

*Omega South Bay Center for
Conscious Loving
April/May 2010*

Omega events meet at a private home unless otherwise specified.
346A Los Gatos Blvd, Los Gatos 95032.

Directions to Baba's: Take Hwy. 17 to East Los Gatos exit (20A), turn left at the 2nd signal light, Los Gatos Blvd. 346A is the 3rd house on the right past Harding Ave. Watch for the white holiday lights on the front fence. Enter by the back door of the front house.



**White Spirit Tantra Classes
Women of Spirit
Singles Awakening
Wedding Ceremonies
& Memorial Services
Relationship & Tantra Coaching**

*Community for Personal
& Spiritual
Development*

Questions: Call Baba at **408/358-3268**, or email **babanicole@earthlink.net**

Go to: **http://WhiteSpiritTantra.org** for detailed information on Baba's classes and Relationship Coaching with Heart.

Does your group need a heartfelt, inspirational guest speaker? Schedule Baba now!

**The mission of White Spirit Tantra is to experience ourselves as radiant beings with an infinite capacity for intimacy and love.
Our vision is to contribute to the healing and transformation of our planet.**

Omega Calendar

Current On-going Classes

Women of Spirit

Weekly, Tuesdays, 7-9:30 pm.

The Heart of Intimacy*

Monthly, Sat., 4/17, 5/15, 7-10 pm.

Your Heart's Next Adventure

Every other month, Sat., 5/29, 7-10pm.

prerequisite:

♥ *The Heart of Intimacy* ♥

White Spirit Tantra Core Groups ~

Embracing Community

Level One starts Sun. 4/18.

*Omega is the
last letter of the
Greek alphabet,
symbolizing the
arrival point in
mankind's
consciousness*



Singles Awakening

~ The Heart Connection

Monthly, Sat., 5/1, 6/5 7:30-10 pm
Bring something yummy to share for the after party!

Eckhart Tolle DVD/Meditation

Monthly, Sat., 4/10, 5/8, 2-4 pm.

Upcoming Events, watch for:

**Savour the Sweetness, and
Reconnecting for Couples.**

Our Meetups:

www.meetup.com/White-Spirit-Tantra-The-Heart-of-Intimacy

www.meetup.com/Singles-Awakening

About the Facilitator: Baba Nicole Herrick is a gifted clairsentient and sage. For 37 years she has transformed people's lives through her compassionate relationship coaching and inspirational workshops. Seeing the need for heart connection in our fast-paced world, Baba introduced White Spirit Tantra in 1995.



We are given so much misinformation in our lives about ourselves, our sexuality, and our spirituality, that we get blocked and tangled up so badly we lose our true selves. Baba's gentle and precise teachings and guided meditations reawaken us to who we really are. - Jim F.

Baba brings integrity, wisdom, & playfulness in the form of a beautiful & powerful woman. - Diana D.

OMEGA is a non-profit, human potential organization moving into its 44th year.
We invite you to be a part of our unique community of unconditional love.

Omega Calendar, April/May 2010

Events at 346A Los Gatos Blvd., Los Gatos (408) 358-3268



Tantra



Your spirit yearns to express itself. White Spirit Tantra is a portal to fulfillment. The power of this practice is the unfolding of your ability for profound emotional intimacy. It is often confused with Red Tantra, which teaches advanced spiritual sexual techniques. For thousands of years Tantra has been a source of harmony, passion and balance within relationships. Both genders benefit greatly from this practice. The key is in the balance of yin and yang. Within every woman lies a radiant sleeping goddess. This goddess is sensuous, alive, & playful - with a magnetic heart. When awakened through Conscious Breathing, her loving heart rediscovers the natural gift for energetic connection, and she brings transformation to all she touches. As beneficiaries of the goddess in her full consciousness, men awaken to their Divine nature as Warrior/Protector, which stimulates a lovely dance: sweet relationship evolving into living poetry.

Baba creates a sacred space in which to connect with others at a deep and blissful level. - Henry W.

♥ The Heart of Intimacy ♥

Introduction to White Spirit Tantra For Singles and Couples

Everyone has the capacity for deep connection. Learn how to stay present while relating tenderly with another without your 'thinking mind' taking over. Imagine a safe environment where you can relax for three hours with friendly, like-minded people, savoring the natural sweetness of each moment. No partner is needed. **The third Saturday of the month, 4/17 and 5/15, 7-10 pm. \$36/person, \$26 prepaid. RSVP. This class is the prerequisite for ALL of our other Tantra classes.**

♥ Your Heart's Next Adventure ♥

Remember what you took away with you from The Heart of Intimacy? You can now slip into a blissful space free from time, mind and ego. Becoming strong enough to lower your defenses was the first step to having true intimacy. Your next step: embody the magic of Being Here Now, experiencing the depth and beauty of the moment as your vital spirit awakens. **5/29 7-10 pm. \$40/person, \$30 prepaid. RSVP.**

Tantra Core Groups ~ Embracing Community ♥ meet every other week, 7-10 pm. Six ongoing sessions ground you in the Now. Provide continuity for your journey by integrating the healing aspects of Tantra through deeper study of the breath with supportive, light-hearted new friends. Let go of Winter blues and breathe in the transition to Springtime: **our next Level 1 class begins Sun. 4/18! \$150/person prepaid for 6 sessions.**

Baba, I want to thank you so much for helping me find the way to open my heart. So much beauty is now before me and I feel like such a gift to myself and the world. - Jack C.

♥ Singles Awakening ~ The Heart Connection ♥

People are drawn to your positive energy. As you grow in consciousness and your vibration rises to a higher level, you will attract healthy, loving partners. Join us for a unique series of workshops that shift your experience of yourself. Come explore the possibility of connecting heart to heart. **Now on a new evening: Saturday 5/1, 6/5, 7:30-10:30 pm.** Bring something yummy to share for the after party. **Prepay \$25 in advance to guarantee your space. RSVP.**

Eckhart Tolle and Tantra—Discover the Link

Learn how to stay sane in an insane world *for free* with Eckhart Tolle, best selling author of A New Earth, on DVD. **Second Saturdays, 4/17 & 5/15, 2-4 pm. RSVP. For more info go to www.EckhartTolle.com.**

Individual or Couples Counseling

Amidst the turmoil & angst of the last decade, there has been a steady current pulling us toward a lighter form of being. Events out in the world have partially obscured this, and people are reacting with anxiety & resistance to change of any kind. Some have used this general confusion for their own gain, while the majority feel lost. Eckhart Tolle talks about The Pain Body (suffering) & Wayne Dyer speaks of The Shift inevitable in our consciousness. Just by being alive at this moment in time, you are being affected by all this. Have you noticed the general background noise of fear and complaining? Free yourself! Learn how to shed your burdens and awaken to the possibilities. **Contact Baba to explore what's next for you. 408-358-3268.**

Women of Spirit ~ Waking Up to Our Spiritual Journey ♀

Trusting our inner guidance and using insights from the Masters, we are sharing on a deep level as we become fully self-expressed. Claim Tues. evenings for yourself! **7-9:30 pm. \$25/session or prepay \$60 for 3. RSVP.**