

Shai Tubali - Understanding And Transforming Sexual Energy

What the Seminar Covers

- What distinguishes **sexual energy** from **sexuality** and a **sexual act**
- Why sexuality has become complicated, conflicted, and full of contradictions
- How to master and properly employ sexual energy for spiritual transformation
- Reintegrating this abundant, powerful force into life by releasing conditioned tension and resolving emotional complexity
- Mastery of sexuality: how to enjoy sexuality without being sexual, how to be connected without acting sexually
- How to save sexual energy, master it, and channel it into spiritual development
- Techniques from **Tummo Meditation** (inner fire) and Taoistic Tantra
- The seminar is not primarily about sexual acts but about harnessing sexuality as a transformational force

Format & Structure

- Duration: Two days, with inspiring talks, guided meditations, and special practices
- Audience: Both men and women (with differences addressed)
- Philosophical foundation: Integration of ideas from Socrates, Plato, Tibetan Buddhism, Taoism, chakra wisdom
- Includes a 21-day post-seminar program of daily meditations to deepen integration
- Venue option: live in Berlin or online

About the Teacher – Shai Tubali

Shai Tubali is a spiritual teacher, author, philosopher, with over 23 books published in multiple languages. He combines Eastern yogic knowledge, spiritual practices and Western psychology to offer deep transformative processes.