

certificate in tantric practice + diploma of tantra & sacred sexuality

commences in Feb 2017 and offered again in Jul 2017 (6 month intensive program)

overview 2017

What is tantra and sacred sexuality?

Tantra is a practice consisting of principal ideas pertaining to all aspects of our mind/body/emotional state of 'being'.

The weaving of the masculine and feminine components (energy) we all comprise as individuals, become a reflection - aligning us with our cosmos (Universe/Shiva) and Earth (Gaia/Shakti).

This is noted as consciously co-creating unity (balance), harmony & ecstasy (often via sacred connection but not exclusively sexual in behavior or adaptation). Sexuality is deemed as a higher aspect of this vibrational portal for direct ascendance & enlightenment, hence its sacredness as 'rite of passage'.

There's a saying, "Without Guru and mantra, there's no Tantra", however we are all Gurus today once we seed tradition with intention and water it with love. Tary

NOTE: As this is an experiential and deeply integrative learning, students are advised that they may activate core beliefs (often laying dormant in the base and sacral chakras). In doing so, you may experience shifts related to your perceptions around abundance, creativity and family of origin. Resistance is common when we begin to expand upon what we do know. This is where the mentoring sessions can come into play to support you through this process.

**Please note that all classroom activities are completed fully clothed with no sexual touch involved.

What does a session with a Tantra Practitioner involve?

The trained practitioner offers an introductory conversation to prepare clients for what may

unfold during the process of relaxation into surrender (a state of non-ego as having expectations are generally associated with attachment to outcomes).

There are 5 keys to tantric relational practices which include energy activation - not specifically arousal through genital stimulation, nor is pleasure the only goal. Whether an individual or a couple wanting to practice together to deepen their union (utilizing their own polarity) it is through various tools of meditation, sensory awareness, breath, movement and mindful positioning of the body that clients learn how to harness and activate their energy centres.

The person becomes aware of their emotional intelligence, creating a container for unconditional love (with self) and how to recognize their inherent roles as men and women, our biological link to desire and external conditioning of masculine/feminine archetypes; recognizing how this plays out in all areas of their life.

They may experience a Kundalini awakening, emotional release (chakra blocks, old emotional/cellular wounds especially but not exclusively sexual repression, abuse, illness, highly sexed, shamed, guilt) and discover many parts of their existence that may have been under-valued - hence less blissful and without depth or purpose in not only external relationships but with one's own body + spirit.

This pathway is therapeutic as well as being a guide toward feelings of bliss and individuation (ascension of body + spirit + mind state) to overcome all of life's obstacles.

Post session debriefing is conducted to clarify feelings, outcomes and ground the client, assuring they are safe to leave and integrate with the outside world (always highly recommending they have prepared for free time to allow the feelings some space for processing as often there is a

'body orgasmic' euphoric state of being, or a mental recognition of patterns that have become problematic and require further investigation.)

Who is this program for?

This program is highly suited for anyone seeking to awaken and/or expand upon their own psycho-spiritual, sexual and energetic transformation. Through the unveiling of prejudicial constructs, these ideologies arm the practitioner with Universal knowledge and gifts for healing that transcend all modalities as separate. Potential practitioners will be able to more clearly identify laterally and metaphysically with the essence of human sexuality, which is recognized and embodied as a portal for deep and effective support to cultivate better human relations, sustain and overcome long held beliefs, religious or cultural conditions that may be in opposition to one's higher truth - leading to illness and often curtailing into the deprivation of intimate connection.

Tantra practice is fast gaining credibility as it is being increasingly identified for its valuable in having the capacity to honour our human values & conditioning. Tantra creates an easier, natural – and often quicker and much more soothing pathway to Life Source and healing).

Course structure over 6 months Intakes Feb and July

1. Certificate in Tantric Practice can be completed in 1 term (see subject outline).

Tantra & Sacred Sexuality - Introduction: 1-day weekend workshop

Tantra Philosophy and Conscious Relationships: 3-day workshop

Tantra 5 Key Practices: 5-day workshop

Min 1 mentoring session with Taryn Harvey

2. Diploma of Tantra and sacred sexuality

Tantra & Sacred Sexuality - Introduction: 1-day weekend workshop

Tantra Philosophy and Conscious Relationships: 3-day workshop

Soul Centred Communication Skills 1: 2-day weekend workshop

Tantra 5 Key Practices: 5-day workshop

Reiki 1 :2 -day workshop

Sacred Sexual Healing & Body Awareness in

Practice: 5-day workshop

Tantra Clinic Component: minimum of 15 hours

Individual mentoring Sessions: minimum of 4

This program is offered over 6 months, however students may wish to take longer to complete the clinical component. It consists of theory, explanation, demonstration, workshops.

Subjects

Tantra & Sacred Sexuality - Introduction

Are you keen to understand more about this widely popular practice? Our one day workshop will give you an overview of the origins of Tantra and how it has become linked into the Western view of sex. Sacred Sexuality will be explained and core Tantric practices will be explored within a safe, non-threatening and non-invasive environment. Comfy clothes are recommended for the exercises. Movement is at beginners level.

Pre-requisites: none

Facilitator: Taryn Harvey

Tantra Philosophy and Conscious Relationships

(Philosophy, ritual and Evolution toward Intimacy Today)

This is an informative and very valuable component of understanding the principles of Tantra & its origins. You will be taken back into a time of the Gods and their attributes; we will explore the origins and aims of Tantra and look at the wonderful and many colourful parts of this artful science of 'being'.

Levels of spiritual awakenings and Sadhana, Mantras, Yantras will be explained. Tirthas and Medicine of nature are also part of the learning (Ayurveda/Holy Places/Bliss).

Attributes and Mantras and all Deities in sound/vibrational form will be practiced.

We will visit the Kundalini concept and touch upon the magic of Chakras & energy philosophies.

This course will be incredibly rich and powerful in its content and outcomes for those keen to embody authentic Tantra living, loving & healing.

Although based upon Kaula school of Tantra, we will expand upon the many conditioned modalities to gain a wider understanding of its birthing into the Western domain, and the idiosyncratic play on perspectives that may or may not serve specific environments (personal practice; therapeutic-spiritual expansion).

Conscious Relationships: Many of us desire to experience more joy, love and compassion. But how aware are we in terms of what makes our relationships rich and rewarding?

Having worked in the sex industry and as a Sex and Relationships Therapist, Taryn will be drawing upon years of practical experience and research to show how by being 'conscious', a person becomes more valuable and dynamic in relationship to self and others.

Pre-requisites: Tantra & Sacred Sexuality - Intro
Facilitator: Taryn Harvey

Soul Centred Communication Skills 1

Learning how to work with clients and their presenting issues is part of effective healing practice. In this subject you will learn about the basic theory and frameworks of soul centred counselling and practise the fundamental mind-body skills and methods in a supportive environment. You will learn how to be with, hold and support the integration of a client's process to enable them to connect with a different level of their experience.

Pre-requisites: none

Tantra 5 Key Practices:

Key elements of Tantra will be explored individually and experienced in group practice. Much of this modality will be highly experiential yet infused with fun to ensure expansion and creativity.

You will learn about breath (pranayama) and be introduced to many various ('fire/cobra/ocean' to name a few) breathing exercises adapted in teachings today. There will be an introduction to yogic (yin) positions that are at the core of Tantra, along with energy clearing rituals; communication and sensory cues, movement & chakra activation awareness that make up the effective

practitioner's tool-kit.

Pre-requisites: Tantra & Sacred Sexuality - intro
Facilitator: Taryn Harvey

Reiki 1: 2-day workshop

Do you wish to experience more joy, love and compassion? The healing art of Reiki teaches us to work in balance and harmony with the Universal Life force, allowing energy to flow through us and be of benefit unconditionally to self, others, animals and our environment. Reiki is much more than a therapeutic tool, it is a path of self-empowerment, a spiritual journey inviting us to be deeply centred in the heart. Practicing Reiki we develop greater connection with our true nature. As you radiate love and joy, it allows others to connect with their own love, joy and healing.

Pre-requisites: none

Sacred Sexual Healing & Body Awareness in Practice: 5 days

Here is where we begin to plunge into the depths of human consciousness via the portals of the physical, energetic and spiritual body. In these teachings we will review the nature of our physical body and sexual behaviours. We will be discussing how our community and education has impacted upon health and intimacy most people are trying to sustain in today's world.

Sacred Sexuality is about empowerment in as much as it is about anything purely physical, so we will delve into the many workings of the energetic connection and how this aligns with spirit. We will also explore the mental & emotional body, how to use integrative psych based practices around cellular memory, emotions & beliefs. Coaching & Counselling techniques will be explained in terms of functionality when working 'hands on'.

Healing begins at a core soul level, so once the source of wounding is uncovered, you will be shown how to identify, guide and nurture the individual in consciously activating their own desire to acknowledge and accept what is revealed. The source can either be toxic or debilitation (e.g emotional such as beliefs around religious sex practices or fidelity – marriage/LBGQ or physical e.g sexual dysfunction including but not exclusive of erectile dysfunction, breast and cervical pain,

sexual fears/traumas e.g bad birth experiences; irregularities e.g. phimosis or penile implants, etc.)

We will be learning about the whole body, specifically working with the understanding of biological framework.

Body Awareness – Anatomy & Practical Demonstrations (clinic preparation & marketing)
There will be graphic educational tools incorporated within this module to ensure effective understanding, respect and honouring of the differences in male and female reproductive and sexual organs.

If and where appropriate, we will be conducting experiential practice (on consenting model).

This is an important part of Tantric Sexuality in healing and we will look at the many facets of body imagery (self-esteem/low self-worth and level of comfort at being present with the naked form.) This unit will comprise theoretical review of anatomic descriptions.

Best Practice:

As in any business that upholds the vulnerability of people, this Best Practice outline will teach valuable people-centred skills and how to conduct an ethical practice that is safe. You will be shown how to set up a practice with credentials, on-line marketing presence and government bodies (insurance liability, ABN, First Aid)

Pre-requisites: Tantra 5 Key Practices
Facilitator: Taryn Harvey

Tantra Body Awareness & Anatomy of Feeling: 3 - day intensive

This unit will comprise theoretical review of anatomic descriptions. We will be learning about the whole body, specifically working with the understanding of biological framework.

There will be graphic educational tools incorporated within this module to ensure effective understanding, respect and honouring of the differences in male and female reproductive and sexual organs.

Where appropriate, we will be conducting

experiential practice (bringing in a consenting model). However, as stated there is no sexual contact at any time.

This is an important part of Tantric Sexuality in healing and we will look at the many facets of body imagery (self-esteem/low self-worth and level of comfort at being present with the naked form.)

Pre-requisites: Sacred Sexual Healing & Body Awareness in Practice
Facilitator: Taryn Harvey

Clinic Component: 15 hours

Students will be supported in sourcing clients for practical experience, supervised at the Institute in preparation for graduation.

Pre-requisites: All courses
Facilitator: Taryn Harvey

Mentoring sessions

Individual mentoring sessions with Taryn Harvey are a required element of the Tantra practitioner training. A minimum of 4 individual sessions are required. All individual sessions are to be booked directly with Taryn Harvey.

Exemptions

Students who have completed Reiki 1 and/or Soul Centred Communication Skills 1 may be granted recognition of prior learning (RPL) upon provision of documented proof (if completed outside of Awareness Institute). No exemptions are offered for the Tantra specific courses unless previously studied with Taryn Harvey.

Who is Taryn Harvey?

A qualified Tantra Teacher and Relationship expert, Taryn has run her own successful practice on the North shore for over 6 years. Prior to this, she was a successful PR Manager in Pharmaceutical Healthcare, working on the launch of Viagra which leveraged her focus on men's & women's health strategies.

Today she regularly conducts workshops nationally and is known globally for her vision in presenting human sexuality as a personal developmental gift, plus health and pleasure as our birthright. Taryn

honours Tantra and Sacred Sex as it was once recognised in history and specifically within indigenous cultures today.

She holds Diplomas in Transformational Life Coaching, Holistic Counselling, certified in Tantra Teaching plus Chakra (Energy) healing and is a successful author of "Trust; a memoir about sexual abuse, spiritual awakening and healing sexual shame".

Texts (Tantric, Historic, Relationship & Psychology)

Tantrik Texts – Shiva Shakti Mandalam

(online www.shivashakti.com)

Kundalini Yoga for Strength, Success & Spirit

(Ravi Singh)

Sex Matters (Osho)

Dear Lover (David Deida)

Intimate Communion (David Deida)

Sex at Dawn (Christopher Ryan & Cacilda Jetha)

The Body is the Barometer of the Soul (Annette Noontil)

Owning your own Shadow (Robert A. Johnson)

The Heart of Tantric Sex (Diana Richardson)

Atlas of Anatomy (Taj Books)

Application for enrolment

Enrolment in the Diploma of Tantra & Sacred Sexuality is by application / interview only. You can apply by completing the online enrolment form located on the Awareness Institute website or by contacting the Awareness Institute on 02 9436 1644 and we will forward you an application form. An interview with you and Taryn Harvey will be organised at a mutually suitable time.

Non - practitioner options Certificate in Tantric Practice

Students who wish to explore the wonderful world of Tantra and how it can improve their relationships with others and themselves can enrol in the following courses only:

- Tantra and Sacred Sexuality – An introduction
- Tantra Philosophy and Conscious

- Relationships
- Tantra 5 Key Practices
- Minimum of 1 mentoring sessions

Students who satisfactorily complete the above will be eligible to obtain a Certificate in Tantric Practice.

This does not guarantee acceptance into the practitioner program at a later date.