



SANCTUARY  
OF  
SELF

*Create a sanctuary within*



**Traditional Tantra**



**Self Mastery**



**Private Mentoring**



**Esoteric Philosophy**



**Hypnotherapy**



Programmes | Workshops | Retreats | Private Sessions



[www.sanctuaryofself.love](http://www.sanctuaryofself.love)

# What is Self Mastery?

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Self-mastery is the art of becoming the conscious creator of your inner world. It is the ability to observe your thoughts, emotions, triggers, desires, and patterns without being ruled by them. Rather than living in reaction, self-mastery teaches you how to respond with intention. It is not about perfection or control, it is about **presence, awareness, and the power to choose who you become.**

At Sanctuary of Self, self-mastery is not taught as a mindset strategy alone, it is lived as a full-body **devotion**. It is the meeting point of mind, body, spirit, and soul. Through **Traditional Tantra, hypnotherapy, esoteric philosophy, and embodiment practices**, you are guided to dissolve subconscious conditioning and reconnect with the deeper intelligence within you. This work is about returning to the truth beneath the noise, and learning to **trust yourself** again.

The philosophy of Sanctuary of Self is simple yet profound. Your life **transforms** when you come home to yourself. When you learn to regulate your nervous system, honour your emotions, awaken your energy, and live in integrity with your desires, you naturally begin to expand. Self-mastery becomes **liberation**. Not just for you, but for everyone your energy touches. Because when one person awakens, love ripples outward.

*A beautiful life starts by  
creating a Sanctuary within*

# Traditional Tantra

Traditional Tantra is a sacred path of self-mastery that invites you into deeper presence, embodiment, and intimacy with life itself. Rooted in ancient wisdom, this work is about awareness, energy, and conscious relationship with self and other. It is not sexualised, performative, or rushed. It is a return to reverence.

- Classical, lineage-based Tantra teachings
- Nervous system regulation and embodiment
- Conscious intimacy and energetic awareness
- Breath, presence, ritual, and devotion
- Open to individuals and couples in a safe, supportive environment



*Tantra is a sacred philosophy that teaches you how to master your energy, deepen intimacy, and live with more presence, love, and aliveness.*

For all information and to book a session please visit [www.sanctuaryofself.love/tantra](http://www.sanctuaryofself.love/tantra) or scan QR code



*Please note we do not offer any form of sexual gratification services, temple events or the likes*

# Learn Tantra - Certified International Training

BEGIN WITH MODULE 1 & 2 | 3 DAY TRAINING  
| OPEN TO ALL | NO EXPERIENCE NECESSARY

- Embody sensuality and awaken your passion
- Transform relationships, deepen intimacy and connection
- Experience An Mo Tantric massage
- Learn the ancient philosophy of 'Know Thyself'



WANT TO BECOME A CERTIFIED  
**TANTRA PRACTITIONER?**

(MODULE 3)

- ✓ Become a certified and insured Tantra practitioner
- ✓ Teach sacred sexuality
- ✓ Facilitate healing and awakening
- ✓ Support others in their relationships

*Australia wide trainings*

*Platinum Approved Training Provider with IICT (International  
Institute of Complementary Therapists)*

For all information and to book Module 1 and 2 training, please  
visit [www.sanctuaryofself.love/tantratrainings](http://www.sanctuaryofself.love/tantratrainings) or scan QR code



# At Sanctuary of Self, you can also experience...



## **The Flourish Collective (Membership)**

A supportive membership offering ongoing resources, monthly masterclasses, community support, and tools to sustain personal growth and self-mastery.

## **The Garden of Growth Programme**

A structured yet soulful growth pathway that nurtures self-awareness, healing, and empowerment through self-paced exploration and optional personalised coaching.

## **Past Life Regression Therapy**

A therapeutic modality that accesses subconscious memories to heal, release, and integrate past influences for clarity and freedom in this life.

## **Couples Tantric Mentoring**

A conscious mentoring space for couples to reconnect, communicate with ease, and rediscover emotional and energetic intimacy beyond surface-level relationship work.

## **Events - workshops, retreats, soul circles**

Immersive gatherings designed to awaken self-mastery, deepen embodiment, and cultivate conscious connection through sacred teachings, ritual, and transformational experiences.

**Plus more!**

Stay up to date with all offerings via

[www.sanctuaryofself.love](http://www.sanctuaryofself.love)



### *Create a sanctuary within*

Sanctuary of Self was founded by Jen Hamilton, a devoted guide in the realms of self-mastery, embodiment, healing, and Traditional Tantra. Jen is a **certified clinical hypnotherapist, NLP Master, and Tantra teacher and facilitator**, with a deep passion for helping people awaken to their true nature and reclaim the parts of themselves that have been silenced, suppressed, or forgotten.

Her work blends grounded therapeutic modalities with ancient spiritual wisdom, supporting individuals and couples to dissolve subconscious patterns, reconnect with their bodies, and cultivate a life led by presence, purpose, and inner freedom.

Jen's mission is to make **Tantra a household name**, not as something misunderstood or taboo, but as a sacred and practical philosophy for love, intimacy, and conscious living. She believes that when people learn how to meet each other with reverence, compassion, and awareness, love becomes more than personal, it becomes a ripple that heals families, communities, and the world.

At the heart of Sanctuary of Self is a simple truth. **When we return home to ourselves, we change everything.**



*Jen is based in Redlands and online, and offers Tantra session, hypnotherapy and private mentoring with individuals and couples. She teaches Module 1 and 2 Tantra and Esoteric Philosophy around Australia. To work with Jen please email [connect@sancuaryofself.love](mailto:connect@sancuaryofself.love)*

Founded by  
**Jen Hamilton**