

W E L C O M E

TO THE ONLINE
TANTRA TEACHER TRAINING



AGENDA

01.

The Path of Tantra.

02.

Decisions.

03.

Boundaries.

04.

Conscious touch.

05.

The Wheel of Consent.



THE PATH OF TANTRA

Tantra is the ability to see what is surrounding us **as sacred**, what is called transfiguration. It is about cleaning our mind and to see the divine in the other person.

Consecration - to take something ordinary and make it sacred.

In the spiritual path, it is believed that **all is one, all is consciousness or God**. In the Shaivism path of Tantra, it is called Shiva. It can also be called Shakti.

THE PATH OF TANTRA



The statue of the Hindu God Shiva, the dancer.



The statue Ganesha, the god of the beginnings.



THE PATH OF TANTRA

You can already be tantric when you see yourself and your partner as a god or a goddess. Imperfection – is a part of the cosmos. So, when you recognize your dark sides, you can learn how to be in the world with that.

But first, you need to understand:

WHO ARE YOU HERE AND NOW?

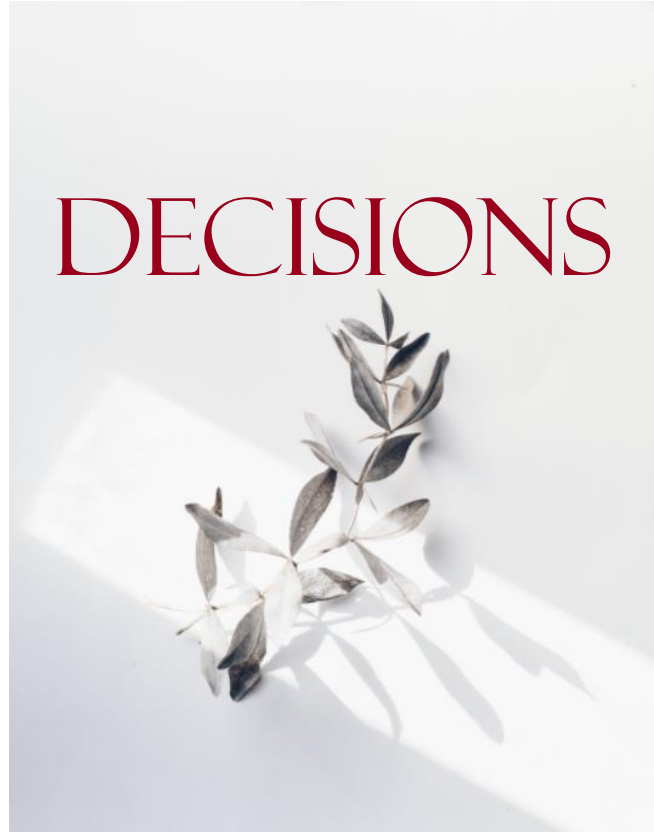
Before we start a path like this in Tantra, we need to understand what we want.

If not, you might have conflicts, it might be too difficult to act with consecration and too easy to lose your mind.

*We normally start making changes
when we start the Tantra path.*

When we come to Tantra, some people realize that they need to stop their relationship. Others want to fix it. But if they want to balance their mind, heart and spirit, they might end up finishing a relationship, discovering that your partner and you are on different levels.

This is why it is important to know who you are and why you are taking these decisions.



A good lover is that one who knows how to relax, how to let go, and without crossing any boundaries.

We need personal boundaries:

- to protect our essential Self,
- to show other people who we are,
- to teach others how we wish to be treated,
- to feel safe and respected enough to fully engage in a relationship.

Also, **boundaries are very personal**, we don't need to justify or defend them to anyone. Because with boundaries, we're just maintaining our essential Self.

BOUNDARIES



CONSCIOUS TOUCH

A tantric touch is a loving touch.

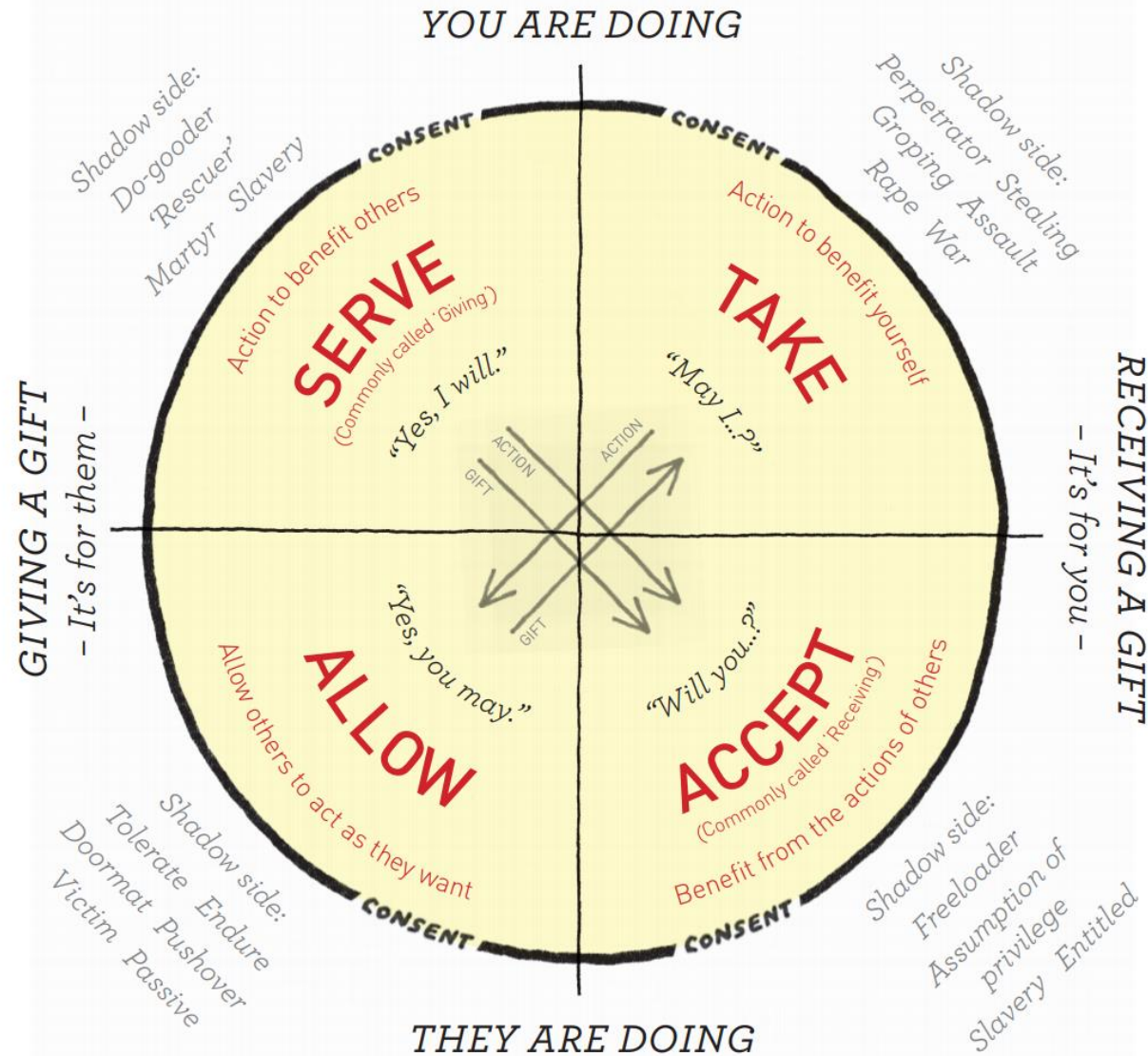
Through the tantric touch, you grow in Love and Consciousness.

Tantric touch is “touching without touching”.

Tantric touch is different from others because it involves touch just for pleasure.

In Tantra, it is believed that we are **vibrating energy bodies**. Tantric Touch activates this energy that moves in the body and it feels like pleasure.

THE WHEEL OF CONSENT



When we are in a relationship with another person, we can have some conflicts because we don't know who is the giver, who is the receiver.

In any instance of touch, there are two factors: who is doing and who it's for. Those two factors combine in four ways (quadrants). Each quadrant presents its own challenges, lessons and joys.

The circle represents consent (your agreement). Inside the circle there is a gift given and a gift received. Outside the circle (without consent) the same action becomes stealing, abusing, etc.

inner  camp

THANK YOU

