



TANTRA INITIATION COURSE



Introduction

The Tantra Initiation Course is a type of Tantra yoga. **It is the transmission of a teaching that happens in silence.** It is composed of a great variety of tools that are used to contact with our inner potential and free up blocks, conditionings, and limitations that prevent us from expressing our true SELF. These teachings were transmitted directly from an enlightened master Babaji Kalyan Jay Singh. However, the main feature of this work is that it activates our Christic Being, a high frequency energy, and the seed that compels us to realize the consciousness of oneness, providing our life with a feeling of sensitivity, joy, and sacredness towards everything that surrounds us.

What is Tantra?

The Great Goddess Mother Earth was the main belief system during the Paleolithic period. She represented nature's rhythms and energies and the sacred union network that connects all phenomena and live beings in creation. To our ancestors, the world was sacred and the divinity itself. One of the most revered aspects of it was creation of life—Mother Earth's fecundity principle. Another aspect of the Goddess was the symbiosis between the mother earth and father sun's fertility: the cosmic principle of creation. Our ancestors performed rituals in order to bring in abundance and prosperity to the crops through the sacred sexual union between women and men as representatives on Earth of the cosmic principle of duality. Because of this, sexuality was deeply honored by them. The sexual act was charged with a high level of spiritual content. Not only it as the door to life's creation, but it was a kind of prayer, a meditation and an invocation of the divine.

The cult of the Great Goddess persisted during the Neolithic period into antiquity. Relatively recent findings give a glimpse into a culture that flourished approximately some 9000 years ago. Harappa and Mohenjo Daro in the Indus valley, as well as Çatal Huyuk in Turkey are some of the cities where the greatest examples of this cult to the Goddess are found.

The rite of the holy matrimony (or sacred marriage), also known as "hieros gamos," and the knowledge of sacred sexuality were preserved in the temples of the Goddess until ancient times. However, with the coming of the Indo-Arian invasions, this knowledge became gradually corrupted, discredited, and censored. This knowledge began to be transmitted in secret and available to a few. One of the places where this tradition survived is India. Although each period and culture has shifted the focus of these teachings, his essence has survive until our times.

Tantra is a resolute yes to life. It is the way of celebrating life.

Master Babaji Kalyan Jay Singh

Babaji Kalyan Jay Singh's mother said that when he was still a child and sitting in a meadow, a cobra appeared and stood behind him, displaying and poking his head right above his. After a short while, it went back down on the ground and left, leaving Kalyan unharmed. Kalyan was a quiet kid who would spend long hours during the night looking at the night sky and the stars. When he was barely 8 years old, he went to live with the ascetics. At 20



he became enlightened. Then, his father told him that the time had come for him to get married. Babaji Kalyan made it plain to him his disinterest in married life, but his father insisted, so he gave in. After he got married, he had four children, and after his father passed away, he inherited the sari shop near the Golden Temple of Shiva a few meters away from the manikarnika ghat by the shores of the Ganges in Varanasi, India's most sacred crematory. In the 18th century, Kalyan's family converted to Sikhism in the hands of Guru Govind. Kalyan followed the family tradition compelled by his father. However, when he had his own children, he gave them a choice, "Do what your hearts desire," he told them. When his oldest son turned 16, master Babaji Kalyan Jay Singh left the shop in charge of him to come back 15 years later. He spent the first five years in a cave on the mountains of Rishikesh; the following five, in Puna, at Osho's ashram; and the last five, at Shri H.W.L Poonjaji's ashram in Lucknow. After Poonjaji passed away, Babaji Kalyan returned to Varanasi, where his teachings would reach the hearts of over 3000 disciples. When he was 65 he left his body finally.

Sara Farré

She was born on September 7th, a few hours before the exact time Spica used to rise in the horizon some 1500 years ago, as the main star in the constellation of Virgo. Its appearance in the night sky was marking the time of sowing the wheat and other crops. She represents the mother goddess of antiquity, who nourishes the children of the Earth. Sara's mother tells that when her daughter was four she once asked "How can I love all the bings in this world with such a tiny heart?" When she was seven,



she had her first communion. While performing the ritual Jesus revealed himself to her the same way a fire warms the hand as it approaches it. Everything was peace and love. Sometimes, she would have memories of past lives. One of these was very recurrent. In it Sara was initiated into Tantra according to the tradition of Ancient Egypt. She would see images of places where she had lived, of her relationship with people she loved, and specially of her spiritual practice. When she was around 20, she began to practice meditation compelled by a strong inner calling. On her way she encountered great masters who offered her orientation in her practice. When she was 25, she met Master Babaji Kalyan, with whom she remained until she absorbed the essence of Tantric transmission. This happened in complete silence. It was like to update a remember.

Tantra and Christic energy

Master Babaji Kalyan Jay Singh, guardian of the Golden Temple of Shiva in Varanasi, one of the 33 cosmic portals, initiate us in the science of Tantra and sacred sexuality in complete silence. These teachings trace back to the old Indus Valley civilization. Other traditions come from ancient China, Tibet, or Egypt. But as far as it is mainly an oral tradition transmitted from master to disciple we intuit that their origins are still further back in time, in the shamanic traditions and even in the dawn of humanity itself. However, the main feature of these teachings is that they are sustained by Christic energy. So, even though at first sight these techniques are directly based on several tantric traditions, during practice the student is bathed and blessed by Christic energy—a high level energy that awakens our consciousness of oneness and which carries the New Humanity's codes.

What is Christic energy?

The Christic energy can be received as an Initiation or as a healing. It awakens the potential dormant in every human being to realize the cosmic consciousness also known as Christic consciousness. In the same way, this energy stimulates the balance and harmony of the inner polarities. It is the union of our inner man and inner woman. Therefore, the Christic energy favors the conquest of this state of oneness during the sacred sexual union. On the other hand, those who have activated their Christic, although they have not realized the Christic consciousness, are the bearers or receivers of the codes, of the seeds of the new Man, of the new Woman, of the new Humanity and the new Earth. These codes are transmitted through the Christic consciousness grid. The Tantra Initiation course activates your Christic being and connects you to this network by increasing your frequency and promoting your development. In the same way, this initiation allows you to activate and interact with this network and therefore contribute to the great Planetary Service of bringing heaven to earth.

What is the Self?

The Self it is who you are. The Self is eternal and conscious. It happens here and now. It is the source. It is the NOTHINGNESS where the qualities of the Self can be manifested. Some of them are love, Openness, Clarity, Extasis, Acceptation, Peace, Balance, Harmony and Creativity. Your Body-mind is a tool to interact with the third dimension. Your body allows you to move around, your emotions allow you to relate and your mind allows you to plan and create in the world. Your body-mind, your human condition, is an experience. It is born and it dies. Emotions are coming and going. In the same way your thoughts. In the body-mind there is movement, in the Self there is stillness. It simply IS. To recognize the Self

means to awake to your very nature which is dominant over your body-mind. Thus, the body-mind is the tool of the Self to interact with this reality. In your own self there is no conditioning, there is no limitation. That's why the recognition of who you are implies the liberation of the mind. And the more complete the recognition, the fuller will be the liberation.

Objectives

The **first objective** of the Tantra Initiation Course is to identify, recognize, and manifest our own Self. In order to practice sacred sexuality, it is essential to have recognized previously the Self, which is who we are, through the practice of meditation. The Self is the part within ourselves that is eternal and conscious; it is pure love and acceptance; it is the silence where the archetype of the creative principle is able to manifest itself when lovers join together. The **second objective** of the Tantra Initiation Course is to activate the Christic being, which activates the potential for the realization of Christic consciousness or cosmic consciousness.

Who it is aimed at?

This course is aimed at all those who wish to begin a journey of personal and spiritual growth through the way of Tantra. It is not necessary to have a partner to participate on it. It represents the foundations that will allow us to enter higher levels such as the Tantra course for couples or the Tantric Massage course for couples.

Methodology

In the Tantra Initiation Course we use a wide variety of tools that give the practice a holistic approach with powerful effects: healing through hand imposition and acupuncture, channeling of Christic energy and activation of the Christic Being, breathing techniques, concentration and meditation techniques, asanas that stimulate the flow of our life force and awake our Christic being.

Format

Each session lasts two hours approximately. In order to complete the inner rebirth and the Initiation, the process requires 21 sessions. This course can be taken on a weekly or daily schedule. In order to deepen and complete the practice, Aliam offers intermediate and advanced courses. These courses are taught with the same format as the initiation one.

Why 21 sessions?

Our mind needs 21 days to generate a complete change. The first seven days you face the old limiting patterns and the letting go of them. After this period, where we let go of the old, there comes a new one where the new appears and you need to familiarize yourself with it. During the last seven days, after the adaptation phase, the new patterns begin to settle in, and they begin to grow, like seeds.

Conditions for participating

- Do not eat or smoke three hours previous to practice.
- Do not take drugs during the course
- Must inform if you are suffering any mental or physical illness now or in the past.
- Do not eat meat, fish, white rice, pasta, fried food, cheese, or eggs during the course. You can eat vegetables, legumes, fruit, milk, yogurt, some potatoes, nuts, whole grain cereal, etc.
- We recommend you drink plenty of water during the process.
- Bring comfortable, light clothing, of natural fibers and white.
- Take a shower before class and wear CLEAN clothes exclusively for the course.
- Do not put on perfumes or strong deodorants.
- Do not use make up.
- This practice is not recommended for pregnant women.

Content

Healing:

It harmonizes and balances the chakras, the nadis and the subtle bodies. It allows us to free up energy blocks, conditionings and patterns that limit our lives and the authentic expression of who we are.

Abdominal breathing:

Abdominal breathing helps quiet down the nervous system, it balances the brain hemispheres, it increases cell activity, and it revitalizes our body. If we observe how a baby breathe we'll see that he does it with his belly naturally and spontaneously. When he breathe in, his diaphragm goes down and his belly expand. This kind of motion constitutes the original and natural way of breathing we are born with. What usually happens is that, due to our childhood conditionings, our breath gets shorter and shallower, and soon after we stop having deep breathing, where the air gets to the lower abdomen, and start having a high breathing, with the air reaching only the chest. When the breathing is high, oxygen

or living energy exchange for CO2 or the toxins we expel is very limited. On the other hand, when breathing is low, there is a greater exchange, which brings more air in and it eliminates that which is not needed.

Meditation based on breathing watching:

It helps us to focus our attention and to connect with our own Self. According to Tantra man is a reflection of the cosmos and contains in it any aspect of truth. Breathing consists of four phases: breathing in, pause, breathing out, pause. The process of breathing is a reflection of life and death and that's why it is a gateway to the eternal now. When we do meditation with the attention in our breathing we enter a state that brings us beyond this duality.

Asanas:

Each asana recreates symbolically in our microcosmos (which is the human being) an aspect of the cosmos, bringing by resonance a specific spiritual state of consciousness. The asanas that are performed in this kriya activate a group of nadis that in turn activate the Christic being.

Fire breathing:

This kind of breathing helps us free up repressed emotions that settle in our body as tension. It helps us free ourselves from conditionings which may limit us, expanding our mind and consciousness. Additionally, this breathing fills our body with oxygen, creating a feeling of vitality and energy.

Fire breathing with sound:

After liberating and emptying our emotions, this technique helps us unravel the vital energy stored in our first chakra, allowing it to rise through our Kundalini and opening the door for the birth of a new reality within ourselves.

Channeling of Christic energy:

During the practice, the participants are bathed in and blessed by Christic energy, facilitating the meeting of our inner polarities, bringing about a feeling of sensitivity, joy, and a sacredness towards life.

Silence:

This teaching is transmitted through the channelling of a high frequency energy which guide us and push us into the recognition of who we are. In order to allow this to happen softly and fluidly there is no verbal interaction in the classes except Sara's technical guidance.