

TANTRA ENCOUNTER

The Divine Mirror Of Consciousness

This interactive active meditation includes five stage. **Be open and relaxed.**

1. Shake

Close your eyes and gently shake your entire body, loose and natural. Let go of any tensions, any stress, any blockages. Shake them all out and let go of any thoughts in your mind.

2. Mirror

Stand in front of someone randomly and look into his or her eyes. Really look but don't lose yourself in those eyes; rather take your consciousness within you and observe: any energies moving, thoughts, emotions and/or sensations inside. From this point of self-grounding gaze into your partner's eyes.

3. Dance

Let the music guide you, let it move your body intuitively. Be completely free to express your truth in this moment. Relax and let the energy flow through your muscles, joints and bones. Watch yourself as the dance unfurls. You are not the body, it is your vehicle and you are the Divine Consciousness inside. Let it be free, let it be the master of your dance.

Now look around, see this divine play of consciousness being danced by others. Alternate your attention between your own divine expression and your appreciation of the divinity you find around you.

4. Mirror

Find another partner and decide who is partner A and B. Sit together and close your eyes. "A" connects with a dominant emotion or energy within him/her. "B" connects with the Witness Consciousness. Now open your eyes to eyes. "A" embodies the emotion or energy and expresses it to his/her partner. The key is to be authentic, without touching or using language/speech. "B" observes silently and holds the sacred space for the other's expression, without absorbing or carrying it. We switch after 5 minutes.

5. Meditation

Come back to yourselves in silence and close your eyes. Give yourself permission to release the relax everything that came before this present moment: observe and meditate your presence. Assimilate and incorporate the experience and any understandings you have into your consciousness.

The Other is an invitation to integrate the Self

First of all this class enables us to overcome insecurities and build self confidence, but that's just on the surface. The deeper work teaches us to *own our projections*. Normally we project all of our fears and desires, our dreams and our nightmares onto others. We have become lost in the Leela, disempowered victims of our own projections. It's time to pick up the mirror of otherness and see that our projections are in fact reflections. This leads to an expansion and lightness of Being and the integration of the Self in all it's manifestations. Tantra acceptance is total.

