

Omega South Bay Center for Conscious Loving Spring 2010-2011

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](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 ~ Happy Springtime!

Current On-going Classes
**Women of Spirit: explore the
mysteries of relationship**
Weekly, Tuesdays, 7-9:30 pm.

The Heart of Intimacy
Monthly Sat., 4/16, 5/21, 6/18 7-10.

Your Heart's Next Adventure
Sat., 4/30, 7-10pm. **Prerequisite:**
♥ *The Heart of Intimacy* ♥

**White Spirit Tantra Core Groups
~ Embracing Community**
Levels One and Two are forming now.

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



**Singles Awakening ~
Communication From The Heart**
Sat, 4/2, 7-10 pm. Bring a snack to
share for the after party. It's been a
long winter; don't miss it!

Eckhart Tolle DVD/Meditation
Monthly, Sat., 4/16, 5/21, 6/18 1-3.

Our Meetup:
[www.meetup.com/White-Spirit-
Tantra-The-Heart-of-Intimacy](http://www.meetup.com/White-Spirit-Tantra-The-Heart-of-Intimacy)

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 45th year.
We invite you to be a part of our unique community of unconditional love.

Omega Calendar, Spring 2011

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



Tantra



White Spirit Tantra is a portal to fulfillment. The power of this practice is in the unfolding of your ability for profound emotional intimacy. The study of White Tantra builds the necessary foundation to explore the more physical and sexual aspects known as Red Tantra. 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 the yin & yang. • Know that within every woman lies a radiant sleeping goddess! This goddess is sensuous, alive, and playful - with a magnetic heart. When awakened through Conscious Breathing, her loving heart rediscovers its 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 essence 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. Give yourself permission to experience this gift, and learn how to stay present while relating tenderly with another without your 'thinking mind' running the show. Imagine a safe environment where you can relax for 3 hours with friendly, like-minded people, savoring the intrinsic sweetness of each moment. No partner is needed. **Saturday, 4/16, 5/21, 6/18, 7-10 pm. \$36/person, \$26 prepaid. RSVP. This class is the prerequisite for our other Tantra classes!**

♥ Your Heart's Next Adventure ♥

Remember what you took away with you from The Heart of Intimacy? Becoming strong enough to 'lower Your guard' was the first step to having true intimacy. You experienced that blissful space free from time, mind and ego. Take your next step into self discovery, where you'll begin to explore the depth & beauty of this magical moment as your vital spirit awakens. **4/30, 7-10 pm. \$36/person, \$26 prepaid. RSVP.**

Tantra Core Groups ~ Embracing Community ♥ meet every other week, 7-10 pm.

Stretch and welcome the sun, your life is now! Level One integrates the healing aspects of Tantra through a deeper study of the breath. Learn how to ground yourself in the present moment and begin to enjoy a fulfilled life! **\$150/person prepaid. Reserve your space for alternate Sunday evenings!**

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 - Communication From the Heart ♥

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. In The Heart of Intimacy, you experience your divine sweet nature. Singles Awakening is about verbal communication. To be fully self expressed, it's necessary to bring your heart and mind together. As you express in words what your heart feels, you grow in personal power. We're aligning one with the other. Go to: www.meetup.com/White-Spirit-Tantra-The-Heart-of-Intimacy for future sessions.

Sat., 4/2. 7-10 pm. Prepay \$26 in advance to guarantee your space. RSVP.

Eckhart Tolle and Tantra—Discover the Link

Free! Learn how to stay sane in an insane world with best selling author/speaker Eckhart Tolle on DVD. **Third Saturdays, 4/16, 5/21, 6/18, 1-3 pm. RSVP. For more info go to www.EckhartTolle.com.**

Individual or Couples Counseling

The current economy has put a strain on everyone, particularly on couples and families. People have become fearful of change of any kind. There's another way to look at this; all along there has been a steady undercurrent pulling us towards a lighter form of being. If you've listened to Eckhart Tolle or Wayne Dyer, you'll know that there's a transformation inevitable in our consciousness. You are being given an opportunity to focus on your relationships as a means of shifting your energy by revisiting your core values. Learn how to see the possibilities hidden in what you already have. Run with this to create something beautiful and lasting. Seize the day!

Contact Baba to explore what's next for you. 408-358-3268.

Women of Spirit ~ Waking Up to Our Spiritual Journey ♀

Claim Tues. evenings for yourself! Explore relationships without fear, and make the shift to being fully alive. **Tues., 7-9:30 pm. \$25/session or prepay \$60 for 3. RSVP.**