

The Shakti School

– Level 1 Ayurveda Training –

60-MINUTE FREE WEBINAR | SHAKTI SCHOOL

Love as a Spiritual Path

A Tantric Approach to Conscious Relationship



Reframing Triggers as a Fast Path to Awakening

A Profound Sādhana

In Tantra, relationships are a profound Sādhana. We shift our perspective by asking a radically different question:

"How is every relationship revealing where I am separate from Love?"

Tantra does not promise that relationships will not trigger you; rather, it views these relationships as one of the fastest paths to awakening.



*"Most of us don't suffer because we aren't loved.
We suffer because we mistake love for the removal of discomfort."*



How Our Nervous System Obscures Reality

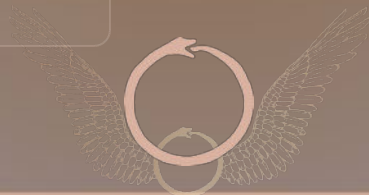
We rarely see true reality; instead, we experience *Vikalpa*. We see our conditioning, karma, childhood projections, and fears.

This is where Tantra meets neuroscience, integrating **polyvagal theory**, **amygdala reactions**, attachment, and the **default mode network**.

"What if your suffering isn't your partner... but the story your nervous system tells about your partner?"

The Cycle of Disconnection

- 1 Partner speaks
- 2 Nervous system reacts
- 3 Old story activates
- 4 Identity forms
- 5 Reaction and distance occur



The Three Veils

Identifying the Barriers in Conscious Relationships

Veil One

Projection

We relate to our ideas about people, not the people themselves. This frozen perception sounds like:

"He never listens," or "She doesn't respect me."

Veil Two

The Defended Nervous System

Operating in fight, flight, freeze, or fawn.

"When dysregulated, everything is evidence; when regulated, everything is information."

Veil Three

The Separate Self

The ego defends and controls, while Tantra expands and feels.

"The opposite of love isn't hate. It's contraction."



Consciousness & Energy Circulation

SHIVA

The Divine Witness

Consciousness • Awareness • Stillness
Witness • Direction • Presence

SHAKTI

The Divine Creative Force

Life-Force • Energy • Movement
Experience • Creativity • Emotion •
Expression

The goal in conscious relationship is not static balance, but active circulation of these non-gendered forces.

When awareness disappears, energy becomes chaos. When energy disappears, love becomes dead.

Ultimately, healthy polarity is not a performance; it is pure authenticity.



Remaining Connected While Triggers Are Present

Real Tantra is not about avoiding conflict; it is about remaining connected while conflict exists. Every relational challenge asks a fundamental question:

- ◆ **Every trigger asks:** *Can you remain conscious?*
- ◆ **Every disagreement asks:** *Can you stay open?*
- ◆ **Every disappointment asks:** *Can you keep your heart available?*

"Your partner isn't your guru because they're perfect. They're your guru because they reveal the places you are still waiting to become free."



✦ Everyday Embodiment Tools to Regulate and Reconnect

- **1. Pause** before meaning: Notice physical sensations before creating a story (“I feel tightening” vs. “He doesn’t love me”).
- 2. Return** to the body: Reconnect through breath, feet, heart, touch, and eye contact.
- 3. Speak** from vulnerability: Shift from “You always...” to “When that happened... my body made it mean...”
- 4. Practice** reverence: Dedicate one minute daily to pure presence with no agenda. *Love grows where attention goes.*
- 5. Remember** deeper identity: Shift from “I am this emotion” to “I am awareness experiencing this.”



The Shakti School

Embodying the Practices

"The deepest intimacy isn't agreement, chemistry, sex, or compatibility. The deepest intimacy is being fully present while staying fully open."

Healing goes beyond simply learning herbs. It is about becoming the kind of nervous system that can hold love, the kind of body that remembers safety, and the kind of heart that remains open when life isn't easy.

Join us in Level 1 Ayurveda Training to deeply embody these practices.



Shakti Ayurveda School

Learn about our Level 1 Ayurveda Program and find the course details [here on our Program's Page.](#)

This self-paced course includes:

- Weekly 3-hour lectures with Katie Silcox and other experts
- Bi-monthly teleconference with a Clinical Ayurvedic Specialist
- Daily access to our classroom to take lessons live or when it fits into your schedule
- Exclusive Community Forum
- A beautiful high-resolution PDF of our training manual
- Discounts on Ayurveda products and herbs for you and your future clients



Summer Bonus Offer

*Register for 2027 Ayurveda School using code **HGS100** before August 1st and receive:*

- \$100 off any Ayurveda School payment plan
- A free, one-year membership to Spirit Sessions
- Paavani Summer Sampler Kit (includes body oil, aromatherapy spritzer and digestive spice blend)
- Katie's Ayurveda for Summer Recipe Book



To Learn More

Website: theshaktischool.com

Instagram: [@theshaktischool](https://www.instagram.com/theshaktischool)

Facebook: [The Shakti School](https://www.facebook.com/TheShaktiSchool)

Email us at info@theshaktischool.com

Register for our free Divine-Feminine
Mini-Course [by clicking here.](#)

Join The Shakti School [mailing list here.](#)



Have Questions?

If you'd like to schedule a clarity call with one of our Shakti School graduates to ask any questions or see if the program is right for you, you can do so [directly here](#).



A banner for the Ayurveda School Coaching Team. The background is a dark, textured image of a forest. At the top left, there are three small gold stars. In the center, the text "AYURVEDA SCHOOL" is written in a white, serif font. Below it is a gold-colored winged emblem. Underneath the emblem, the text "COACHING TEAM" is written in a white, serif font. At the bottom, there is a horizontal row of eight small, square portrait photos of the coaching team members. Below the portraits, there is a dark blue rectangular button with the text "BOOK A FREE CLARITY CALL NOW" in white, sans-serif font.

**AYURVEDA
SCHOOL**

COACHING TEAM

BOOK A FREE CLARITY CALL NOW