

# The Tantra of Prosperity:

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Unlocking Your True Wealth



## INTRODUCTION

With Tricia Fiske & Laurie LaMantia

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# Introduction

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## What is this program about?

- You becoming a powerful energy investor.
- Using the energy creating principles of Tantra to awaken, direct and focus (a.k.a invest) your energy into the wealth you desire – and to remember that it is already present.
- Learning to invest your attention and energy consciously and transition from poverty to prosperity, worry to wealth, limitation to abundance, and efforting to ease.

## The Program

- Session 1 - PREPARE - bring your energy in readyment for this prosperity work
- Session 2 - CALM - all is well, you are safe relax into the grace of life
- Session 3 - AWAKEN (solar) - to the inherent prosperity of life and to you are a wealthy energy presence
- Session 4 - ALCHEMIZE (fire) - scarcity and limitation
- Session 5 - ALIGN - (chakra alignment) for prosperity to flow
- Session 6 - ATTRACT - you are already that which you seek
- Session 7 - ALLOW - allow prosperity
- Session 8 - FLOW - your worthiness is never in doubt

## 8 sessions include:

- The session intention, overview and teaching
- Asana yoga practice that teaches the energetic essence of the teaching
- Breath work, pranayama, that embeds the energetic intention into your pranic field
- Journal work – to help integrate the mind/body consciousness of the session
- Meditation – to unlock the unlimited potential of the session

## **Objectives – what you will learn**

1. The power that you have to be a conscious prosperity creator
2. Tools that will help you mobilize and direct your energy towards prosperity, wealth and abundance.
3. Clarity about where you have been limiting yourself
4. The ability to focus your energy into prosperity.
5. Acknowledgement that Wealth energy is always flowing and available to you – always and in all ways.

## **What do we mean by prosperity**

- Prosperity is aliveness, abundance, potential, wealth and ever expanding flow of energy.

## **What do we mean by Tantra**

- Tantra is energy flow
  - Energy is awakened and mobilized in the body and consciously directed.
- Tantra and Effortlessness
  - The art of learning flow – non-doing doing – where the dancer becomes the dance, where the creator becomes the creation.
  - Tantra is the awareness and acknowledgment of energy flowing so the creator becomes the creation
  - You the wealth creator becomes wealth
  - Learning the grace of ease
  - Earning not needed – allowing the fruits of the divine vine, which is already there & here, wanting to expand

## **Recommendation for how to use this program**

- Set aside 2.5 hours on the same day for the next 8 weeks.

- Try to do the whole session in one segment (around 2 hours). And then wait a week before doing the next session (if possible).
  - Listen to the teaching – then journal.
  - Take a short break.
  - Then do the asana practice, and pranayama
  - Journal your reflections
  - Take a short break
  - Meditate
  - Marinate: take a day or two to let the teaching and practice marinate in your daily life. If you have additional thoughts or feelings – journal them. Maybe re-listen to the teaching and/or redo the practices.
  - Repeat the pranayama and meditation daily until the next week’s session.

## **Recommendation for how to make the most of this program**

- Allow yourself the time and space to do this program and process.
- Give yourself permission to allow what comes up – come up and share with you.
- Experience – not just theory – experience the levels of change and awakening – feeling the power and new understandings that come as a part of this program.
- Be open and willing to feel what you feel.
- Realize you are doing deep and powerful energy work to awaken to your natural wealth and prosperity.
- Celebrate and appreciate yourself for doing this work.
- Please give yourself the gift of grace – minimize judgement, righteousness, expectation and perfection
- Don’t create your future from your past – let yourself create a new wealth reality from a new energy body.
  - Where you put your attention is what creates your reality
- Remember Ease and Flow is the natural state of wealth and abundance.

## Commitment:

I invest my energy into:

- awakening to a new way to look at prosperity and wealth
- allowing my natural prosperity to flow
- embracing my glorious potential
- knowing that I have access to unlimited energy
- remembering who I really am

## Yoga Alliance

Tricia Fiske is YACEP (Yoga Alliance Continuing Education Certified). Therefore, once you finish the course you will get 40 hours of continuing education yoga alliance credit hours. 40 YA CECs.

### A bit about Tricia Fiske

Tricia, 500 E-RYT, Level 3 ParaYoga Instructor, YACEP, BA, is primary faculty for Prairie Yoga's Foundation and Advanced Teacher Training programs. A leader and major influencer in Chicago's yoga community, she has been studying with ParaYoga founder Yogarupa Rod Stryker since 2000. She recently co-authored the book, **From Alignment to Enlightenment**: *Using Props to Achieve Stability and Ease in Yoga Poses*. Her teaching emphasizes the energetic qualities of asana and the ease, clarity and freedom found in Meditation.

### A bit about Laurie LaMantia

Laurie LaMantia is a successful entrepreneur, business professor and yogi who shares her wisdom about developing wealth consciousness to her many students. She is the author of **Effortless Wealth**: *A guide for developing your wealth consciousness*. From owning a prospering manufacturing company to teaching Entrepreneurship at DePaul University, she has honed her wealth creating perspective and wishes to share it in the hopes you too will benefit from this expansive understanding about the wealth that is meant for and available to you.



## Journal & Reflection

**Date:**

What do I hope to learn and experience from this program?

What would I love to let go of as a result of this program?

## **Journal & Reflect**

How do I feel about prosperity now?