

SHEN TAO INNERGY ARTS™



# Inner Fire Meditation

EXPERIENTIAL WORKSHOPS BASED ON THE TANTRA OF THE SEVEN MUDRAS



March 4-6, 2010  
Fort Lauderdale, FL

## Awakening the Mastery Within

*This class prepares you to receive Babaji's gift to humanity, Cosmic Cobra Breath initiations.*

**Goswami Sunyata Saraswati**

Sunyata comes from the Golden Chain, a 5,000-year-old lineage of masters who teach,  
"He who realizes the truth of the body will come to know the truth of the Universe."



## *You are cordially invited to attend Inner Fire Meditation...*

...the first in the Tantra of the Seven Mudras series of workshops. Master Sunyata has refined a vast body of esoteric tantric techniques into one coherent, precise, and dynamic daily practice for health, healing, and spiritual illumination.

This sacred yogic knowledge contains material that has never been published or taught by any other teacher. The real essence of the tantric arts will never be found in books. It has always been, and must always be, transmitted personally through a teacher of the living lineage, and Master Sunyata is a lineage holder of Babaji's Tantric Kriya Yoga.

Inner Fire Meditation gives you a working knowledge of the art considered to be the most secret of the inner tantric schools. Master Sunyata learned and practices these arts.

Inner Fire Meditation is not a commercial workshop. It is for sincere, mature students who take striving to be one with the creative intelligence of the universe seriously, and who understand that tantra means expansion of consciousness through liberation of Shakti Kundalini energies. You will learn:

- Daily sadhana (practice)
- Breathing techniques
- Meditations, movement, and mantras

**The practices that you will learn combine East Indian, Taoist, and Tibetan schools of tantra.**

This workshop is a pre-requisite for further study of the complete system of Tantra of the Seven Mudras, which includes, depending on your interests:

- Tibetan Ajapa yoga • Kaya Kalpa Yoga
- 7 Sacred Breaths of Kriya Yoga • Charisma workshop
- Prana Shakti healing • Wu Chi Tao Chi Gung
- Tantric Spiritual Rebirthing
- Further study of East Indian, Tibetan, Taoist, Egyptian, and other schools of tantra

**2 PART WORKSHOP: 1st PART IS A 3-DAY WORKSHOP \$325: FRIDAY EVENING, SATURDAY & SUNDAY (9 AM-5 PM), 2nd PART IS A FUTURE REVIEW (TBA)**

*Please apply and interview with Master Sunyata ahead of time. Please complete and mail the application. Master Sunyata makes a personal determination of who is accepted as a student.*

**More information and application: [www.shentaoinneryarts.com](http://www.shentaoinneryarts.com)**

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## APPLICANT REGISTRATION FORM

Date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Country (if not USA) \_\_\_\_\_

Home phone \_\_\_\_\_

Work phone \_\_\_\_\_

Cell phone \_\_\_\_\_

E-mail \_\_\_\_\_

Website \_\_\_\_\_

Birthdate \_\_\_\_\_

### BACKGROUND

Knowing your background allows custom instruction that reflects your level of experience. List your experience with yoga, tantra, martial arts, meditation, human potential courses, movement skills, Chi Gung, Tai Ch'i, etc. Be sure to include any initiations into spiritual systems. List these in order of importance to you, with dates if possible.

- |          |           |
|----------|-----------|
| 1. _____ | 7. _____  |
| 2. _____ | 8. _____  |
| 3. _____ | 9. _____  |
| 4. _____ | 10. _____ |
| 5. _____ | 11. _____ |
| 6. _____ | 12. _____ |



GOALS

Do you have specific goals for this practice? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

HEALTH

Knowing your health allows instruction that fits your specific needs.

General health: ( ) Excellent ( ) Good ( ) Some problems

Specific problems: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Respiratory problems: \_\_\_\_\_

Blood pressure normal? ( ) Yes ( ) No

Are you currently in physical or psychological therapy? ( ) Yes ( ) No

If "Yes", has your therapist agreed to the practice you would like to study? ( ) Yes ( ) No

DISCLAIMER

"Tantra of the 7 Mudras" is a system of practices promoting health and well being. Caution and common sense should be utilized in following any of the suggestions about food, exercise, breathing, sexual activity, and states of consciousness. This course is not meant to replace competent medical advice or medical regimens. Anyone suffering from high blood pressure, or any infirmity that hampers the following of these practices should consult a physician before practicing the methods taught here. Anyone with a history of emotional instability or who is currently in a time of high stress is advised to consult a therapist before practicing the methods taught here.

I have read the foregoing and take full responsibility for my use of the information provided by Shen Tao Innergy Arts and its instructors. I absolve the organization and its instructors of any liability whatsoever.

I understand and agree that as a participant of classes and workshops, I am prohibited from sharing the technical details or teaching the contents of the classes or workshops without express written permission from its creator/founder, Sunyata Saraswati. In the event of my breaking this agreement, I understand that I could be prosecuted for copyright infringement under Federal and state laws, and liable for any remedies provided by law or equity, including, but not limited to, reasonable attorney's fees and court costs.

I agree to these limitations and this disclaimer:

Signed \_\_\_\_\_

Date \_\_\_\_\_

Please mail completed form to: Shen Tao Innergy Arts, PO Box 272566, Boca Raton, FL 33427 USA.  
If anything changes, please complete a new application.