

# certificate in tantric philosophy + diploma of tantra & sacred intimacy

commences in Feb 2018

## overview 2018

### What is tantra and sacred intimacy?

Tantra is a practice consisting of key principals: mind/body/energy & emotional states of 'being'.

The weaving of the feminine (Earth Gaia/Shakti) & masculine (Universe/Shiva) aspects we as individuals all comprise, aligns us with our cosmos – our Higher Self. It's a liberation of our human psyche within the physical body, allowing us to experience a heightened state of ecstasy.

By consciously co-creating unity (often via sacred connection but not exclusively sexual in behavior or adaptation) we raise our vibration & awaken Kundalini, allowing for direct ascendance & enlightenment, hence its sacredness.

**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.

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 body energy work that clients learn how to harness healing & energy activation.

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, sexuality 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 healing & nourished relationships).

**Course structure over 6 months  
Starts February**

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

**Tantra & Sacred Intimacy - Introduction:** 1-day weekend workshop

**Tantra Philosophy and Conscious Relationships:** 3-day workshop

**Tantra 5 Key Practices:** 5-day workshop

**Individual mentoring Sessions:** minimum of 2

**2. Diploma of Tantra and Sacred Intimacy**

**Tantra & Sacred Intimacy - 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

**Sacred Anatomy Awareness & Bodywork 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.

**3. NEW!! Post Graduate Studies: Sacred Touch Bodywork (for advanced students only)**

2 day weekend workshop

**Subjects**

**Tantra & Sacred Intimacy - 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'.

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.

Including but not limited to teachings in Kaula school of Tantra, we will expand upon the many modalities to gain a wider understanding of its birthing into the Western domain, and the idiosyncratic play on perspectives.

**Conscious Relationships:** Many of us desire to experience more joy, love and compassion. But how aware are we 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 dynamic in relationship to self and others.

**Pre-requisites:** Tantra & Sacred Intimacy - 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 (kundalini) sutras that are at the core of Tantra, along with energy clearing rituals; communication and sensory (eye gaze etc), movement that make up the effective practitioner's tool-kit.

**Pre-requisites:** Tantra & Sacred Intimacy - intro

**Facilitator:** Taryn Harvey

### **Sacred Anatomy Awareness & Bodywork in Practice:**

5 days

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.

Sacredness is about empowerment, so we will delve into the many workings of the energetic connection and how this aligns with 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 around the human genitals.

This unit will comprise theoretical review of anatomic descriptions and there is NO NUDITY NOR TOUCH other than 'reiki based energetic bodywork' techniques taught in these units.

### **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

### **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 other Diploma Subjects

**Facilitator:** Taryn Harvey

## NEW!! Post Graduate Studies: Sacred Touch Bodywork (for advanced students)

2 -day intensive

This advanced workshop provides the graduate student with additional skills to offer clients by focusing on sacred yoni and lingam bodywork and touch.

Topics include:

- mindful touch massage for healing
- restoring sexuality & nerve sensitivity
- reclaiming the experience of orgasm
- understanding, respecting and honouring the reproductive & sexual organs
- the many facets of body imagery including self-esteem, self-worth and level of comfort with the naked form.

We will be conducting experiential practice on a consenting model.

*\*\*Students please note the following:*

- *Students do not need to be naked*
- *Consensual partnering & privacy assured*
- *Live demonstrations (male & female)*
- *Practice is essential and will be monitored at all times by the facilitator Taryn Harvey*
- *There is no sexual interaction*
- *Above guidelines are to be met at all times*
- *Non diploma students may be accepted upon interview (based upon tantric experience / schooling)*

**Pre-requisites:** Diploma of Tantra & Sacred Intimacy or equivalent (contact admin to discuss if you have completed studies elsewhere)

**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 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 8 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 Sexuality 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 abuse, spiritual awakening and healing sexual shame".

### Texts (Tantric, Historic, Relationship & Psychology)

Tantrik Texts – Shiva Shakti Mandalam

(online [www.shivashakti.com](http://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 Intimacy 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

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 Intimacy – An introduction
- Tantra Philosophy and Conscious Relationships
- Tantra 5 Key Practices
- Minimum of 2 mentoring sessions

Students who satisfactorily complete the above will be eligible to obtain a Certificate in Tantra Philosophy.

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