

WHITE TANTRIC YOGA



Our minds release 1000 thoughts per wink of an eye. Some of these thoughts get lost in the unconscious, and some get stuck in the subconscious and affect the conscious mind. These thoughts become feelings, emotions, desires, multi-realities or fantasies. Instead of mastering our mind, often our mind and thoughts direct us, which can cause impulsive decisions, poor communication and self-imposed stress.

White Tantric Yoga is a powerfully transformational meditation technique to break through the subconscious blocks.

Using the diagonal energy, the Mahan Tantric, Yogi Bhajan, connects his subtle body to the subtle bodies of the participants through the course facilitator. This works the same way as a worldwide telephone system that relies on satellites and electromagnetic energy in order to connect two parties. This energy, when directed by the Mahan Tantric, cuts through the blocks that are stuck in the subconscious mind.

Read more: <http://www.whitetantricyoga.com>