



ATLANTA SCHOOL OF
TantraYoga

Clear the Path:

3 Simple Steps to Release Emotional Blocks and Accelerate Healing



Jeff Craft (Kali Das)

A Personal Note from Jeff Craft

Thank you for taking this first step toward releasing emotional pain and reconnecting with your true self. Healing can feel overwhelming at times, but I want to assure you—it is possible to find the clarity and peace you've been seeking.

I've spent over three decades helping individuals release emotional pain and reconnect with their true selves. My journey into healing began with my own struggles—years of feeling stuck, weighed down by unresolved pain, and searching for answers that seemed just out of reach.

Everything shifted when I discovered the profound power of Tantric Awareness through my work with my Guru. I learned that healing isn't about fixing what's broken—it's about dissolving the illusions and blocks that keep us from experiencing our natural state of wholeness. This understanding transformed my life and shaped the way I now guide others.

Over the years, I've had the honor of supporting countless clients who felt lost, overwhelmed, or disconnected. Through a simple yet profound process, they've found clarity, confidence, and peace—sometimes for the first time in their lives.

Whether you're carrying the pain of past relationships, childhood wounds, or unresolved grief, I know Tantric Awareness can help you break free. My Ecstatic Union™ approach combines decades of spiritual practice, deep intuitive insight, and a commitment to meeting each person exactly where they are on their journey.

Please know you're not alone, and you don't have to struggle with this pain forever. This guide is a starting point—a way to introduce you to the foundational practices of healing that have transformed my life and the lives of so many others.

Warm regards,

Jeff Craft / Kali Das

Founder of The Atlanta School of Tantra Yoga
Creator of the EcstaticU Community Membership



"The key to being at peace with committing to a healing session is to know that the person you are committing to working with is an authentic, well-educated, intuitive counselor and healer with experience working on themselves as well as other people. Jeff Craft is exactly that."

- Dave Lesinski

Does This Sound Familiar?

You've tried so many approaches to healing—reading books, attending workshops, learning techniques—yet you're still carrying the weight of your past.

Maybe it's the lingering pain from a difficult relationship, the unresolved grief of losing a loved one, or the scars of childhood trauma. Perhaps you're haunted by something you can't even name but feel every day in the form of tension, fear, or sadness.

You might even feel like you've moved on mentally, but the emotions keep resurfacing, affecting your relationships, energy, and peace.

This isn't just about emotional pain—it's how it affects your life.

You may find yourself:

- **Struggling to feel authentic** after years of pleasing others.
- **Paralyzed by self-doubt** and unable to trust your intuition.
- **Stuck in repetitive patterns** that hold you back from peace and happiness.
- **Reliving painful relationships** or feeling disconnected from loved ones.
- **Exhausted by the healing process itself**, unsure if you'll ever find relief.
- **Experiencing physical pain or illness** that is difficult to explain.

If this feels familiar, you're not alone. And the truth is, **there is a way forward.**

Here's the truth: Healing isn't about doing more or finding the perfect tool. It's about doing less, but doing it with focus, intention, and the right foundation.



This guide will show you:

- Why emotional blocks persist despite your efforts.
- The essential practice that simplifies healing and dissolves emotional pain at its root.
- Practical steps to get started today, so you can feel lighter, freer, and more aligned with your authentic self.

What Are Emotional Blocks, and Why Do They Persist?

Emotional blocks are unresolved feelings, beliefs, and energy patterns stored in your body and nervous system. They often start as reactions to painful or overwhelming experiences that we couldn't fully process at the time.

Instead of moving through the experience, we suppress it. Over time, these unresolved emotions build up, creating:

- **Recurring emotional patterns** (like fear of abandonment or self-doubt).
- **Physical symptoms** (like tension, fatigue, or even chronic pain).
- **Inner conflicts** (where one part of you wants to heal, but another part resists).

These blocks show up in our daily lives as repeating triggers, strained relationships, or feelings of being stuck. And while many techniques might temporarily relieve the symptoms, they don't address the root cause.

Why? Because true healing happens where the block was created—in your body, emotions, and energy—not just in your thoughts.



Understanding the Root Cause: Karmic Patterns

At the core of your struggles are **unresolved karmic patterns**—energetic imprints left by painful experiences that were never fully processed.

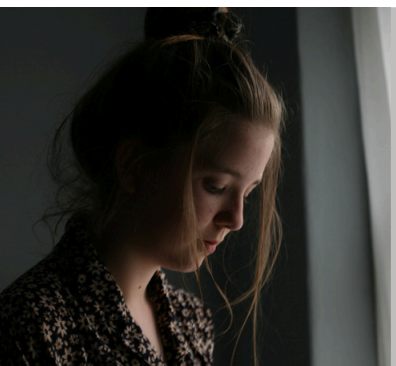
I first came to understand this when working with my Guru. Before that, I believed healing was about fixing what was broken. My Guru taught me that healing is about dissolving what is false so we can reconnect with the wholeness that has always been there.

These karmic patterns show up as:

- Emotional blocks that feel impossible to release.
- Recurring relationship dynamics that mirror past wounds.
- Self-sabotaging behaviors that prevent progress.
- Doubts and fears about stepping into your true self.

When left unresolved, these patterns repeat, creating cycles of pain that feel inescapable. But here's the good news: **karmic patterns can be healed—if you know how to address them at their root.**

The Path to True Healing: Grounding and Witnessing



Imagine this: You knock over a potted plant in the courtyard, scattering dirt everywhere. From the balcony, you can see the mess, talk about how it happened, and think about how to clean it up. But until you go down into the courtyard, collect the soil, and put it back in the pot, the mess remains.

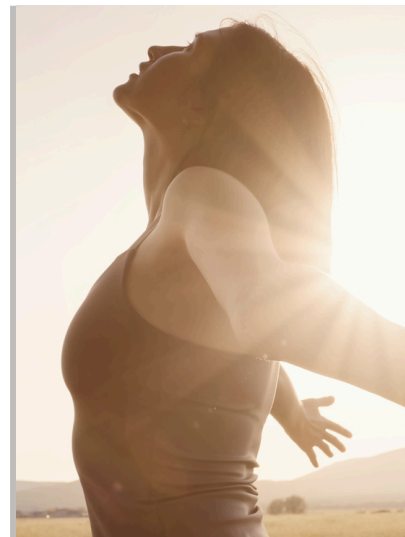
Emotional healing works the same way.

This is how most of us approach healing—staying in the “balcony” of the mind. We analyze our pain, talk about it, even visualize solutions. But the unresolved emotions live elsewhere: in the body, the nervous system, and the energy field.

Healing requires stepping into the courtyard.

In the teachings of Tantra and Yoga, this process is known as **Grounding and Witnessing**:

- **Grounding** connects you to the body, stabilizing your nervous system and bringing awareness to where your emotions truly reside.
- **Witnessing** allows you to observe these emotions without judgment, resistance, or attachment.



Together, these two skills create the conditions for deep healing.

It's not about doing more or chasing lots of different techniques—it's about being present, compassionate, and consistent. This foundational practice helps you access the true source of healing so you can dissolve the root cause and release stuck patterns, bringing peace and clarity back into your life.

What Is Tantric Awareness?

At the heart of Ecstatic Union™ is the practice of **Tantric Awareness**—a powerful skill that integrates grounding and witnessing to free you from unresolved emotional pain.

When I first began my healing journey, I spent years overwhelmed by advanced techniques and endless tools, feeling stuck despite my best efforts. It wasn't until I discovered the simplicity and depth of Tantric Awareness that I finally began to heal at the root level.

I remember a time when I used this practice to address my own sense of abandonment. Instead of analyzing my past relationships, I grounded myself in the physical sensations of that pain. As I witnessed it with acceptance, I felt it begin to shift—something I had been carrying for decades finally started to release.



This is the power of Tantric Awareness: it doesn't just ease the pain, it transforms and dissolves it.

When you ground yourself in the present moment and witness your experience with curiosity and acceptance, something incredible happens. The inner fire of your awareness begins to digest unresolved emotions, clearing the karmic seeds at their root.

This isn't just about healing the past. Tantric Awareness reconnects you with your True Self, the source of love, joy, and peace that is your natural state.

The Practice That Clears Emotional Blocks

The good news?

You don't need complicated techniques or endless tools. **You need a simple, repeatable process that works at the root.**

Tantric Awareness: A 3-Step Practice for Emotional Healing

This foundational practice combines grounding, presence, and self-compassion to dissolve emotional pain.

Here's how it works:

Step 1

Ground Yourself

- Find a quiet space where you can sit comfortably.
- Bring your attention to your breath. Feel the rise and fall of your belly.
- Invite your awareness into the full experience of the body.
- Notice the sensations in your body—tightness, warmth, tingling—without trying to change them.

Step 2

Welcome the Emotion

- Be curious about the sensations and feelings that are present in the body.
- If an emotion arises (e.g., sadness, anger, fear), gently label it. For example, “I feel sadness in my chest.”
- Instead of resisting or analyzing, let the feeling be there.
- Give yourself full permission to feel what is alive in this moment.

Step 3

Witness Without Judgment

- Stay present with the emotion and sensations. Breathe into the feeling.
- Allow yourself to feel it fully without attaching a story to it.
- When the intensity fades, express gratitude for the courage to feel and release it.

Why This Works: Tantric Awareness allows the unresolved energy of emotional pain to rise, be seen, and naturally dissolve. This process clears the “karmic seeds” of pain, so they no longer sprout into recurring patterns.

As you build this practice, you'll notice shifts that may feel subtle at first—

less tension, more ease, a sense of clarity—but over time, these small changes create a profound sense of freedom and alignment.

You will also eventually experience the weight and intensity of past pain dissolve and release in real time.

Anticipating Challenges on the Path to Healing

While Tantric Awareness is simple in concept, learning to master it can be a journey.

Like any skill, it requires practice, patience, and guidance to fully integrate into your life. You may face challenges along the way, and that's perfectly normal.

Common struggles when beginning the practice:



1. Mistaking Simplicity for Ineffectiveness

The simplicity of Tantric Awareness can be misleading. Some dismiss it as “too easy” or doubt its power, expecting complex techniques to yield greater results. However, true healing lies in depth, not complexity.

For example, I once worked with a client who dismissed the practice as 'just breathing and feeling.' Honestly, this client was still in the balcony and avoiding deep grounding and feeling. However, when they finally accessed true Tantric Awareness and applied it consistently, they realized its power to dissolve decades-old emotional pain.

2. Feeling Unfamiliar with Grounding

If you've spent much of your life in your thoughts—analyzing, problem-solving, or daydreaming—shifting your awareness into the body might feel foreign or even uncomfortable. This is a common starting point, and it improves with practice.

3. Resistance to Feeling Fully

Many of us have developed habits to avoid pain. Whether it's distractions like social media or numbing behaviors like overthinking, the tendency to resist uncomfortable emotions can hinder progress.

This is common and prevents progress—like a client who shared how scrolling social media helped them numb sadness. Once they gently allowed themselves to feel and witness the sadness, it transformed into relief and clarity.

4. Difficulty Creating the Witnessing State

It's natural to feel unsure about how to observe emotions without judgment. Many people struggle to differentiate between witnessing and analyzing, falling back into the mental habit of “figuring it out.”

5. Navigating the Process of Healing

As you begin to release emotional blocks, old patterns may surface. This can feel overwhelming if you're unprepared or unsure how to navigate the intensity of emotions or changes in your life.



These challenges are part of the healing journey, and they don't mean you're doing it wrong—they mean you're moving through it. With the right support and guidance, these obstacles can become stepping stones toward profound transformation.

Challenges like these are where guided support can make all the difference. Many of my clients, like Ama, began their healing journey feeling overwhelmed and unsure of where to start, but they discovered that support, clarity, and a simple yet profound process were key to transformation:



"I was in a place in my life where I needed support through grieving—life as I'd known it was dying, and I needed support to create something new. The key takeaway in my work with Jeff was the realization and visualization of my full, authentic self. For years, I have felt out of place in my 'bigness,' and I attempted to shrink to make others more comfortable.

Jeff challenged me to reinvent myself, and the possibility to do so began the day he helped me see who I am as a spiritual being. I gained confidence, peace, grounding, and the bravery to be authentic—no matter how it affects other people. I recommend Jeff's work for anyone ripe with the desire for change." - **Ama McKinley**

As Ama's experience shows, healing doesn't happen in isolation. Having someone to guide, support, and reflect your progress can profoundly accelerate the process.

Why Guided Support Makes a Difference

Healing is deeply personal. My goal with students and clients is to help them gain confidence in a self-healing practice, so my assistance is no longer needed. But, in the beginning, it's not meant to be done alone.

Many emotional blocks are unconscious, making it hard to see what's truly holding you back.

An experienced healer and guide acts as a mirror, reflecting your True Self and helping you navigate the challenges of transformation.

This support helps you master Tantric Awareness and accelerate healing by:



- **Understanding the Process:** An experienced guide can help you make sense of what's arising, offering insights into the patterns you're uncovering and how to work with them effectively.
- **Building Confidence in the Practice:** It's easy to question whether you're "doing it right" when starting a new approach. A healer or coach experienced with Tantric Awareness can affirm your progress and gently redirect your efforts when needed.
- **Navigating Emotional Intensity:** Some emotions and patterns may feel too intense to process alone. Having someone to hold space for you provides the stability and reassurance you need to move through these moments safely.
- **Learning the Subtleties of Grounding and Witnessing:** Subtle practices often require refined attention. With support, you'll develop a deeper sensitivity to your body, emotions, and energy, making the practice more effective over time.



"Each coaching session he adapted to my current state. Step by step, I rebuilt with Jeff's coaching. I've gone from tender and lost to confident and ready to follow my vision."

- Todd Antonellis



Your Path Forward: Letting Go of the Past

Healing doesn't have to feel overwhelming or impossible. With the right foundation, tools, and support, you can release emotional blocks and move forward with clarity and confidence.

Your first step is mastering Tantric Awareness.

This powerful practice is the key to unlocking emotional healing and creating a foundation for spiritual growth.

As you strengthen your practice, you'll notice profound shifts in how you experience emotions and relationships. From there, additional steps can help you accelerate your journey toward peace, freedom, and spiritual awakening.

Here's How to Get Started Today:

1

Practice Tantric Awareness: Start with the 3-step method shared above, using the guided meditation that accompanies this guide. This simple, powerful practice will help you reconnect with your True Self and release the weight of past pain.



[Download Your Free Meditation](#)

2

Join the Embodied Healing Circle: If you're ready to master the foundational 3-step practice, release emotional past pain, and build a sustainable self-healing foundation, the Embodied Healing Circle is your next step.

Inside, you'll gain access to:

- **Live Monthly Healing Calls** for expert guidance as you integrate this practice.
- **Step-by-Step Courses** including *From Triggered to Tranquil*, where you'll explore the 3-step process in depth, with tips for addressing emotional intensity and building confidence.
- **Guided Meditations** to deepen your practice and stay grounded and connected.
- **A Private, Uplifting Community** to share your journey and receive support.

Here's Michelle said about the included *From Triggered to Tranquil* course:



"This has been amazingly helpful—more than anything so far. I've been in a pattern of healing techniques that aren't sustaining. You gave me a game plan. That's what I've needed." - **Michelle**

With the Embodied Healing Circle, you'll feel supported every step of the way as you break through emotional pain and reconnect with your true self while you integrate these powerful practices into daily life.



Join the Embodied Healing Circle



3

Deepen Your Journey with EcstaticU Membership: For seekers ready to deepen Tantric Awareness, explore advanced spiritual practices, and step beyond foundational practices, EcstaticU is the perfect next step.

With EcstaticU, you'll gain exclusive access to:

- Over \$12,750 worth of courses and resources to accelerate healing and deepen your spiritual practice.
- Live coaching calls, interactive events, and advanced techniques to strengthen your emotional resilience and accelerate spiritual growth.
- A private community of committed spiritual seekers for ongoing connection and inspiration.

This membership is ideal for those who are ready to grow beyond foundational practices and into a life of deeper peace, joy, and purpose. Connect with like-minded seekers who inspire and uplift you. Expand your healing and unlock a deeper connection to your True Self with EcstaticU.

→ **Explore EcstaticU for Advanced Healing**

4

Get Personalized Support from Jeff: When you're ready for dedicated, 1-on-1 guidance, private coaching provides the tools, insights, and support tailored to your unique journey. Work directly with Jeff Craft to master Tantric Awareness, overcome challenges, and accelerate your growth. Get the guidance you need and experience deeper breakthroughs with private coaching.

→ **Receive Personalized Guidance from Jeff**



Take Your Next Steps

Remember: Healing isn't about fixing yourself—it's about uncovering the wholeness that's always been within you. You don't have to carry the weight of the past any longer. The peace, freedom, and joy you deserve are within reach.

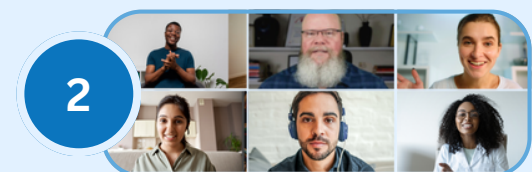
This journey is yours to take at your own pace. Whether you're beginning with Tantric Awareness, strengthening your foundation with the Embodied Healing Circle, deepening your practice with EcstaticU, or seeking personalized coaching, these steps build upon one another to support your unique path.

Take the next step that feels right for you today, knowing that deeper support is always available when you're ready.

Choose your next step toward healing, peace, and spiritual growth:



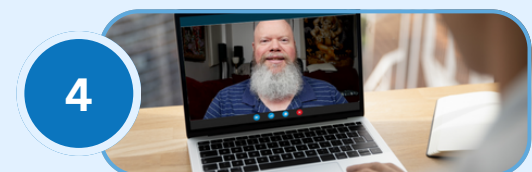
Download Your Free Meditation



Join the Embodied Healing Circle



Deepen Your Journey with EcstaticU



Receive Personalized Guidance from Jeff