

SEX TO SUPERCONSCIOUSNESS

A Tantra Journey Through the Chakras

with the Tantra Essence Team

FROM SEX TO SUPERCONSCIOUSNESS

is a term coined by Osho. This training offers an experiential, transformational journey deep into this essential subject.

During each weekend, we will explore one chakra, taking 7 weekends to complete the whole journey. You are not obliged to attend the chakra weekends in any particular order and you can come for just one workshop, you don't have to do all 7. If you do attend all 7 weekends (no matter how long this takes) you will receive a certificate.

THE CHAKRA SYSTEM; GATEWAY INTO UNIVERSAL CONSCIOUSNESS

Chakra is a Sanskrit word which means 'wheel of light'. Traditionally there are seven main chakras, which are the energy centres of the etheric body. The chakras appear as wheel-like vortices of pure energy and are sometimes referred to as 'lotuses'. They spin at great speed and in a spiritual adept they shine as radiant energy. The chakras lie along the nave of the spine and through them a person's spirit and soul become receptive and communicate with cosmic energies. C.G. Jung referred to the chakras as the 'gateways of consciousness'. Each chakra has its own purpose, association and connection.

TO UNDERSTAND THE CHAKRA SYSTEM:

You can imagine a faceted crystal, which functions as a prism. The pure light of existence shines through the prism, and is broken up into a rainbow of colours and frequencies. Each frequency carries a certain lesson, which is accessed through a particular area of the human body. Each chakra in this sense has a gift to offer, which takes the form of an experiential learning process. When we have solved the koan, or opened up the dormant energy of a particular chakra, we become awakened and wise in regards to that particular life issue.

KUNDALINI ENERGY AND THE CHAKRAS

In the ancient model of spiritual evolution, practised by Yoga and Tantra, the aspirant opens up their dormant life force energy, known as Kundalini, held at the base of the spine, and uses this to cleanse, open and heal any stagnation in the Chakra system, learning the life lessons held in each chakra as a result of the opening process. Once this has been achieved, the seeker is then able to become a conduit for the descent of universal energy, moving from crown to sex and on down through the legs and feet into the earth, thereby accessing and living in universal consciousness. When the chakra system is open to the descent of divine energy, this is known as being 'vertically aligned.' Such a person is no more living in a fragmented and stagnant energetic system, but is open and flowing on all levels.

SEXUAL ORGASM AND COSMIC ORGASM

It is important to learn the language of orgasm, which is contained at the sex centre, as this experience will be of utmost importance all the way through the chakra journey. As each individual chakra opens, it is an orgasmic experience. And when all chakras are open to the descent of grace, it is known as Mahamudra, the great gesture arising out of the Orgasm with the Universe.

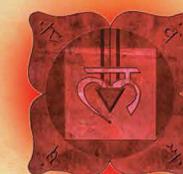
SEX AND SAMADHI ARE ONE: THE TANTRA MAP

There is a saying in Tantra, "No mud, No lotus". An important understanding, which is inherent in Tantra, is that without the mud at the bottom of the lake, a lotus will not be able to grow. The rich humus gives nourishment to the roots, and from there the stem can grow, and finally blossom as the magnificent lotus on the surface of the lake. In the same way, our sexual energy functions as the rich mud from where our life force energy can grow and develop to its fullest flowering of enlightened consciousness. This brings us to the non-dual understanding that in fact, sex and Samadhi are one.

ALL COLOURS MERGING INTO WHITE LIGHT

As we move on the Tantra Journey, we live and enjoy each colour of the rainbow within our body mind and emotional system. As we learn to open up fully to these spectral energies, we are able to finally embrace all of our aspects. When all colours meet and merge, they dissolve into white light. And so it is with the chakra system. When we are able to fully open up the chakra system, we become literally, a being of light, orgasmic and expanded on all levels and in all dimensions at the same time. With the support of the transformational methods offered in this course, you can access the flow of your full potential in each moment.

This series of transformational chakra groups was developed by Mahasatvaa Sarita, Chintan Aelgar, Suta Bodhisattva and Roxana Hewett.
www.tantra-essence.com



1st Chakra (Sex Centre or Root Chakra)

During the first chakra weekend we unveil the power of our original life force energy. This exploration is of paramount importance for any sexually mature person on the spiritual path. When we are able to live the first chakra with awareness, the huge potential which is inherent in sexual energy opens us up to passionate ecstasy, to freedom of expression, spontaneity, and Kundalini awakening. Our biological urges need to be understood and liberated from shackles of ignorance and unconsciousness. Once freed, this energy is the fuel for sexual fulfillment and for spiritual awakening.

RED: In tune with the kidney, bladder, genitals, anus, pituitary gland, and male prostate.

Out of Balance: Greed, Sex Addiction, Jealousy, No Libido

In Balance: Ecstatic pleasure in sex and a feeling of being rooted, secure, trusting, with a strong life force

The 1st chakra is a positive polarity in men and a receptive polarity in women.

2nd Chakra (Navel Centre)

On the 2nd Chakra weekend, we open up emotional fluidity. When emotions are understood and accepted in all their variations, Kundalini energy begins its ascent. The second chakra is connected to both birth and death, and the human response to these tends to be fear. By facing the portals of birth and death in deep acceptance, we learn to be fluid and open to change and transformation.

ORANGE: In tune with liver, gallbladder, hypothalamus, and female uterus and ovaries. The navel is where you receive life from your mother in the womb. After birth, it is still an energetic link to the universal womb, the goddess.

Out of Balance: Depression, hysteria.

In Balance: Joy and laughter; emotional fluidity, centredness and sexually, a sense of deep connection and profound orgasm.

The 2nd chakra is a positive polarity in women and a receptive polarity in men.

3rd Chakra (Solar Plexus)

During the 3rd Chakra weekend, we discover unity of opposites in choice less awareness. Inner division creates stress, leading to inner and outer war. The third chakra contains the lesson we are learning on a global level right now, how to let go of limiting beliefs and become vast enough to contain contradictions offered by life. As more individuals learn this lesson, the whole human collective will be benefitted.

YELLOW: In tune with stomach, spleen, pancreas, lung, large intestine, the medulla oblongata, and the limbic system. This chakra digests new information and transforms it into lived experience; here, life experience becomes wisdom.

Out of Balance: Fanaticism, blind belief, following the expectations of others, power trip or inferiority.

In Balance: Following your soul calling, wisdom through experience, able to embrace the unity of opposites, and in sexuality, experiences of 'egolessness' and full body orgasm.

The 3rd chakra is a positive polarity for men and a receptive polarity for women.

4th Chakra (Heart Centre)

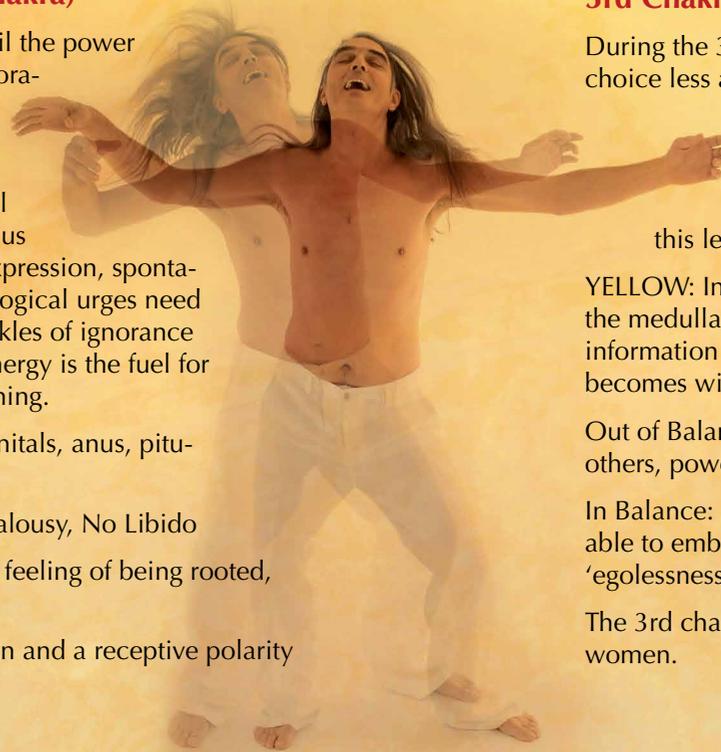
The 4th Chakra weekend supports us in becoming divinely human. As we open our hearts, we experience love as the rainbow bridge between matter and spirit. Moving deeper, we discover, I am love, and Love is God. The path of love is full of the colours of celebration and opens us to unlimited bliss.

GREEN or PINK: Linked with the heart, small intestine, and thymus gland. The heart chakra purifies incomplete life experiences, seeking to distill everything in the crucible of love.

Out of Balance: Cold hearted and inhuman. Destructive tendencies.

In Balance: Loving, nurturing, compassionate, with a big 'Yes' to life, knowing that Love is God, and sexually, both partners dissolving into love itself, transcendence of conflict in relationship. Orgasm of the heart is divinely physical and yet carries a timeless mystical quality.

The 4th chakra is a positive polarity in women and a receptive polarity in men.



5th Chakra (Throat Centre)

The 5th Chakra weekend supports us in our potential for self realization. It is here we learn to become a co-creator of our own destiny. It is a fast track for dissolution of the ego-based mind and an awakening to Divine will. Creative expression is of paramount importance in this chakra.

TURQUOISE: In tune with the thyroid gland. This chakra is linked to the father, or male principle and is about the creative expression of truth and wisdom.

Out of Balance: Inability to express or be creative. Fear of power and fear of Ecstasy. Any unresolved issues around the male principle may cause energy stagnation in this chakra, leading to frustration and a feeling of being a victim in life and out of tune with one's life purpose.

In Balance: Flowing creative expression. A sense of being co-creator with the divine, a channel for Godliness. During sex, the small self is dissolved into an oceanic oneness with all that is.

The 5th chakra is a positive polarity for men and a receptive polarity in women.

6th Chakra (Third Eye)

During the 6th Chakra weekend we work with psychic opening and the phenomenon of clairvoyance. This dormant gift is easily awakened when we allow ourselves to surrender to cosmic consciousness. Through meditation, we can learn to melt into the void where the vastness of the soul gives birth to all wisdom. As we apply soul awareness to our daily life, every aspect of life is revealed as divine.

INDIGO: Linked to the pineal gland, eyes, nose, and ears.

Out of Balance: Spiritual sleep, not aware of the tremendous potential of life, insomnia, fear of death, phobias, psychosis, lethargy, and stress.

In Balance: Intuitive, in tune with the rhythm of life, balanced sleeping and waking, clear sense of direction in life, and sexually, orgasm beyond time and mind, with a sense of unity, body and soul. A propensity to be a healer and or a deep meditator arises from here.

The 6th chakra is a positive polarity in women and a receptive polarity in men.

7th Chakra (Crown Centre)

The 7th Chakra weekend is all about superconsciousness. Normally, people use a very small percentage of their brain capacity. When right and left sides of the brain merge, the mid brain goes through a sudden awakening, as all the 'lights' get switched on. This leads to the experience known as Mahamudra, the ultimate orgasm with the universe. Such experience takes us beyond duality into oneness with all that is. We move from personal love, into universal love.

VIOLET dissolving into White Light

Linked with the thalamus and the corpus callosum in the brain. The energy from this chakra radiates down through the whole body, through the central channel. Here is the union of inner male and female aspects, in perfect balance and attunement.

Out of Balance: Confused as to life purpose and meaning, cut off from source, feeling like an island in a hostile world.

In Balance: Merging into universal consciousness, an open conduit for the descent of grace, verticality is natural. Sexually, this chakra brings a feeling of being one with the lover on all levels, one with the whole universe and the discovery of the cosmic orgasm.

The 7th chakra is beyond duality, and therefore has no male female polarity.

