

WORSHIP HIM

A Tantric Ritual of Devotion, Presence & Pleasure
by Somatic Barr

This ritual is for conscious adults in a consensual relationship. It is an educational and experiential practice, not a substitute for medical or psychological treatment.

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Introduction - A New Way of Touch

This ceremony is an invitation to explore touch as a language of love rather than performance.

To “worship” means to bring awareness, curiosity, and heart into every movement.

You don’t need to know tantra.

You don’t need to “do it right.”

You simply need to be here - breathing, feeling, and connecting.

This ritual is about:

- Learning to slow down and feel.
- Communicating with honesty and care.
- Using touch as a mirror of presence.
- Discovering new forms of intimacy beyond habit or expectation.

Preparing the Space

Before you begin, take time to create the atmosphere. You'll need:

- Natural massage oil - cold-pressed sweet-almond or coconut 100 % organic.
- Clean, soft towels and sheets.
- A candle or soft lighting.
- Music that feels sensual and grounding (you can use my playlist "Tantric Connection").

Stimulate the five senses of your man - letting sight, sound, scent, touch, and taste merge into one experience. **Get creative.** When all senses are awakened, the body naturally opens, and the mind begins to surrender.

Trim nails, wash hands, warm the oil between your palms.

This is not a technical massage - it's an experience. Let yourself be playful, open, and attuned.

Arrival - Breath & Intention

Sit beside your partner.

Place one hand on your own heart and one on theirs. Breathe together - slow inhale through the nose, long exhale through the mouth.

feel both bodies begin to soften.

Invite him to breathe deeply into his belly.

Each breath becomes an anchor of safety and presence.

Encourage him to keep breathing deeply throughout the ritual - **each breath helps his body stay open, relaxed, and connected, allowing pleasure to move freely rather than build tension or control.**

The Four Elements of Touch

Touch has many languages. Each element carries a unique energy. You can flow between them intuitively during the ritual.

Earth is the foundation - use your full hands, steady and slow, pressing into the body with gentle weight. It feels grounding and reassuring, helping him relax and trust your touch.

Water invites flow - long, gliding movements that melt one area into another, like waves rolling over the skin. Allow your rhythm to be fluid and natural, guiding your breath with each stroke.

Air is the whisper of sensation - light fingertips, gentle brushing, soft circles or a teasing hover just above the skin. It awakens sensitivity and playfulness.

Fire brings warmth and vitality - use slightly firmer pressure, shorter movements, or stimulating strokes that build heat and awaken the body's energy.

Start with Earth and Water to settle and connect.

As he opens and breath deepens, weave in Air and Fire to energize and awaken.

Stay attuned to his breath, sounds, and subtle movements - they'll guide you to know which element he needs in each moment.

You can always ask softly, "How does this feel for you?" or "Would you like it softer or slower?"

Let his body and words guide your rhythm: communication is part of the pleasure.

Exploring the Body

This part of the ritual is about **discovering rather than doing**.

Awakening the body through touch and breath.

How to Begin

Start by warming your hands with oil. Then, let your palms explore with large, slow movements.

Move from shoulders to hips, from chest to thighs, always keeping your hands connected to his skin so he feels your continuous presence.

You can use:

- Flat palms for grounding (Earth element).
- Flowing circular strokes for softness and connection (Water).

- Light fingertips or brushing movements for teasing play (Air).
- Deeper pressure, spanking (communicate before) or scratching with your nails for warmth and activation (Fire).

Move slowly, following his breath - inhale as your hands travel up, exhale as they glide down. Pause often. Let him feel the space between touches as part of the experience.

Erogenous Zones - Pathways of Pleasure

Every man's body is unique, but there are areas that tend to awaken easily when touched with attention and care.

These are not just "sexual" zones — they are energetic doors to connection, safety, and pleasure.

Ears

Lips

Neck

Nipples

Frenulum

It is highly sensitive and the primary trigger of orgasms in people with penises.

Perineum

Highly sensitive patch of skin between the anus and scrotum

Scalp

Full of nerve endings and even the slightest brush of the hair can send tingles through your body.

Eyes

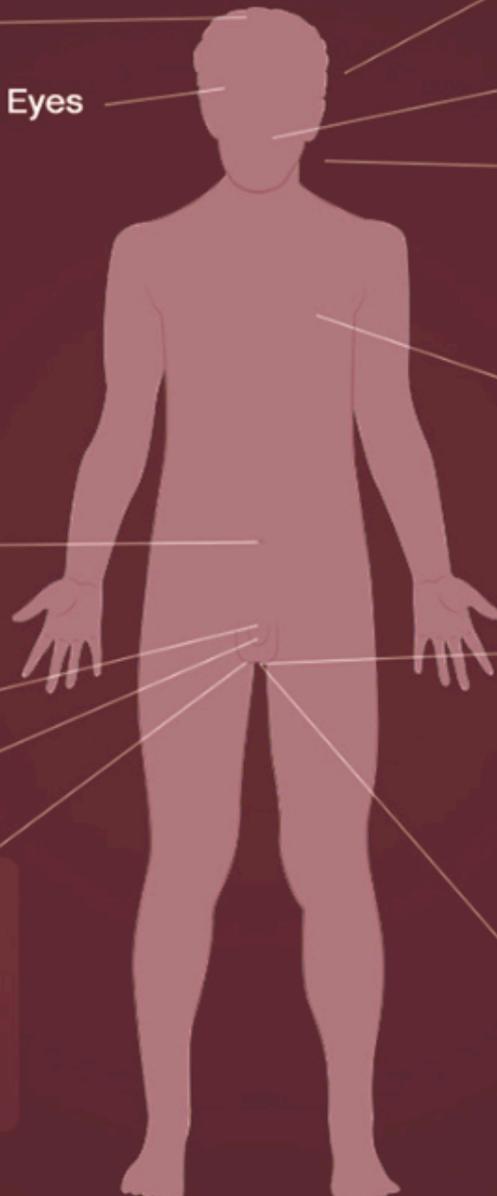
Belly button

Penis

Foreskin

Scrotum & testicles

It has a similar number of nerve endings to the vagina and is responsive to being touched.



The scalp, ears and neck - full of nerve endings that melt tension. Run your fingers through his hair, trace circles around the base of his skull, and glide down to his shoulders.

The chest and nipples - connected to the heart. Use your palms or fingertips to make slow circles; vary between soft and slightly firmer touch. Use your mouth to tease his nipples.

The belly and hips - this area holds both strength and vulnerability. Glide your hands in broad, soothing circles. Breathe deeply here; it invites relaxation and emotional release.

The lower back and buttocks - often where men store physical tension. Use long, grounding strokes or slow, circular movements with your palms to help him release.

The inner thighs - one of the most sensitive areas of the body. Approach slowly and respectfully. Use alternating pressure and rhythm, always staying tuned to his breath and comfort level.

Lingam Massage

Awakening the Energy. Begin by focusing on the inner thighs. Use slow, fluid strokes that start near the connection between the testicles and the perineum (the area between the genitals and anus).

With upward movements, begin to expand your strokes to invite the energy to rise.

Always move from the base upward — this direction guides the sexual energy to ascend through the body, awakening vitality and expansion.

Holding Technique – Building Presence. A wonderful way to start is the holding technique. Gently hold the lingam or the testicles with both hands, as if you were embracing them with love and reverence. Maintain a few deep breaths together. There is no movement - only stillness, presence, and intention.

During this still hold, begin to connect energetically. Feel his breath, his pulse, and the life force in your hands.

Intention and Connection

Close your eyes for a moment and bring awareness to your heart. Ask yourself:

Who is this man to me right now?

What do I wish to awaken, honor, or mirror in him?

Tantra invites you to infuse every touch with intention. It is not only a physical act - it is an energetic dialogue.

Stroking Techniques

After establishing connection, begin with slow upward strokes using warm oil.

Keep movements ascending from the base toward the tip of the lingam.

You can move your hand in circular or spiral motions, or like the hands of a clock.

Alternate between:

- Slow, continuous strokes
- Moments of stillness (holding without movement)
- One hand steady at the base while the other moves
- Gentle, teasing touch only on the glans (the head)

Maintain a rhythm that feels intuitive - sometimes slowing down, sometimes increasing the pace - but always staying connected to his breath and responses.

Body Awareness and Communication

Observe his body closely. Notice how his breath changes, how his hips move, how his energy shifts.

Encourage verbal and non-verbal communication

- a simple question such as:

“How does this feel?”

“Would you like slower or faster?”

Stay attuned to his sensations.

Supporting Touch Around the Body

Include open-handed touch and slow pressure on nearby areas - the lower abdomen, inner thighs, and buttocks - in circular, grounding motions.

This helps relax the pelvic area and expand pleasure beyond the genitals.

You may also explore:

- Soft teasing of the glans
- Perineum pressure combined with lingam strokes
- Scrotum massage: gently separate the sac from the testicles and massage each individually
- Exploring textures with fingers, lips, or even gentle teeth play
- Temperature play: alternate warm and cool sensations (keep tea and cool water nearby to play with temperature contrasts)

Breathwork and Energy Circulation

Guide your partner to inhale as your strokes move upward - this connects breath to rising energy.

Breathe together; synchronize the rhythm of breath and touch.

Edging – Cultivating Mastery and Control

When your partner approaches orgasm, introduce the practice of edging - staying close to climax without crossing it.

Encourage deep breathing and energy circulation up the spine, visualizing the pleasure moving through the whole body.

Teach him to:

- Breathe through the intensity
- Relax the pelvic muscles
- Focus the mind on expanding the energy, not releasing it

This practice develops awareness, stamina, and full-body orgasmic capacity.

Golden Tip – Retaining Energy Before Ejaculation



Just before ejaculation, you may notice the testicles lift slightly within the scrotum - this is a natural reflex.

At that moment, gently hold them and pull downward.

This action helps to:

- Delay ejaculation
- Redirect energy upward
- Intensify the pleasure and prolong orgasmic waves

Always maintain sensitivity and communication throughout.

Tantric Lingam Massage is not a goal-oriented act - it is a ritual of presence, reverence, and energy awakening.

Each stroke, each breath, and each pause is a prayer through touch.

Closing the Ceremony

Take a few moments of silence. Let your hands rest upon his heart or belly. Breathe together and feel the pulse between you - the energy that has risen now flowing softly through the body.

This ritual is not about connection.

Let it end in stillness, in gratitude, in quiet reverence.

◆ Continue the Journey ◆

To deepen this experience, listen to the guided audio version of “Worship Him.”

You’ll be guided through breath, intention, and touch - a full-body worship ritual that blends sound, rhythm, and presence.

Your devotion is the medicine. Your presence is the prayer.

Stay Connected

Ready to go deeper?
Explore my other offerings



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Thank you for walking this path with me.
May this ritual remind you of the beauty, depth,
and sacredness of touch.

With love,
Barr

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