

### Level 1

This course builds toward initiation into the first level of Cobra Breath, a wonderful technique that transmutes sexual energy to open your psychic eye. Then you begin to see the truth behind the illusions of the objective world and become the witness to your life-drama, rather than its victim. You'll celebrate your aliveness with song and dance and healing massage. You'll play with subtle energy, sharing a bond with others and finding a sense of inner unity. The mood is fun and playful, and at the same time, very profound. Sexual practices are discussed but there is no explicit sexual activity. After the course, three monthly lessons and an audiotape will be sent, and you will have a counselor available to assist you in your practice.

### Level 2

Level 2 focuses on the issues that keep your sexual energy from moving freely. You deal with attitudes toward the opposite sex that keep you from actualizing your opposite sex qualities. You learn to use the "problems" in relationships as opportunities to heal the wounded inner child, releasing blocked energies in the lower chakras and addressing traumas of sexual repression, abuse, circumcision and incest.

You will receive the second level of Cosmic Cobra Breath in a self-initiation to cleanse the chakras and balance male/female energies. One breath produces the spiritual growth that normally takes an entire year, dramatically accelerating your spiritual evolution. You will receive six monthly lessons and three audiotapes to support you in the process of cleansing, which takes only a few months of consistent practice. You must have practiced the first level Cobra Breath for three months before receiving this level.

### Level 3

When male/female energy is balanced, the body is ready for a safe and natural kundalini activation. You will receive the third level Cobra Breath initiation and the Tantric Tibetan Rebirthing, a process some have described as the most profound experience of their lives. We do a Maithuna Ritual, which is only as sexual as you wish it to be. Three more lessons are sent as follow-up.

At each level, powerful bonds develop between members of the group and, as the group energy gets increasingly clear, the connections become more beautiful, more spontaneous and more authentic. In the warmth and safety of this energy you can explore the opening of your heart to unconditional love.

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*"The integration of techniques —  
the flow of one into the next — is simply masterful.  
I felt completely taken by the hand of God, gently  
guided to my darkest places and carried into the light  
beyond. Caring — that's the Level 2 in a nutshell."*

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*"The efficiency and effectiveness of the program is  
amazing if one commits to the work. This journey is  
one of love and freedom and has the power to change  
lives and the world profoundly through healing and  
becoming our true selves. It's a path of sacredness and  
playfulness, of honoring the expression of God Spirit  
through the Earth Walk. It's so open and inclusive, so  
allowing and unconditional as our Source is."*

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*"I felt nervous being without a partner. But the  
intensive was largely about dealing with my own inner  
growth. I feel blessed to have this time just for ME —  
to go within, nurture and love myself. I moved through  
a tremendous amount of limitations."*

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*"I have learned through tantra that love is so much  
greater than my fear, anger, sadness, etc. Love is all  
we need and want since conception. I have confronted  
my darkness and discovered its secrets, and I survived.  
I feel that the true soul of me can now come out."*

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*"Simply magnificent. The honoring of our divinity in  
this human experience during this course goes far  
beyond the volumes of books that speak about it, or  
hours of discourse. It goes right to the heart of  
who we are — and what I've received is my Heart."*

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# IPSALU TANTRA

An Accelerated Path toward  
Mastery of Sexual,  
Emotional, Physical  
and Mental Energies.



The Art and Science of  
Tantric Kriya Yoga with  
Guidance from Babaji, Osho,  
Kuthumi, and Mother Earth.

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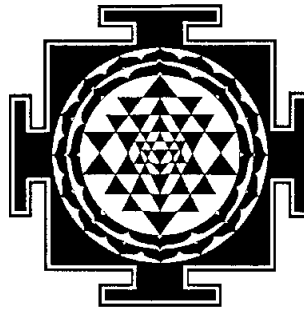
# Tantra

Tantra is a spiritual path for integrating body, mind and soul, for experiencing union with God. It differs from other paths in its acceptance and use of the senses, sexuality and feelings, to help us evolve spiritually. Tantra encourages us to enjoy fully the world in which we live, as a way to access other worlds.

"Tantra" means "liberation through expansion." By expanding our awareness, we learn to distinguish our limited ego nature from our higher nature. As we begin to realize our own divinity, we can see the divine in our beloved, in all people, in all of life.

## By practicing tantra, you can:

- **Learn to amplify and transmute sexual energy.** Instead of being at the effect of this powerful force, you use it consciously to actualize your spiritual potential. Lovemaking then becomes a mystical communion.
- **Learn true intimacy.** Even in relationship, we create an illusion of separateness and suffer from a lack of love. Tantra teaches you to be fully present and authentic with your partner and friends. As you work consciously with your beloved, in moving and sharing cosmic energies, you recognize a profound bond. Opening your heart to the Beloved transforms lust into love for sexual/spiritual experience. Connecting at the heart and mind as well as the genitals, you merge, losing your separate "self."
- **Be profound, yet playful.** The soul is joyful; meditation is not serious business. Tantra is a celebration of the physical dimension, completely life-affirming. All aspects of your being are honored and included. God gets to play at being human.
- **Honor and balance your inner male and female.** When your analytical, linear, verbal, abstract side works synergistically with your intuitive, holistic, sensual, practical side, you find the essence of creative genius.
- **Rejuvenate the body.** Hormones produced during sexual arousal are the real "elixir of youth." By prolonging the arousal state in lovemaking or self-pleasure, you bathe your cells in youth-maintaining hormones. Tantric practices recycle sexual energy, using it for increased vitality and self-healing. Through certain practices, a true tantrika maintains an on-going state of excitement.



## Ipsalu Tantra

There are many approaches to tantra. *What distinguishes Ipsalu Tantra is the focus on realizing our magnificence, attention to emotional clearing, and yogic techniques for safely activating Kundalini.* "Ipsalu" means "over-coming desire." The ego mind believes having its desires fulfilled brings happiness. The omniscient Mind lives continually in bliss. As we discover our truths, desires are released, and we come to identify more and more with this bliss body.

### Ipsalu Tantra teaches you to:

- **Clear old karma.** Life is an on-going school, and karma is unconscious emotional residue stored in the body from incidents where the lessons were not learned. These incompletions keep us bound to the past. Ipsalu Tantra has proven techniques to accept "forbidden" emotions. You call quickly move through old trauma, learn the lesson and release that stagnant energy, thereby creating space for more joy. As we become purified, more Radiant Presence enters our physical temples.
- **Become inner-directed.** When we take responsibility for creating our lives, rather than being the victims of circumstances, and when we learn to look within for answers and fulfillment (without the need for a guru or mate), then our partnering call come from love rather than need. We see that the events in our lives reflect our inner conditions and happen for our own growth. We see that ail is in Divine Order.
- **Live in the present moment.** Most of us live in our thoughts, in the past and future. For some, orgasm is the only experience of present time. During orgasm, the soul is fully present in the body. Masters have described enlightenment as a perpetual orgasmic state. Love happens only in the present moment; Ipsalu Tantra gives you tools to still the mind and be in the eternal now.

# Cosmic Cobra Breath

The key to this system is the Cosmic Cobra Breath, a precious gift to humankind from Mahavatar Babaji. This ancient breath technique was long held secret because of its great power. It prepares the mind and body for the safe, controlled movement of kundalini.

Kundalini is life force or consciousness, one manifestation of which is sexual energy. When it moves upward, it enlightens you. In normal sex the energy flows downward to drain you. Cobra Breath reverses the flow of sexual energy, alchemically transmuted base desires into spiritual gold. The secret teachings of all spiritual traditions use kundalini energy to rejuvenate the body, empower the mind and awaken the soul.

The breath pulls Shakti (or magnetic) energy into the spine, changing the electromagnetic properties of the cerebrospinal fluid, allowing kundalini to move up the spine. As the brain bathes in this magnetized fluid, the nervous system is transformed, and you awaken to a new consciousness.

*The ideal way to learn Cobra Breath is in a weekend intensive.* If that is not possible, it can be received by telephone. It is an oral tradition and can never be written (see Ashram Application for further information).

Cobra Breath is the capstone of the science of kriya yoga. "Kriya" means "action," and refers to the conscious manipulation of energy through the astral channels of the body. The other yogic tools from that sacred science, which we use in support of Cobra Breath, include mantras, yantras, bandhas, mudras, pranayam, meditation and maithuna. The results are predictable and repeatable.

There are four levels to Cobra Breath, each opening a certain energy channel and certain chakras. As long as these openings occur in the correct sequence, the process is very safe. Kundalini is dangerous only if you try to skip steps and activate it before mind and body are prepared.

Kriya yoga has always promised that self-realization is very close, attainable within this lifetime. Because tantra accelerates one's growth much faster than the more conservative kriya, we expect many to reach enlightenment. *This is a practice.* You feel it work immediately but it requires consistent daily effort. The more practice you do, the faster you will evolve.

