



## Core Teachings and Practises

**The Tantra Module, via audio recordings covers the following teachings:**

- ❖ What is Tantra?
- ❖ The Feminine Energy within
- ❖ Yearning to Be
- ❖ Our addictions in relationship
- ❖ Sexual Fire
- ❖ Blocking the flow
- ❖ Releasing the flow
- ❖ Feminine Higher Self Contact for Tantra
- ❖ Opening the Chalice
- ❖ Soul to Soul Connection
- ❖ The Masculine Energy in Expression
- ❖ Calming the Masculine Urge to Separate
- ❖ Sexual Flow
- ❖ Raising the Energy Up
- ❖ Grounding the Energy through the Heart
- ❖ Masculine Higher Self Contact for Tantra
- ❖ Uniting your Soul, Feminine and Masculine
- ❖ The Sacred Breath of Tantra
- ❖ The 7 Chakra Opening
- ❖ The 7 Chakra Union
- ❖ Sharing Energy with Others
- ❖ Merging Bodies and Chakras, with Love

# The Self Mastery School of Tantra



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- ❖ Aligning your Intention to Unconditional Love in Relationship
- ❖ Joining in Presence, Higher Self Union for Tantra
- ❖ Your Council with the Illumined Beings
- ❖ Illuminating Your Energy and Chalice
- ❖ Assisting Others to Heal their Feminine
- ❖ Assisting Others to Heal their Masculine
- ❖ Assisting Others to Heal their Relationships
- ❖ Opening The Tantric Vehicle for Energisation in life
- ❖ Activating The Tantric Vehicle for Healing or Union
- ❖ Honouring Tantra as Sacred – The Practise of Tantra

**The Tantric Practises are offered via 30 to 45 minute audio recordings. Each one is the primary practise for one month.**

- ❖ The Tantric Breath - Illumination of Your Body & Organs – Practise for Tantric Flow & Health
- ❖ Tantric Love Connection – Your Soul's Illumination of Love & Intimacy
- ❖ Tantric Heart Practise – Clearing and Illumination of your Tantric Heart
- ❖ Tantric Dreaming Practise – Increasing your Magnetic Body of Attraction
- ❖ Tantric Heart/Mind/Body Practise – Energising the Chakras and Living Tissue for Increased Life Energy and Balance within your Sensuality/Sexuality
- ❖ Tantric Heart-Mind Practise – For Communion - Inner Union
- ❖ The Sacred Chalice Practise – For Increased Tantric Connection to all of Life
- ❖ Holy Chalice Practise – For Expansion of your Intimate Tantric Heart
- ❖ Tantric Union Practise – Heightening of your Tantra – Raising of your Divine Energy from your energy core
- ❖ Tantric Channel Process – For Communion with God
- ❖ Tantric Healing Process – For Regeneration of your Body
- ❖ Tantric Healing Process – For Union with your Divine Partner



## **The Self Mastery Module (via audio recordings) covers the following material:**

- ❖ Your Divine Connection – An Energy Practise (30 min audio recording)
- ❖ Your Heart Connection – An Energy Practise (30 min audio recording)
- ❖ Your Masculine/Feminie Alignment – An Energy and Consciousness Practise (45 min audio recording)
- ❖ Your Lightbody Alignment – An Energy Practise ( 45 min audio recording)
- ❖ Your Heart Expansion – An Energy Practise (30 min audio recording)
- ❖ Anchoring Your Divine Presence – An Energy practise (45 min audio recording)
- ❖ Your Consciousness Alignment – An Energy and Consciousness practise (30 min audio recording)
- ❖ Duality/Separation Issue Clearing Process – An Energy and Consciousness practise ( 45 min audio recording)
- ❖ Accessing your Divine Wisdom – An Energy and Consciousness practice (45 min audio recording)
- ❖ Soul & Spirit – Body & Mind Balance for Wholeness – An Energy Practise (30 min audio recording)
- ❖ Opening to God Presence – The Divine Vehicle – An Energy Practise( 45 min audio recording)
- ❖ Holy Communion with God Presence – An Energy and Consciousness Practise (45 min audio recording)