

DIKSHA

An initiation in the tantric arts.

"INITIATION IS THE CONTAINER, THE
HOLDING, THAT MAKES OUR
MEETINGS HOLY." -DR. MARTIN SHAW

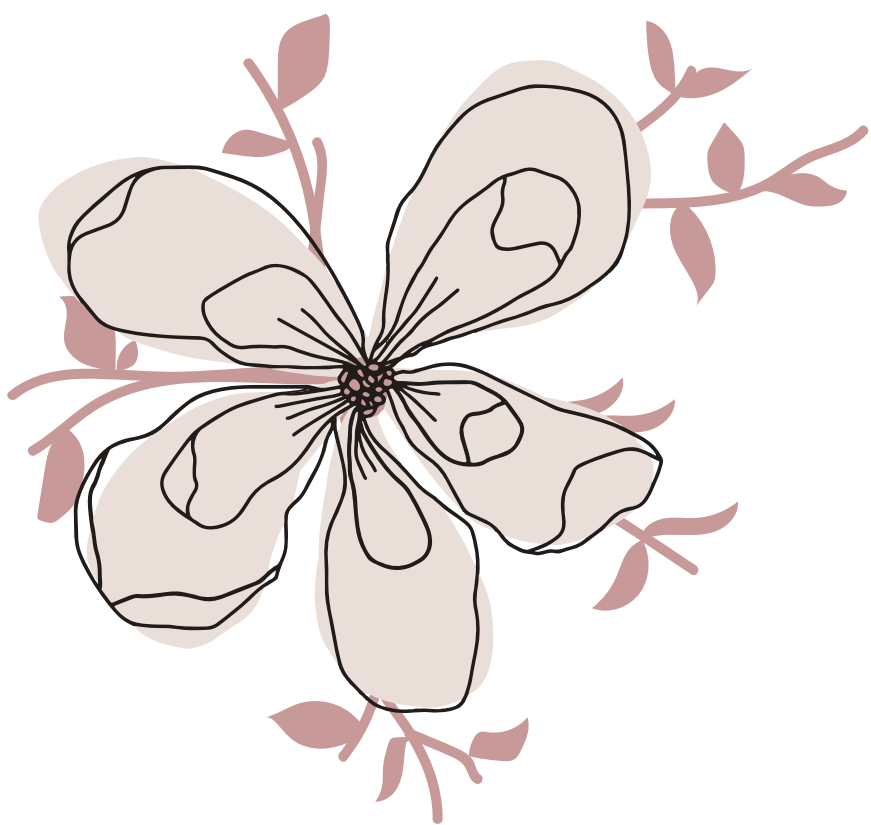
दीक्षा [दीक्ष्-भावे-अ] 1 (a) Consecration for a religious ceremony, initiation in general; अजस्रदीक्षाप्रयतस्य मद्गुरोः क्रियाविघाताय कथं प्रवर्तसे R. 3. 44, 65. (b) Receiving the initiatory *mantra*. -2 A ceremony preliminary to a sacrifice; Bhāg. 3. 13. 37. -3 A ceremony or religious rite in general; विवाहदीक्षाम्, R. 3. 33; Ku. 7. 1, 8, 24. -4 Investiture with the sacred thread. -5 Dedicating oneself to a particular object, self-devotion; विश्व-त्राणैकदीक्षाः; विष्णुपादादिकेशान्तवर्णनस्तोत्रम् 33. -Comp. -अन्तः a supplementary sacrifice made to atone for the defects in a preceding one. -आश्रमः (अवभृथ) (वैखानसः) the third stage of life (वानप्रस्थाश्रम); Mb. 12. 66. 8. -पतिः the Soma. -यूपः A sacrificial post.

दीक्षित p. p. [दीक्ष् कर्तरि क्त, दीक्षा जाताऽस्य तार० इतच् वा] 1 Consecrated, initiated (as for a religious ceremony); एते विवाहदीक्षिता यूयम् U. 1; Pt. 1. 167; आपन्नाभयसन्नेषु दीक्षिताः खलु पौरवाः Ś. 2. 17; R. 8. 75; 11. 24, Ve. 1. 25. -2 Prepared for a sacrifice. -3 Prepared for, having taken a vow of; तं पितुर्वधभवेन मन्युना राजवंशनिधनाय दीक्षितम् R. 11. 67. -4 Crowned; पद्मा पद्मातपत्रेण भेजे साम्राज्यदीक्षितम् R. 4. 5. -5 Performed (as the दीक्षा नालं

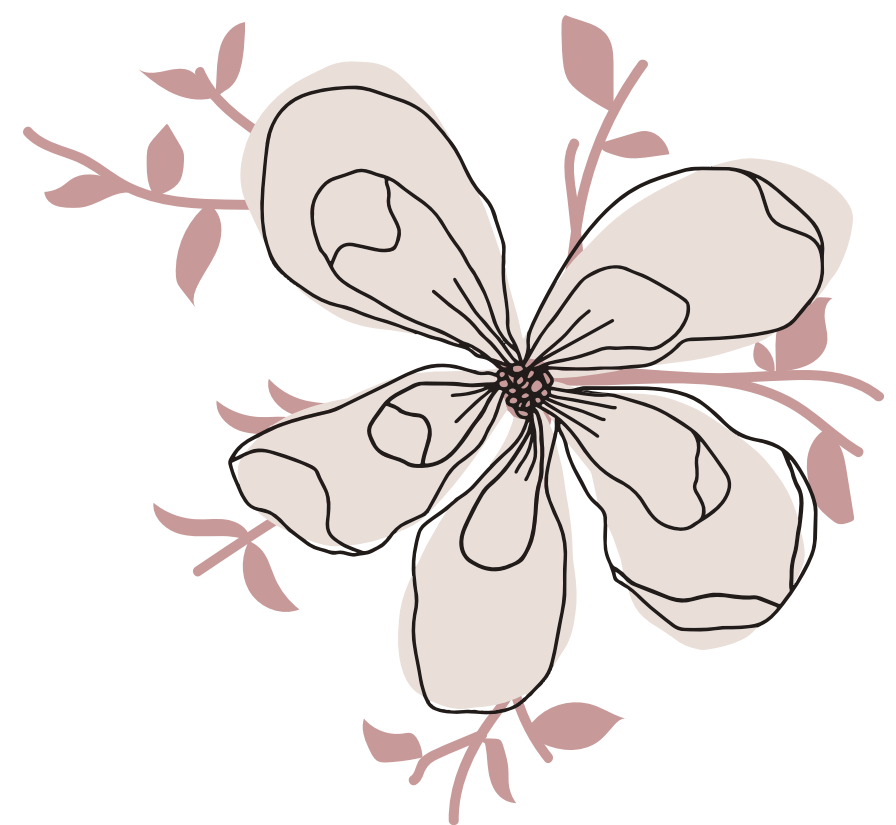
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The ancestors say initiation offers a direct, ritualized experience of huge, primeval forces that somehow live both in and near the psyche, what Robert Moore calls "the Great Self," something numinous and vast, containing more energy than we could ever need. This Great Self has many names, and lives close to the mysteries."

-Dr. Martin Shaw

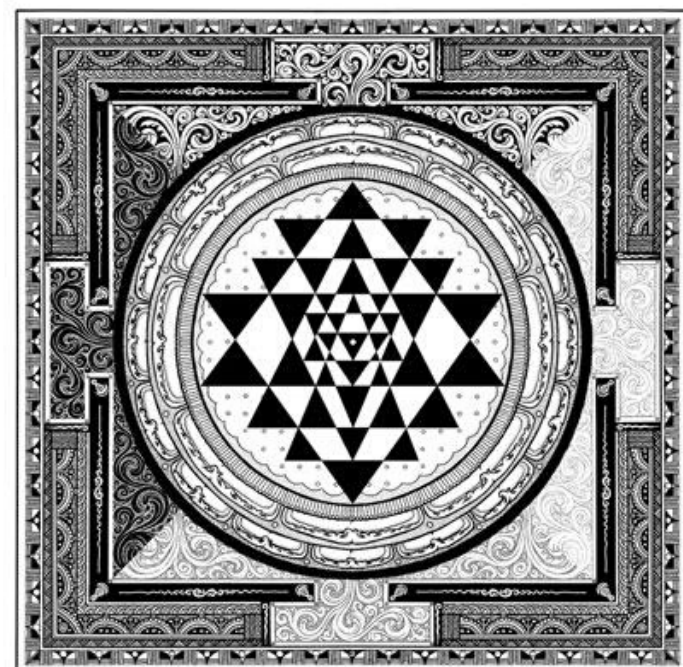


DIKSHA: Initiation; consecration; self-devotion



"Everything you need to know you
have learned through your journey."
-Paolo Coelho

DEAREST LOVED ONES, YOGINIS & YOGIS, POETS, TANTRIKAS, HEALERS, ACTIVISTS, WITCHES, STORY-TELLERS, VISIONARIES, & FRIENDS OF THE MYSTERY,



I invite you to listen closely to a story that is just
beginning to stir.

It is a story that involves love, legend, mystery,
and adventure.

It is a story that is both ancient, and perennial.

It is a story that requires great bravery, the kind
that asks you to become the highest measure
of yourself.

It is a story that requires equal tenderness, the
kind that asks you to carry grief, and become
intimate with suffering.

This story will ask of you your full share of
humanity. It demands your hunger, wounds, &
desires. It offers you gold, an encounter with an
alluring devata, & the belief in something
noble.

This story is your own journey:

your blazing poem,

your dazzling encounter with "the Great Self,"

& your reason for dreaming, seeking, &
believing.

No one else can tell this story, or transcribe it
on a fraying scroll.

It's yours alone.

I offer you a pen & I invite you to do the work of
grace & frenzy on the book of your soul.

Will you begin?



Diksha is an initiation into the depths of
yourself. It is a mystical, creative immersion,
soulful mentorship program, and collaborative,
intimate learning experience. Diksha involves
education and exploration in tantric and yogic
philosophy and practice.

In the esoteric branch of tantra known as Shakta
Tantra, devotees honor Devi, the Mother of
Creation, with the understanding that Devi
dispels shakti (power/energy of creation) &
therefore comprises all of Creation.

Thus, everything is revered deeply as an
expression of the Goddess -- including desires,
primal instincts, emotions, erotic yearnings,
dreams, what sulks in the guts, sensation, & the
dark tendrils of shadow.

The tantrika's work is the work of embracing the
human experience because *it is all a reflection of
the Goddess*.

Diksha calls upon you to encounter your
experience, seize magic, & catch poems. This
work entails ritual, spiritual endeavor, story
medicine, & creative modalities.

This work is supported by a powerful container
for shakti: a tribe of tantrikas & inspiring
comrades committed to fiercely embodying
their work & walking the path with you.

In tantra philosophy, it is said that behind every
desire is a devata at work. The devatas keep us
incarnated & tied to the field of action, but they
simultaneously crave liberation through us. This
is part of the spell-binding dance between Shiva
and Shakti, God and Creation, or the Dreamer
and the Dream.

When the tantrika feels drawn toward
something, she knows to pay careful attention.
Yearnings hold the secret to liberation. She
knows her heart's stirrings are the work of
divinity: a devata at play.

Perhaps this letter conjures a similar sensation of
curiosity. Maybe a dream is thrashing somewhere
in the rib cage. A story might be whispering
some intelligible realization in your ear.

This letter is your invitation. An invitation, to be
drawn. To be encountered. To be liberated.

Will you begin?

~Sarah

“

All states of mind, all emotions or moods, are vibrations of the shakti, manifestations of the one Goddess/power. Therefore the Tantrika experiencing anger, or fear, or desire, acknowledges that this is a vibration of energy, that all energy is a manifestation of the Goddess, and therefore bows to her own emotion (whatever it is) with heartfelt gratitude, saying, “O Goddess, thank you for coming in this form. What do you have to teach me?”
-Christopher Hareesh Wallis

DIKSHA SCHEDULE

Embodiment & Connected Knowing: The Basic Principles of Shakta Tantra

JULY

Encounter the basic principles of Shakta Tantra, including the philosophy of embodiment, the 3 rituals of tantric practice, & the 3 powers of a tantrika.

To Be Tender & Liberated: Culture & Spirituality as Concerts of Jnana Shakti

AUGUST

Explore your own relationship to culture & spirituality from the framework of embodiment.

Resurrecting the Divine Feminine: Working With Womb Wisdom & Ancestral Healing

SEPTEMBER

Engage feminine-centered practices and commune with the wisdom of the yonishthana chakra & the storehouse of ancestral wisdom alive inside of you.

Plumbing the Bag of Shadow: Mining for Gold, Gifts, & Godliness

OCTOBER

Deepen your awareness of shadow through integration practices.

Divinized Sensation: Sublimating Erotic, Creative, and Emotional Energies Through Descent Practices

NOVEMBER

Enter into a rich & fulfilling relationship with sensation as a fully feeling tantrika.

The Dawn of Pashyanti-Vak: Story Medicine & Narrative Therapy

DECEMBER

Utilize story medicine & narrative therapy to fulfill your own personal legend.

MORE ON DIKSHA

Diksha is a virtual course that consists of live, recorded classes. and personal work.

Each month contains a different theme that is infused into the monthly seminars, weekly classes, and personal, at-home work. The immersion concludes with a project synthesizing the participants' interests, passions, and knowledge in tantric arts.

Participants will gain understanding of tantric and yogic philosophy, personal application and practice, and framework for facilitation as a teacher, leader, or helping professional.

The intention of the immersion is to offer a deep-dive into tantric and yogic philosophy and practice, and ultimately an encounter with "the Great Self", which, subsequently, will inform anyone's facilitation and teaching skills. At the end of the immersion, participants will receive a Certificate as a symbolic representation of their efforts and commitment to the program.

The Certificate will certify participants as a "Tantric Arts Practitioner." Participants will also have the opportunity to publish their final projects in the Tantric Arts Collective's Library, if they choose.

This year, in celebration of our new beginning, the Tantric Arts Collective is offering an additional program at no extra cost for any ashtanga yoga practitioner enrolled in Diksha. This program consists of a commitment to weekly ashtanga practice and one additional monthly seminar. This program results in a certificate labeled "Ashtanga Therapeutics Practitioner." While this program is not supported by the Yoga Alliance and exists outside of the traditional ashtanga authorization process, it is a way for ashtanga practitioners to gain more knowledge of the ashtanga yoga system and learn how to teach from a tantra-informed framework.

Diksha participants will learn and experience esoteric tantric ritual through chanting mantras, engaging puja, and drawing yantras. They will also experience the heart of tantra in experiential creative and therapeutic modalities.

The immersion will offer participants the opportunity to learn Sanskrit, the language of yoga, and ground this understanding of Sanskrit and tantra in the Shakta Tantra erotic poem, *The Saundarya Lahari*, or "Waves of Beauty."

All classes occur on Zoom and are recorded. They take place U.S. Eastern Time.

To join, visit:

MORE ON DIKSHA: DIKSHA MONTHLY SCHEDULE

Seminars

*All seminars are recorded

1st Sunday of the month @ 4-6 p.m. :
Monthly Seminar on the Theme of the
Month

1st Wednesday of the month @ 6-7:30 p.m.:
Sanskrit Lesson

3rd Wednesday of the month @ 6-7:30
p.m.:
Saundarya Lahari Chanting & Discussion

Last Saturday of the month @ 11-1 p.m.:
Ashtanga Therapeutics Fundamentals *for
participants enrolled in the Ashtanga
Therapeutics program*

Last Sunday of the month @ 4-6 p.m.:
Tantric Arts Fundamentals for Teachers,
Leaders, & Facilitators

Personal Work

*Monthly Syllabus to be Released at the Start of the
Month

- Readings
- Excavations (Activities)
- Yantra Journal
- Final Project

Additional Pop-Up Classes

2nd Tuesday of the month: Writing Coven

Full Moon Devi Puja *Each month TBA*

Weekly Classes

*Participants must attend at least 2
classes/week

*Post-COVID, schedule may be adjusted to
accommodate everyone's schedule

Mon:

Mantra Sadhana @ 8:30-9 a.m.

Tues:

Sanskrit @ 5:30-6 p.m.

Ashtanga Therapeutics @ 6-7:30 p.m.

Wed:

Guru Puja @ 8:30-8:45 a.m.

Thurs:

Transformative Tantric Arts @ 7-8:30 p.m.

Fri:

Shanti Mantras Chanting & Pranayama @ 8:30-
9 a.m.

Goddess Group (Women's Healing Circle) @ 7-
8:30 p.m.

Sat:

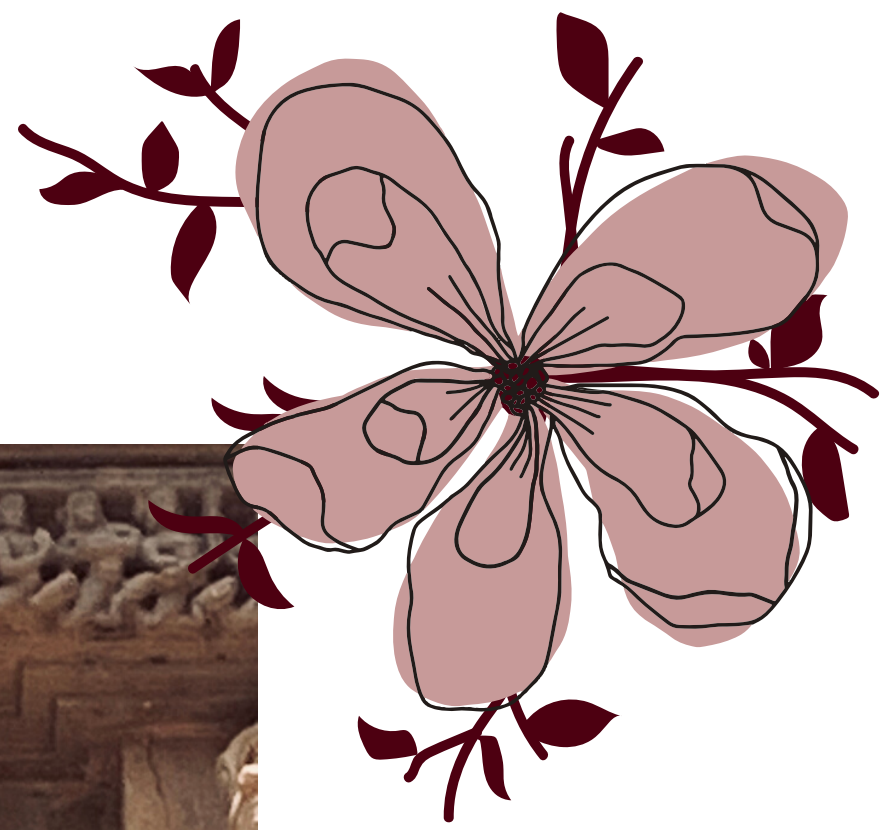
Chakra Meditation @ 8-9 a.m.

Shakti Circle Power-up @ 4 p.m.



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In tantra, the way in which one sits, bathes, combs the hair, decides what dress to wear, what food to eat, which direction to face while eating, sleeping or worshipping, all these are extremely significant. For a tantric no act is mundane or gross; each gesture is meaningful, as all are a part of that great divinity abounding in the universe, which resides within as the cosmic Shakti or kundalini. At the behest of that cosmic energy one moves, thinks, acts, dreams, laughs, talks, sings, and dances. The tantric practitioner understands that, accepts it and watches this idea unfold many mysteries before him."
-Swami Satyasangananda Saraswati



"And, when you want something, all the universe conspires in helping you to achieve it." -Paulo Coelho

BOOK LIST

*Additional Handouts will be given for each month's syllabus. All readings will also be shared, in the event that required texts cannot be purchased.

Required for Diksha

Saundarya Lahari: The Descent by Swami Satyasangananda Saraswati

Yoni Shakti by Uma Dinsmore-Tuli

The Yoga Sutras Workbook by The American Sanskrit Institute

<https://www.americansanskrit.com/shop/yoga-sutras-workbook-the-certainty-of-freedom-2nd-edition> *Downloadable version available*

Intro to Sanskrit by The American Sanskrit Institute

<https://www.americansanskrit.com/shop/introduction-to-sanskrit> *Downloadable version available*

The Way of Tenderness by Zenju Earthlyn Manuel

Required for Ashtanga Therapeutics

Vayu Siddhi by David Garrigues

Dynamic Alignment Through Imagery by Eric Franklin

Yoga Chikitsa: Healing Techniques and Assistance by Manju Jois

Additional Enrichment/Recommended

Ashtanga Yoga: The Yoga of Breath by Lino Miele

Yoga Mala by Sri K. Patthabi Jois

Additional Enrichment/Recommended

Shakti Rising by Kavitha M. Chinnaiyan

In Praise of the Goddess by Devadatta Kali

A Branch From the Wild Tree by Dr. Martin Shaw

Emotional Intimacy by Robert Augustus

The Body Keeps the Score by Bessel Van Der Kolk

The Polyvagal Theory in Therapy by Deb Dana

Tantra Illuminated by Christopher Hareesh Wallis

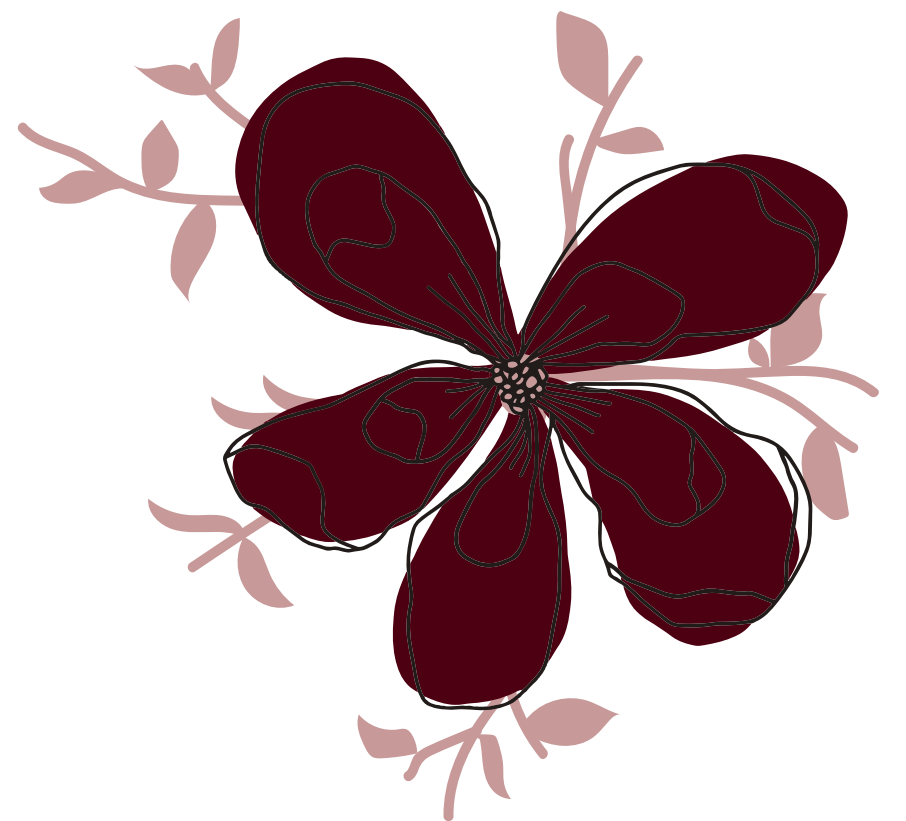
A Sanskrit-English Dictionary by Sir Monier-Williams

<https://www.americansanskrit.com/shop/a-sanskrit-english-dictionary>

*Will you accept
the invitation?*



Join us @



<https://tantricartscollective.teachable.com/p/diksha>