

Omega South Bay Center for Conscious Loving October/November 2009



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, turn left at 2nd signal light, Los Gatos Blvd. 346A (front unit) is the 3rd house on the right past Harding Ave.

White Spirit Tantra Classes
Empowerment for Women
Men's Group
Guided Meditation Sessions
**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's Empowerment Group
Weekly, Tuesday, 7-9:30 pm

Eckhart Tolle DVD/Meditation
Monthly, Sat., 10/17, 11/14, 2-4 pm

The Heart of Intimacy
Monthly, Sat., 10/17, 11/21, 7-10 pm

Magical New Years Eve Playshop
Nourish your soul and shift into a prosperous 2010! 12/31-7:30 pm-1 am

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



**Singles Awakening ~
Communication for Conscious
Singles - Monthly, Fri., 10/23, 11/13,
7:30-10 pm. Bring something yummy
to share for the afterparty!**

**Discover The Masters in 2010
Exploring Higher Consciousness
through video, insights & discussion.
Watch for more information at:
Meetup.com/Singles-Awakening**

About the Facilitator: Baba Nicole Herrick is a gifted clair-sentient 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, and playfulness in the form of a beautiful and 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.

WhiteSpiritTantra.org, SinglesAwakening.org, www.Meetup.com/Singles-Awakening

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

Omega Calendar, October/November 09

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. Tantra has been known for thousands of years to bring harmony, passion and balance to one's life and relationships. Both genders benefit greatly from this practice. The key is in the balance of ying/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 discover their Inner Masculine & Divine Feminine which stimulates a lovely dance: relationship evolving into all that it can be.

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

♥ The Heart of Intimacy: Freeing Your Spirit ♥

Introduction to White Spirit Tantra For Singles and Couples

Learn how to stay present while relating tenderly with another, without your 'thinking mind' running the show. Everyone has the capacity for deep connection. Imagine a safe environment where you can relax for three hours with friendly, like-minded people, savoring the sweetness of each moment. No partner needed. The third Saturday of the month, 10/17 and 11/21, 7–10 pm.

\$35/person. \$25 prepaid 3 days in advance. No refunds. RSVP. No reservations the day of the class. This class is the prerequisite for all of our other Tantra classes.

Tantra Core Groups ♥ meet every other week, 7–10 pm. *Six ongoing sessions* provide continuity for surrounding yourself with love and acceptance. Integrate the healing aspects of Tantra with supportive, light-hearted new friends. Level 1 class now forming. Ask about our Lots of Love Rewards Program! **\$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 Communication for Consious Singles

Join us for a workshop designed to meet your desire for *something more!* As you grow into your higher self, have you discovered that the 'dating game' is no longer an option? Many other singles have also, and are now looking for a way to connect on deeper levels. Practice the art of comfortably being alive in each moment, sharing food for the soul. Friday, 10/23 & 11/13, 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. Saturdays, 10/17 & 11/14 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 touched by all this. Have you noticed the general background noise of fear and complaining? You can 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's Empowerment Group



Become inspired! As our hearts are pulled toward the Light, we're clearing the way to a higher level of consciousness. Join us on Tues. evenings, 7:00–9:30 pm. **\$25/session or prepay \$60 for 3. RSVP.**