

# Man Woman Awake - a Tantric Initiation with Shakti Malan and Aaron Swanson



The meeting & merging of masculine and feminine is a primary objective of Tantric practice. In human evolution, the year 2012 signals the time when the inner marriage between masculine & feminine becomes more available to us - and the imperative is strong for us to use the opportunity. When masculine and feminine merge, we awake to the truth of who we really are - the Beloved as such. On the way there, it is important for Man to open to fully embodying the Masculine, and for Woman to embody the Feminine. Once this has happened, we can open to the other, and start dancing with the Soulmate Within.

The feminine, as represented in Tantra by Shakti, is not afraid of the dark underworld. She creates the world of illusions. She is comfortable exploring & integrating what is in the unconscious. She explores dark eros & finds the gifts in those corners of existence that have been shunned. She smells, drinks, feels, hears, tastes. She receives the mystery & opens to that which is beyond the known.



The masculine, as represented in Tantra by Shiva, holds one pointed focus and stillness. Shiva sits in deep meditation on Mount Khailash, and is undisturbed by the movement of the elements around him. His quality is presence, and when he acts, he does so with skillful means. His attitude to the feminine is total love and devotion. He is the arrow that enters where the feminine guides and takes the energy upward towards transcendent oneness with all that is.

The cost for this two day workshop will be £250, or £200 if paid in full by 1<sup>st</sup> August, and £180 if paid in full by 8<sup>th</sup> July (please add £8 to cover the paypal fee, or if you would like to pay by cheque or bank payment with no fee please contact Gillian for details).

in Glasgow's West End

From 10am on Saturday 18<sup>th</sup> till 5pm on Sunday 19<sup>th</sup> August

**Themes** - On this workshop, we will explore the following themes:

The qualities of the awakened feminine and masculine; Awakened female and male sexuality; Practices for fully embodying the masculine and the feminine; Practices for the meeting of male and female; Connecting sex and soul in Tantric lovemaking; Exploring both unconscious and conscious aspects of our sexuality.

**Methods** - The methods we will use are: body awareness and sensitizing techniques immersion in deep Tantric meditation active meditations blissdance, a tantric free movement form developed by Shakti enactments and roleplay guided conversations

There will be a **Bliss Dance in the Theosophical Society in Glasgow on Tuesday 14<sup>th</sup> August between 7pm and 9pm** (cost £15/10 concession, £18 on the night)

And a 2-day residential **women's retreat** with Shakti held in Prestwick from **15<sup>th</sup> to 17<sup>th</sup> August** (cost £300, early bird £230/£250)

For further information please contact Gillian by email on [gillian@sacred-touch.co.uk](mailto:gillian@sacred-touch.co.uk) or by phone on 07913 906 343 or see [www.sacred-touch.co.uk/events](http://www.sacred-touch.co.uk/events)

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