

# Release Of Duality

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In the West, Duality of thinking and process is common. Tantra offers a different approach to life. This class will offer the magic that is created as we lose the need to separate and judge. The freedom of finding the middle path gives great relaxation and clarity. The first step is being willing to look into yourself and find where the dualism may reside. This Tantric approach is based in inner harmony and wisdom that is available to us always. This is one of the greatest teachings Tantra can gift us.

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