



"I embrace all that is"

Tantra is a path to embrace all that we are, including our sexuality, and to open ourselves to heal and grow through all the challenges we face day by day. In opening and learning from whatever we encounter in life, tantra shows us the way to integrate, celebrate and awaken in our daily lives. Below we share an experience of Helen, a recent participant on Living Tantra 1.

By Helen Moore about her LT1 experience

A white, Western woman living in the early twenty-first century, I'm privileged in many ways, and gratitude rises in my heart through my morning meditation. And yet why has it been such a struggle to reach a place where I feel good about my body, can inhabit my sexuality without shame?

In this society, where the feminine principle is still so undervalued and the female body shamefully dishonoured real work is required to heal the patterns of generations, to ensure that the damage inherited, particularly down the maternal line, ends with us. Recognising the fragmentation of communities and the pressure cooker of the nuclear family into which society forces us, I've chosen not to be a wife or mother, and instead to devote my life in service of the Earth. Still I long for loving, conscious relationship where my Beloved and I honour and inspire the Divine within each other.

Recognising that I've carried deep, unexamined wounds from my upbringing I've had to acknowledge that my underlying neediness for love has brought equally damaged men into my life, no doubt as mirrors through which we could heal. In the spirit of Living Tantra 1, I embrace all that is. I who am body, mind, spirit, so much vaster than the conscious mind, bring this dream fragment from the night after an LT1 tantric exercise in shared touch. I'm naked, covered in menstrual blood and bits of tissue (literally a mess!) Then a man carries me into a filled bath-tub. Shortly afterwards, its side breaks, and all the water comes flooding out. Shaking, groaning, shouting, dynamic meditation helps me access a subterranean lake of raw emotion, an infant cry emerging from my belly. Once again I wail and feel the rage of being neglected in my cot. Honouring this in myself and being lovingly witnessed in it, enables me to heal; or at least to accept my wounds. It also helps me soften in the experience of others' pain, to let our torn edges rest together, to feel our oneness beneath the illusion of our separation. And it takes me outdoors, barefoot, connecting with Mother Earth who supports my very being. I'm floating on the scent of Honeysuckle, dancing in the free-flow of my sexuality, feeling the divine feminine rising unfettered within. Joy and sorrow intermingling, I allow pain to co-exist in my heart, including all that I feel in the knowledge of our so-called 'civilisation' - sweatshops, uranium mines, industrial farms, deforestation, laboratories with cruel vivisection. Through Tantra, I embrace all that is, extending my heart in compassion, continuing my journey of healing through the process of engaged action in the world.

About Helen Moore: Helen Moore is an award-winning ecopoet and community artist/activist based in Frome, Somerset. Her debut collection, Hedge Fund, And Other Living Margins, was published by Shearsman Books in 2012, and her second, ECOZOA, is forthcoming. FFI: www.natures-words.co.uk

Next Living Tantra Training starts May 2015

(pre-requisite Living Tantra 1)

Inviting Intimacy (open to all)

3 - 5 Oct, Dyke Rd, Natural Health Centre, Brighton (non-residential)
This workshop invites you to experience new levels of intimacy and connection. In growing your awareness of body, mind, heart and soul, you become more "at home" with yourself. You'll learn to be both true to yourself and to feel into another person - at the same time; not to shut down, but to learn instead to open in consciousness. The workshop provides a safe and nourishing space that includes guided meditations and processes, dance, some physical touch, silence and reflection and sharing. Always you will be encouraged to be in touch with yourself, supported to open rather than shut down and to say a deeper and softer hello to this one that you are and to the ones that you meet.

Start time: 6pm Fri. End: 4pm Sun.

Cost: £165 early booking (by 8th August); £195 full price

Booking : 07875-241 547 hanna@awakenyourpassions.com

Conscious Relationship (for couples and singles)

10 - 12 Oct, Wilder Studio, Bristol (non-residential)

In this weekend workshop, we'll be exploring some of the patterns that hold us in unhealthy relationship patterns, and we'll be learning skills to help us bring consciousness to many aspects of relationship. The workshop invites you to show yourself, to feel into the other and to keep opening in consciousness. Whether you are single or in a couple, this workshop offers you the opportunity to dive deeply into what makes relationships satisfying, lasting and resilient in the face of difficulties.

Start time: 6pm Fri. End: 4pm Sun.

Cost: £130 early booking (by 10th September); £150 full price

Contact Lilamayi : 07737-794 378 lilamayi.oleary@gmail.com

Meetings without Masks (for singles)

Belgravia, London, Sundays (10am - 6pm)

"We all yearn to be seen for who we really are and that is what naked dating is about; being naked with your clothes on."

Meetings without Masks is a one-day workshop for 20 - 30 people (gender balanced) to discover a way of meeting that is fun, fulfilling and forms the foundation of healthy relationships.

Dates 2014 - 28th Sept, 16th Nov

2015 - 25th Jan, 22nd Mar, 31st May, 26th Jul,

27th Sept, 8th Nov

£72 booked online at www.meetingswithoutmasks.com

Standby tickets can be booked online for £36 pre-paid.

Passion, Power & Love (open to everyone)

28 Dec 2014 - 2 Jan 2015 (New Year) EarthSpirit Centre, Somerset

A heart-opening journey of conscious renewal and celebration, this annual event has become known as a turning point in the lives of its participants. What you will find here is a warm-hearted circle of conscious presence that guides you

- to enter the new year with your passion for life renewed
- to let go of the luggage you may be carrying from the year that is ending
- to become established in the personal power that enables you to create your life instead of being run by it

Cost: £355 (early bird £315 until 28th Oct) plus F&A (from £380)

For more details contact jan@janday.com, or call 0208-123 9831 visit www.janday.com

NB Early booking discounts are usually available, shown in brackets. Don't delay, book early!

Heart Centred Sexuality

"I just wanted to thank you for the workshop which seems to be working on a more profound level than I realised on Sunday."

Kate, participant

Living Tantra 1 (open to everyone)

This is a journey into fulfilling relationships and ecstatic sexuality. Living Tantra gives you a space where you can learn and grow into living and celebrating your natural, healthy sexuality with tenderness, consciousness, integrity and joy. It is a profound journey into deep recognition, acceptance, and friendliness with your self and your life.

Living Tantra gives you permission to enjoy pleasure. It also gives you the permission to say 'no'. The workshop invites you to connect with truth and love, to discover and integrate your masculine and feminine selves.

This workshop will bring new experiences, new practices and ideas and a greater clarity of thought to anyone consciously seeking personal growth in this area of the human psyche - sexuality.

Allow your spirit to connect with your body, give yourself a truly holistic experience which can set the tone and pace of your future sexual self!

Living Tantra 1 is complete in itself. It is open to everyone, no prior experience is required. It is a pre-requisite for Living Tantra 2, 3 & 4 and the 18-month training.

Living Tantra 1

31st Oct - 7th Nov 2014 - Florence House, Seaford, near Brighton
F&A from £460

Course Fee £370 (early booking until 29th August): Full fee £395
Book with Hanna Angell, 07875 - 241 547,
info@awakenyourpassions.com

Living Tantra 1, Easter, 2015,

2nd - 9th April - EarthSpirit Centre, Somerset
F&A from £480 (Hot tub included)

Course Fee £390 (early booking until 6th Feb 15): Full fee £425
Booking with Jan Day Workshops (details see below)

Holiday in the Canaries Sensuality & Conscious Relationship

Led by Jan Day & Malcolm Stern
- 29th Aug - 7th Sept 2015

Finca Argayall, La Gomera,
Canary Islands

Celebrate your sensuality,
immerse yourself in community,
explore intimacy and
relationships, deepen your sense
of the sacred and have a fun
with like-minded people in this
beautiful place beside the sea.

For more info & booking
contact Jan Day

Cost: £645 (£495 until 28th
Feb, £545 until 31st May) plus
F&A from £450.

Holiday in Spain Loving our Being, As Man or Woman

13 - 20 June, Cortijo Romero,
Andalusia

A vacation workshop with plenty
of time to relax around
the pool, inviting you to recognise
and celebrate your being as
man or woman. It is designed to
encourage you to make
fundamental shifts and to create
your life and relationships free of
self-limiting patterns.

Booking with Cortijo Romero UK
office: 01494-765 775
www.cortijo-romero.co.uk

Living Tantra Training 18 month ongoing group

starting May 2015 pre-requisite: Living Tantra 1

After completing Living Tantra 1, you may wish to join the Living Tantra training group which makes a commitment to complete the full Living Tantra course and a series of seminars which are only for the training group. There are three advanced 5/6-day Living Tantra workshops and six 3-day training seminars. The seminars are designed to integrate the learnings of the workshops and create a learning space that allows each participant the opportunity to be seen and to do individual work. The added support and commitment that are so much a part of the training group creates a powerful medium in which to learn about authentic relationships as well as honouring the individuality and the masculine and feminine energy in each individual. Ask for the full training dates.

Previous participants talking about this training:

"I found myself on a very intense journey and believe me, I've done more in 21 months since I met Jan, than I would have done in 10 years. Jan's knowledge and massive experience helped me to stay with my feelings and therefore overcome situations in which I would have gone into meltdown and left. As a result of the training, my self-esteem is much higher as well as my self love." Anna, maternity nurse

"It turned out to be about my masculinity in a way that I hadn't expected. It wasn't necessarily about sexuality, more about how intimate I could be in a vulnerability kind of way. I had profound insights about myself and gained a huge amount from committing myself for this length of time. It feels much deeper than other courses. Also I have a connection with people that has continued outside the group which feels like a community." Rupert, environmental consultant

Living Tantra 2 - Sexual Ecstasy: Loving the Erotic, the Sensual and the Playful

(pre-requisite: Living Tantra 1)

3 - 9 Jan 2015, EarthSpirit, Somerset

Living Tantra 2 invites you into a deeper acceptance and expression of your sensuality, your sexual nature, your natural and playful desires as man or woman while honouring yourself and maintaining connection with your heart energy. We'll explore pleasure and ecstasy, shame and innocence, encouraging you to embrace the fullness of your nature as man or woman.

7pm Sat 3rd Jan - 2pm Fri 9th Jan

Cost: £410 (380) plus food & accommodation (from £400)

Living Tantra 4 - Love, Sex & God: Sacred Sexuality *(pre-requisite: Living Tantra 1)*

20 - 26 October 2014, EarthSpirit, Somerset

13 - 19 July 2015, EarthSpirit, Somerset

Living Tantra 4 is a celebration of the sacred, the connection with divine mystery that happens when we allow ourselves to trust fully in the flow of our body, our energies, our heart, and our soul. The processes invite you into communion with life, moment by moment, so that every touch, every word, every movement is a dance with the Beloved.

Cost: £410 (380) plus food & accommodation (from £400)

For more details contact jan@janday.com, or call 0208-123 9831 visit www.janday.com

We will be adding some more workshops to the calendar. To keep up to date, go to www.janday.com and sign up for the e-newsletter.

If you have any questions, you are always welcome to call and talk to me.