

# Beloved Workshop



In our collective psyches the dream of finding the Soulmate moves strongly - that 'other' who will meet and fulfill me completely. And yes, there is a real soulmate for each one of us. But that person is inside. Inside ourselves we are both masculine and feminine. The lovers and loved ones that cross our paths are our mirrors for where we are in the inner relationship between male and female. They can also be a rich fulfilment - and embodiment - of our inner Soulmate.

The split between masculine and feminine in us is a primary polarity. A central aim of Tantra is the integration of this polarity. With that comes an experience of who you really are, in all your rich diversity.

Paradoxically, as we embrace our inner Soulmate, a new fruitfulness becomes possible in our outer relationships.

**Meeting the Beloved within** - It is possible to get intimately acquainted with your inner beloved. In this workshop we will do so through: Guided drum journey; Gestalt role-play; Breathwork and BlissDance - awakening the senses within your own body

**Meeting the Beloved in the Other** - Once we have found the inner beloved, it becomes possible to meet the other - the beloved embodied outside of us - in the truth of who they really are. We will do so through: Projection play; Tantric honoring practices; Tantric partner meditations; BlissDance - meeting others in the real of intimacy

**Beloved Everywhere** - As our false beliefs about love and intimacy start to drop away, we meet Love as such. We no longer need the other to give us love - our own hearts become overflowing fountains of love. It becomes possible to see the beloved everywhere - in a drop of rain, in a dust storm, in the face of a stranger. We will practice this capacity for love through: emotional processing meditations; BlissDance - moving into oceanic fluidity

## Who is the workshop for

This course is for all who are willing to commit to a Tantric journey of deep transformation. Transformation here means that your cherished concepts about love may be brought to into question, and old energy structures that no longer serve you may fall away. For the ego, this can feel like death or extreme disruption. Mostly however, the shifts feel much more gracious and subtle.

**in Yoga Healing Glasgow, Unit 7, Mansfield Park, 22 Mansfield Street, G11 5QP**

**On Saturday 4<sup>th</sup> June 2011**

**between 10 am and 5pm**

**£100 (or £80 if booked by 30<sup>th</sup> April)**

There will also be a **Bliss Dance** in Glasgow (venue to be confirmed) **on Thursday 2<sup>nd</sup> June between 7pm and 9pm** (cost £10/7 concession, £15 on the night)

For further information please contact Gillian by email on [gillian@health-at-hand.co.uk](mailto:gillian@health-at-hand.co.uk) or by phone on 07913 906 343 or see [www.meetup.com/Sacred-Heart-Tantra](http://www.meetup.com/Sacred-Heart-Tantra)

Check out [www.shakti.co.za](http://www.shakti.co.za) & [www.totalitytherapy.com](http://www.totalitytherapy.com) for more information about Shakti