator counts out loud using 1 second intervals from the word inhale starting with 2*) D– Repeat B through C a few times E – I want you to keep breathing this way for the remainder of the session.

Note: Section 10 is optional on men - and should only be performed on a women if you are the women's partner or have established a good relationship due to legal issues that need not be explained.

10 Tantric Touch Technique

10.1: A - Hold until you sense in your imagination that the two fingers are linked together and balanced. (*perform 10.0 during this stage*)

B - Pulse the perineum 3 times (approximately 1/2 second per pulse) by pushing in with more pressure than the snugness you already have for each pulse. At the beginning of each pulse imagine a lightning bolt coming out of your finger up to meet the finger at the third eye. At the end of each pulse maintain the snugness you had before the pulse.

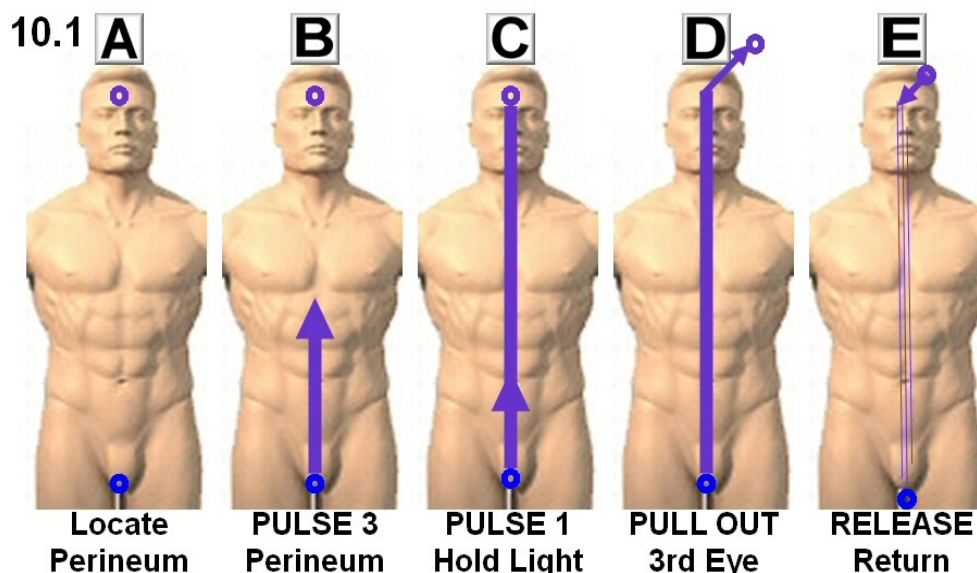
C - Pulse once again but instead of releasing the pulse hold it with the pressure at the top of the in pulse. Hold for about three seconds or until it feels right. Imagine a full tube of light between the two fingers.

D - Maintain perineum pressure while removing your finger slowly straight up from the third eye about eight inches. Feel the energy pulling up from the third eye as though there was a string attached to it.

E - At the top of the pull out slowly release the pressure at the perineum as you move your finger back to the third eye.

Repeat B through E until it feels right.

Note: You may want to experiment with D and E feeling a string like energy between your fingers in a back and forth motion like an elastic band moving out from the third eye as you push into the perineum and releasing the perineum as you move back to the third eye. Do this after you have completed A through E and it feels right.



11 Tantric Touch Technique

11.1:

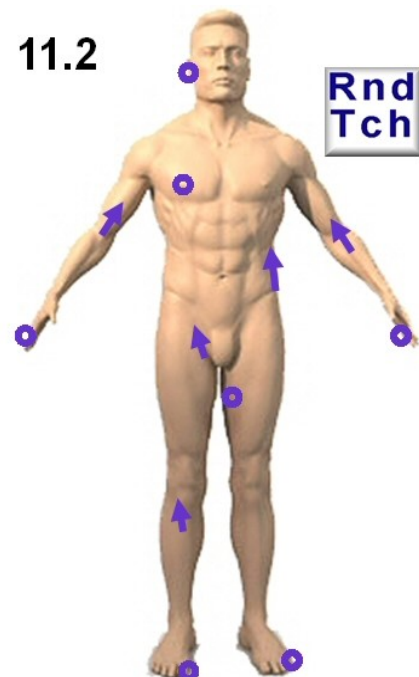
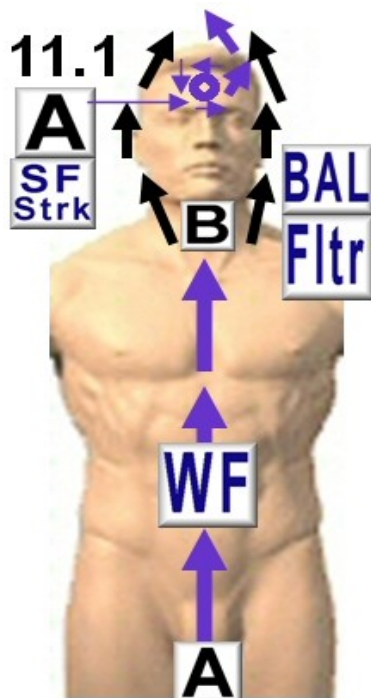
A - From below the groin perform a waterfall up over the groin straight up the center of chest while at the same time you are spiraling the finger on the 3rd eye counter-clockwise. Just before reaching the collar bone with the waterfall bring the third eye finger out the top of head with a single finger stroke.

B - Move the free hand to meet the other at neck and perform a balanced flutter up sides of head and out the top of head.

11.2: This is the time where you can get creative and adventurous. With all the techniques you know perform random touch, waterfalls, waves, roll-overs over all parts of the body.

Remember to touch the edges of the little toe, big toe, ear, and inside thigh with short light touches as you do random techniques all over. Make sure you are moving randomly without any predictability. This is very important for the client to go to deeper states as the randomness keeps the mind in an aware unexpected state of mind.

You can do this stage for as long as time allows.



11 Tantric Touch Technique

11.3:

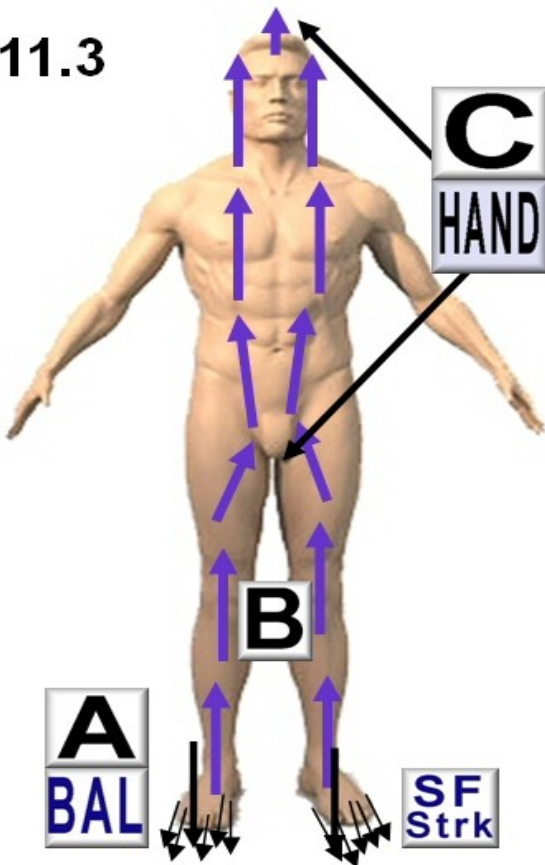
A - Start at the ankles and perform a balanced single finger stroke for each set of toes starting with the little toes and ending with the big toes.

B - Perform a feet to head balanced waterfalls and then a feet to head wave.

C - Put one hand on crown and the other under groin and hold until it feels right and gently remove both hands. (*you can place the one hand over the heart instead of the groin if that is more comfortable for the client*)

11.4: Allow the client to just be for a few moments and then place your

11.3



hand on the client's shoulder

Say; "*their name* - how are you feeling?" (*wait for response*).

Say ; "just lay here for a few minutes, and relax. Take your time and when you are ready you can sit up".

Be near but not staring over them. Give them some space. Don't be too far away, so when they are ready to sit up you have a glass of water ready to give them. It is always important to give water at the end of a session to help bring them back.

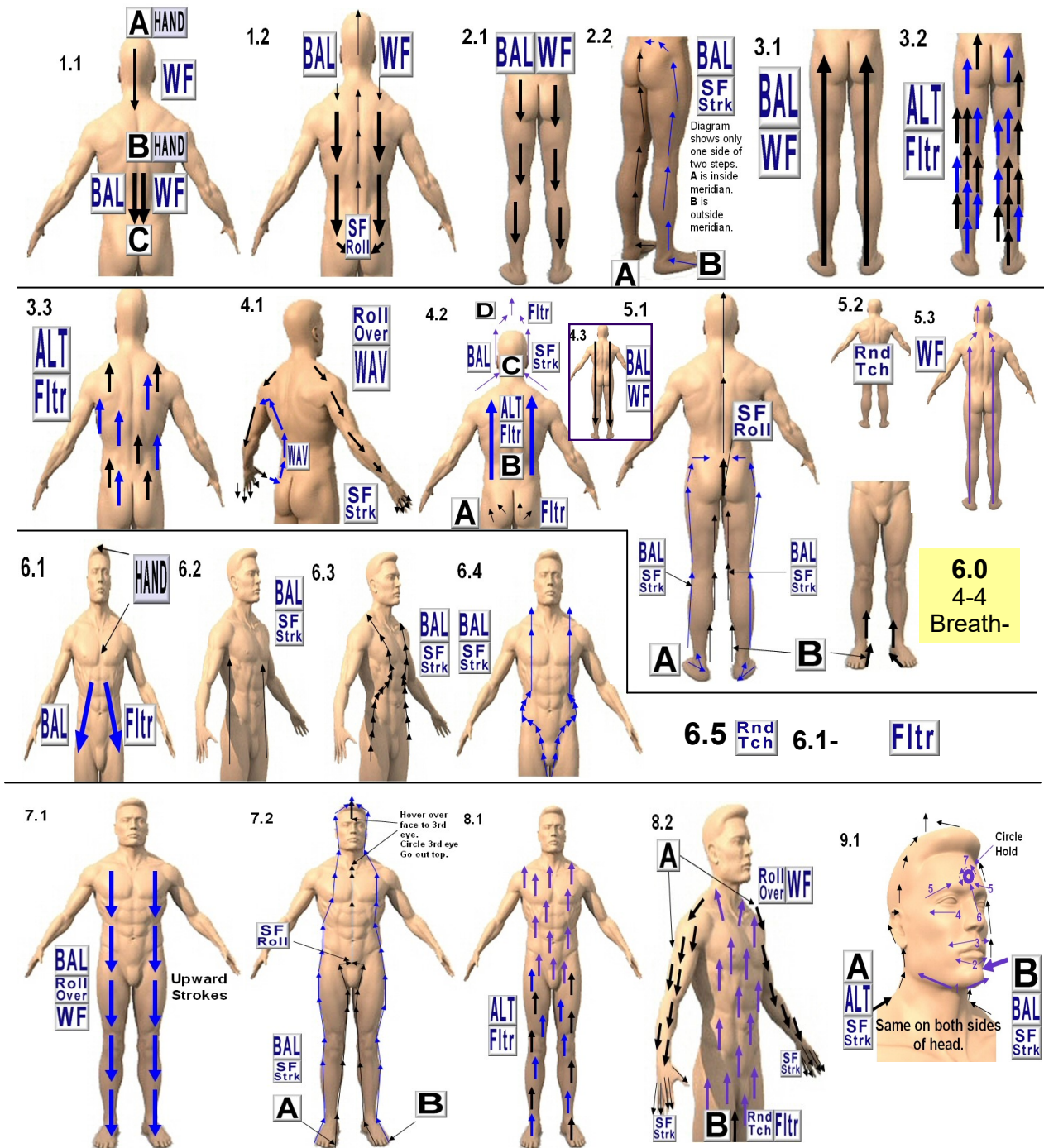
If they need grounding, simply brush your hands in a balanced wave from head down the body and out their feet.

Ask them what they experienced and discuss it with them a bit.



Quick Reference Guide A

1.0 4-4 Breath-

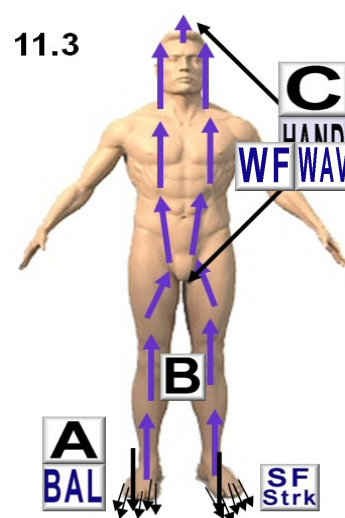
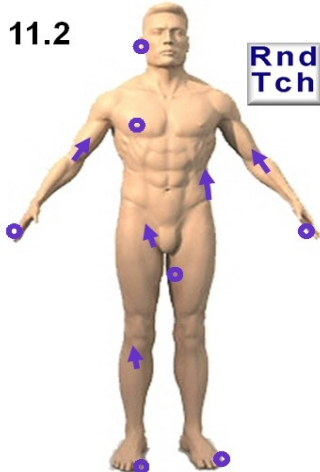
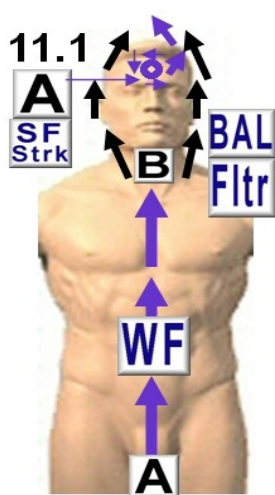
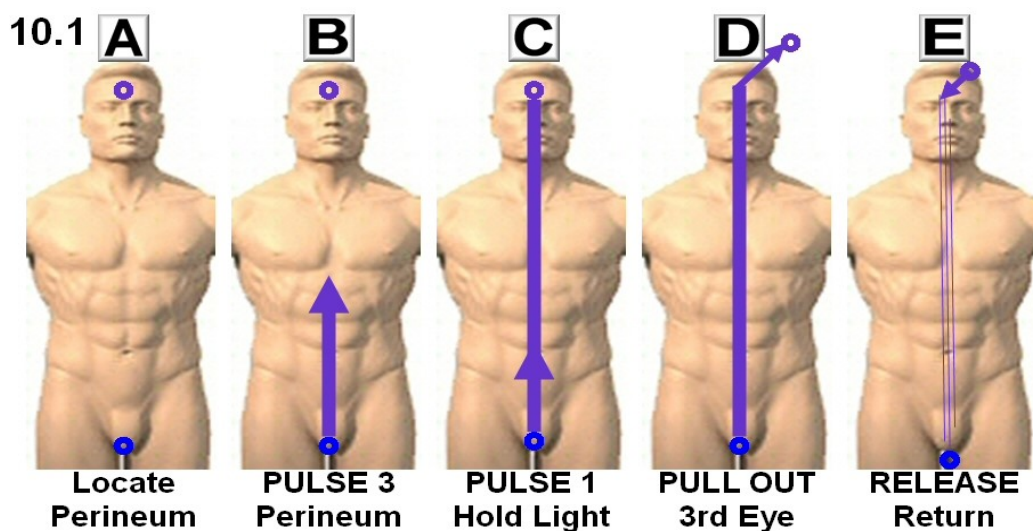




Tantric Touch Technique

Quick Reference Guide B

10.0 4-4 Breathing Reminder



MY
NOTES



Tantric Touch Technique



TTT One Hour Sound Audio CD/Mp3

The audio sounds on this CD/Mp3 are © 2007 Partners In Rhyme, all international right reserved'

This audio title may be used as part of the total **TTT** experience as background music during the **TTT** session. Once you get familiar with the sound dynamics of the recording. You as the facilitator will be able to use it as a guide for a one hour session and sessions exceeding one hour in half hour intervals. In addition, the client will be able to synchronize their own breath to the sub rhythmic sound of a whale spray.

Here is how the audio is laid out and how to use the indicators during a session:

- 00:00-00:10: Soft sound of ocean. (Turn on audio and place hands on client)
00:10-21:41: Soft sound of ocean with 4 second interval whale spout peaks.
(Begin with client 4-4 breath coaching in synchronization with the sound of the whale spout and proceed with steps)
21:41-22:01: Soft sound of ocean.
22:01-22:47: Gentle sound of seagulls with ocean.
(Reminder to facilitator that you will need to turn client over in a few minutes and to finish up the side you are working on)
22:47-25:01: Soft sound of ocean.
25:01-25:47: Gentle sound of seagulls with ocean.
(When you here the seagulls the second time you should turn the client over and place hands on client referring to step 6.1)
25:47-26:00: Soft sound of ocean.
26:00-54:41: Soft sound of ocean with 4 second interval whale spout peaks.
(When you here the whale spouting give client breath coaching as in step 6.0 and then proceed with steps following.)
54:41-55:05: Soft sound of ocean.
55:05-55:51: Gentle sound of seagulls with ocean.
(Indicator to facilitator to finish the session at one hour or a turn over of the client if a longer session is in progress in a few minutes)
55:51-55:19: Soft sound of ocean.
55:19-60:01: Gentle sound of seagulls with ocean.
(Indicator to make final preparations to end the session or turn over the client. If you continue use the same protocols of indicators for as long as the session lasts. Making sure you turn over the client every 25 or 35 minutes.)

Once you are familiar with the **TTT** steps you will easily be able to synchronize the steps to fall within the time frame for which the audio was intended. You don't have to use this audio, it is completely up to you, but I am confident that you will like it.

If you don't want to use this audio, may I suggest either a quiet room or a room with a light water fountain trickle.

4-4 Client Breathing

As indicated in designated steps throughout the session a client is instructed to breath in a 4-4 manner. Four seconds out, four seconds in.

The following instruction can be discussed with the client so they understand how to breath when you give the short version of instruction during a session.

Inhale Breath count of 4

Breath a beam of pure white light from the galactic core in through the top of your head down into your heart. At the same time imagine a beam of light from the core of the earth coming up through your perineum at your base charka point meeting up with the other beam at you heart center. The two beams of light become one and expand into a concentrated ball of light at your heart center

Exhale Breath count of 4

Feel a sense of great love continuing to pour in from the galactic core and the earth as you exhale. Send this energy out from your heart in all directions forming a sphere of white light all around your body. With each exhale this energy will increase and expand all around you creating an energy field of divine presence.

This breathing technique was adapted from ancient Egyptian teachings to which the young priests would learn early in their developments. It is used was used a basic breathing method for reaching higher states of consciousness.

You can use this in your daily life to empower and protect you body from negative energies that seem to come from just about everywhere. It will maintain your center throughout the day. Be aware of the state of mind you are in every moment. **TTT** in conjunction with using this breathing in your daily life can help you develop your awareness of your energy body.





A final word from the developer on Version 1.6

Upon completion of Version 1.4 of the ***Tantric Touch Technique*** Guide Book and the ***TTT*** one hour audio in 2007. It was decided at the time to postpone the production of the DVD home study course and certification programs. I felt that this was a work in progress and needed further development and experimentation before finalization of a certificate program.

People are ready for this type of energy work now. A Video course may come in the future but for now the course is offered in print only. Follow us at our website for any changes, updates and in person courses which may be offered from time to time. Use it well, use it wisely.

I hope that you will contact me with questions and feedback as you learn the material within this guide book of the second public release Version 1.6(2019).

Brad R Wright, Developer

If anyone is interested in learning ***TTT*** as presented in this guide book (on a one to one or couples hands on experience, you may contact me at:

Website: lucidlotus.com

Brad Wright
Lucid Lotus

London, ON Canada