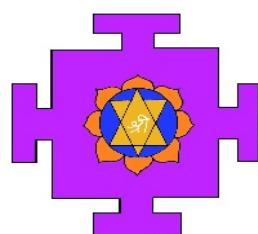




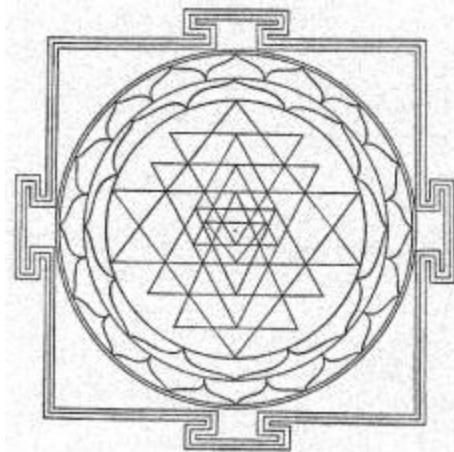
# The Infinite Power of Yantras

By Roger Cantu



# The Infinite Power of Yantras

A yantra is a geometrical figure made from linear elements intended to represent, in a synthetic form, the energies of the natural world. Yantras are believed to be the natural or true ideograms from which writing is derived. Yantras are the necessary basis for all attempts at symbolic representation of sacred forms, images, sacred architecture, altars, temples, and ritual gestures.



Sri Yantra

Yantra literally means “support” and “instrument”. Yantras can be used as highly efficient tools for contemplation, concentration and meditation. A yantra provides a focal point that is a window into the absolute. When the mind is concentrated on a yantra, the mental chatter slows down, and eventually stops. In advanced yantra meditation, it is possible to attain union with the power of the Universe by the geometric visualization of a yantra.

A yantra is like a microcosmic picture of the macrocosm. It is a focusing point and an outer and inner doorway. Yantras represent specific deities or energy sources. By concentrating on a yantra, you can tap into this energy and use it to improve and empower your life.

Yantras are designed so that the eye is carried into the center, and very often they are symmetrical. They can be drawn on paper, wood, metal, or earth, or they can be three-dimensional.

## **The Energy of Yantras**

The foundation of how a yantra works is called “shape energy” or “form energy”. The idea is that every shape emits a very specific frequency and energy pattern. Certain powers are ascribed to the various shapes. When a person focuses on a yantra, his mind is automatically tuned into the specific form energy of that yantra. Then, the yantra connects you to the energy that it represents. Basically yantras are secret keys or pathways to connect you with the positive

energies of the Universe. Very often the yantras can put us in contact with extremely elevated energies that can provide invaluable help on the spiritual path.

## **Yantra Meditation**

Yantras are ancient geometrical designs. These sacred images are doorways to different worlds of light. Yantra meditation involves focusing on one of these designs. The practice of focusing the mind on something external or internal helps to make the mind quiet. And focusing on a yantra will connect you with the bright worlds that the yantra represents, bringing happiness and clarity into your life.

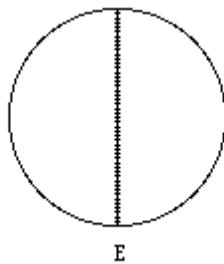
In yantra meditation, you begin by concentrating on the center of the image. When thoughts come in and out of your mind, refocus on the center of the yantra. As your mind becomes quieter, extend your awareness out toward the edges of the yantra, so that you are now focusing on the entire design. Eventually, you will be able to visualize your yantra completely with your eyes closed. This concentration technique will quiet your mind and connect you to the energy of the universe. Find a yantra that feels good to you for your meditation practice. We have provided a wide range of yantras for you in this e-book.

After you have been concentrating on the yantra for several minutes, you will notice that the lines inside the yantra appear to move. This is not simply eye fatigue. You are actually learning to see into another plane of awareness. After you have been concentrating for five minutes, close your eyes and listen to the stillness of eternity.

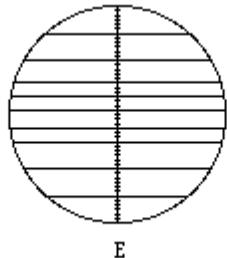
## **How to Draw a Perfect Yantra**

Sri Yantras are made of 9 interlacing triangles - 4 upward representing the male principle and 5 downward representing the female principle. Together, they represent the non-static, vibrating, creative force of the universe. The point in the center or Bindu, represents the point of creative manifestation - the seed core behind time and space, Shiva and Shakti (male and female energies) united in bliss. Meditation on the bindu takes the devotee to another dimension beyond form and formlessness. It is considered the mother of all mandalas.

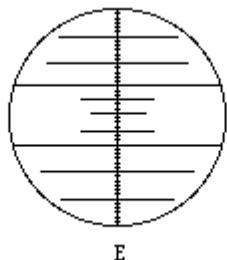
Start by drawing a perfect circle with a pencil. Draw a line through the middle, as if diving east and west, and then divide it into forty-eight parts.



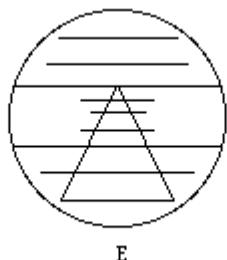
Make nine marks on the circle: On the sixth, on the sixth and on the fifth, on the third and again on the third, on the fourth and then on the third, on the sixth, and on the sixth again.  
One should extend nine lines on both sides of these marks, from south to north. |



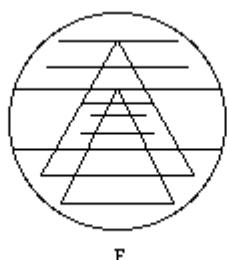
Remove fractional parts from these lines in order: on the first, second, and fourth, then on the fifth and sixth, and on the eighth and last. These lines represent agni [three], bana [five], kala [sixteen], purana [eighteen], sixteen, veda [four],



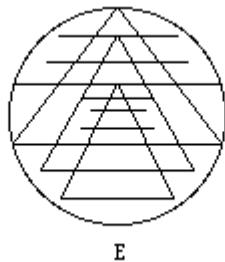
Then join these lines in order: the ends of ravi [Sun] in the middle of shani [Saturn],



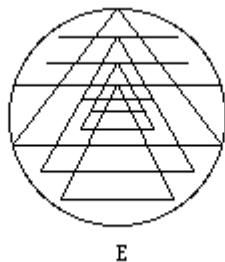
The ends of candra [Moon] in the middle of ketu [descending node],



The ends of mangala [Mars] in the middle of the circle,



The ends of budha [Mercury] in the middle of rahu [desc. n.],



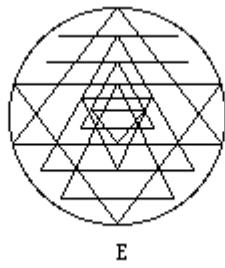
The ends of guru [Jupiter] in the middle of bhauma [Mars],



The ends of shukra [Venus] in the middle of soma [Moon],



The ends of shani [Saturn] in the middle of the circle,



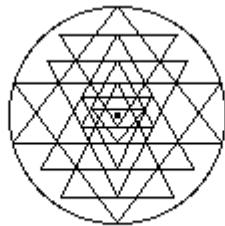
E

The ends of rahu [ascending node] in the middle of ravi [Sun],



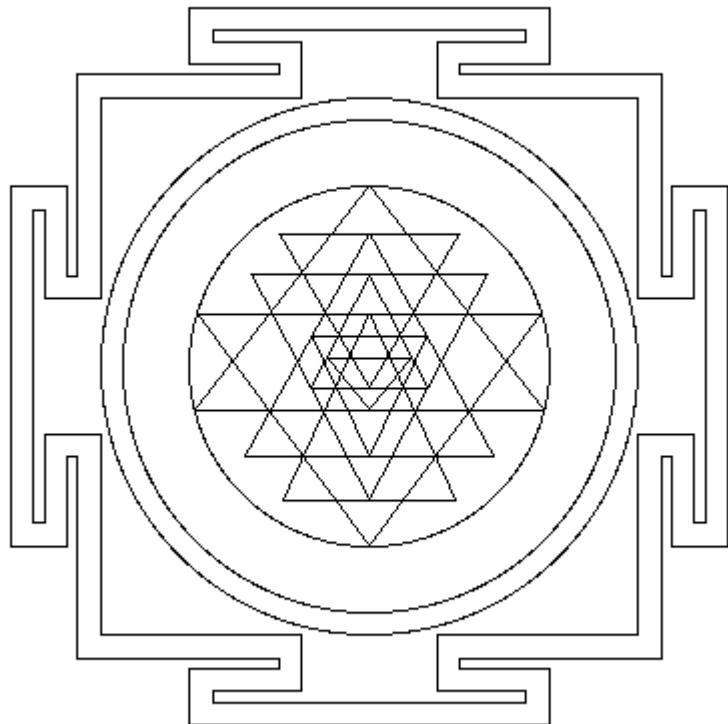
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The ends of ketu in the middle of budha [Mercury].



E

This is how the Sri Yantra is formed, with its center having the form of trembling fire, with eight and twelve and fourteen lights of fire. All yantras share the same basic scheme of enclosure, or "walls," although the representation within these walls varies depending upon the purpose of the yantra.



**Sri Yantra**

# Yantra Gallery

## Color Yantras



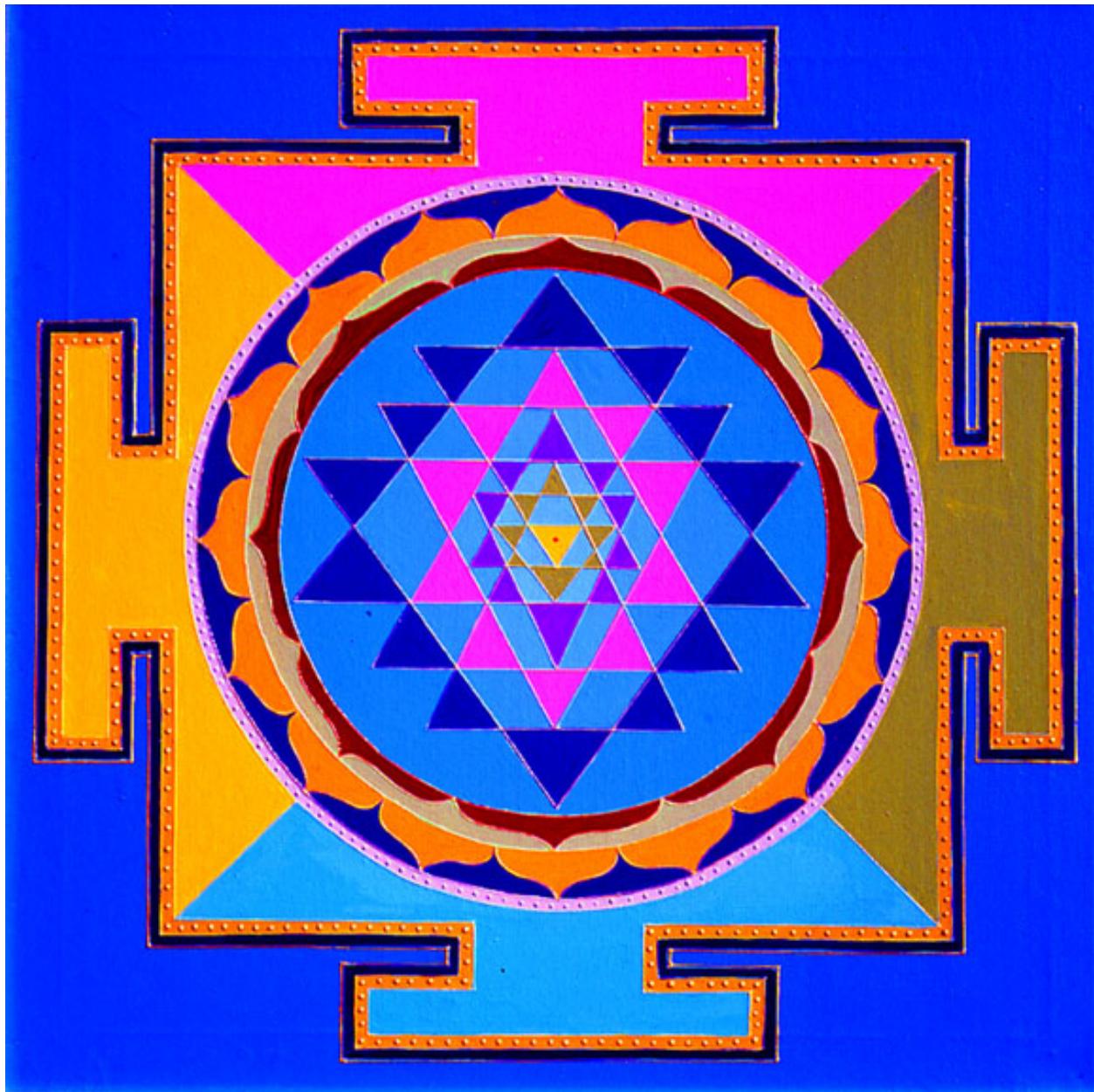
Sri Yantra with Hindu Deities



Blue and Red Sri Yantra



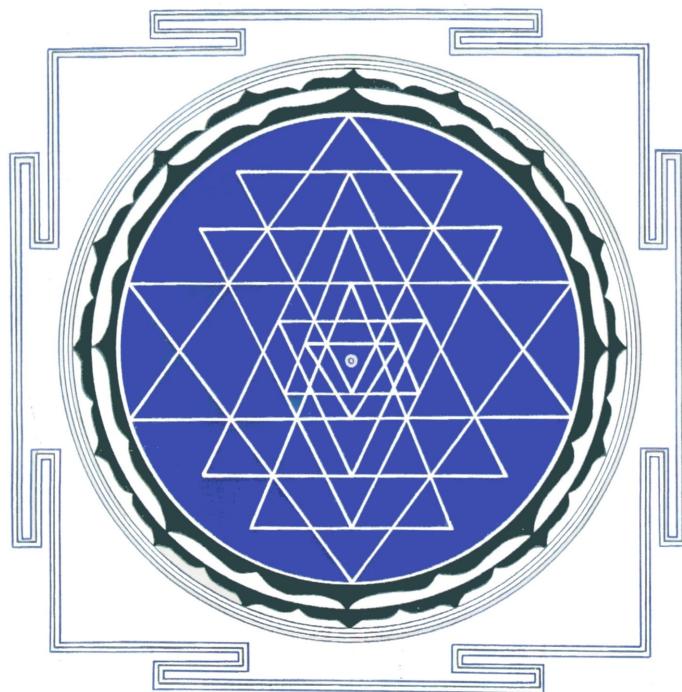
Blue Yantra with OM



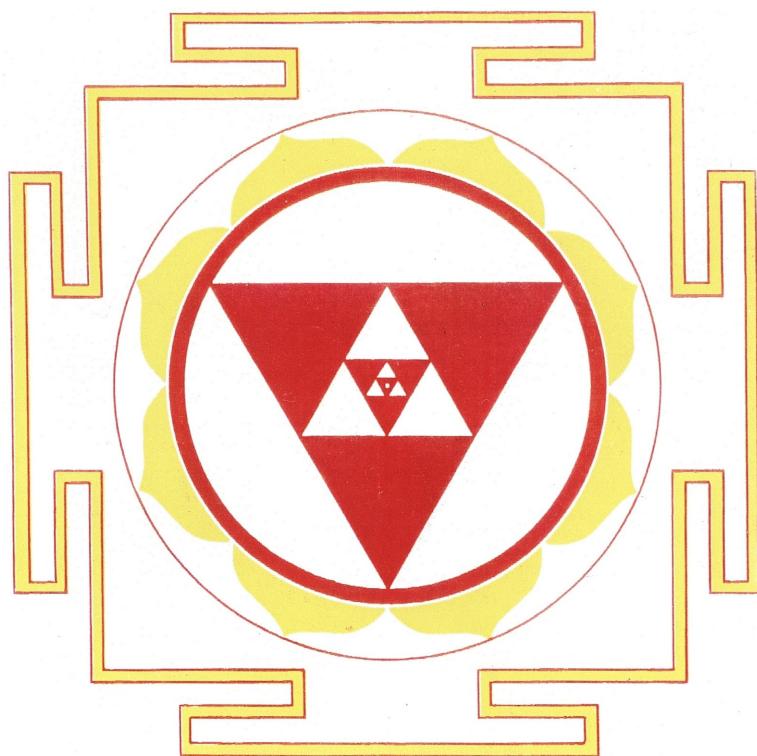
Bright Color Sri Yantra



Three Dimensional Sri Yantra



Blue Yantra



Red / Yellow Yantra

## Artistic Yantras



Cosmic Bliss Yantra

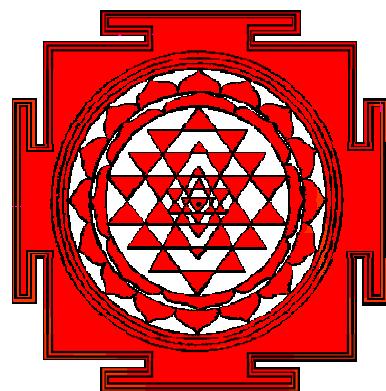


Ten Hindu Goddess Yantra



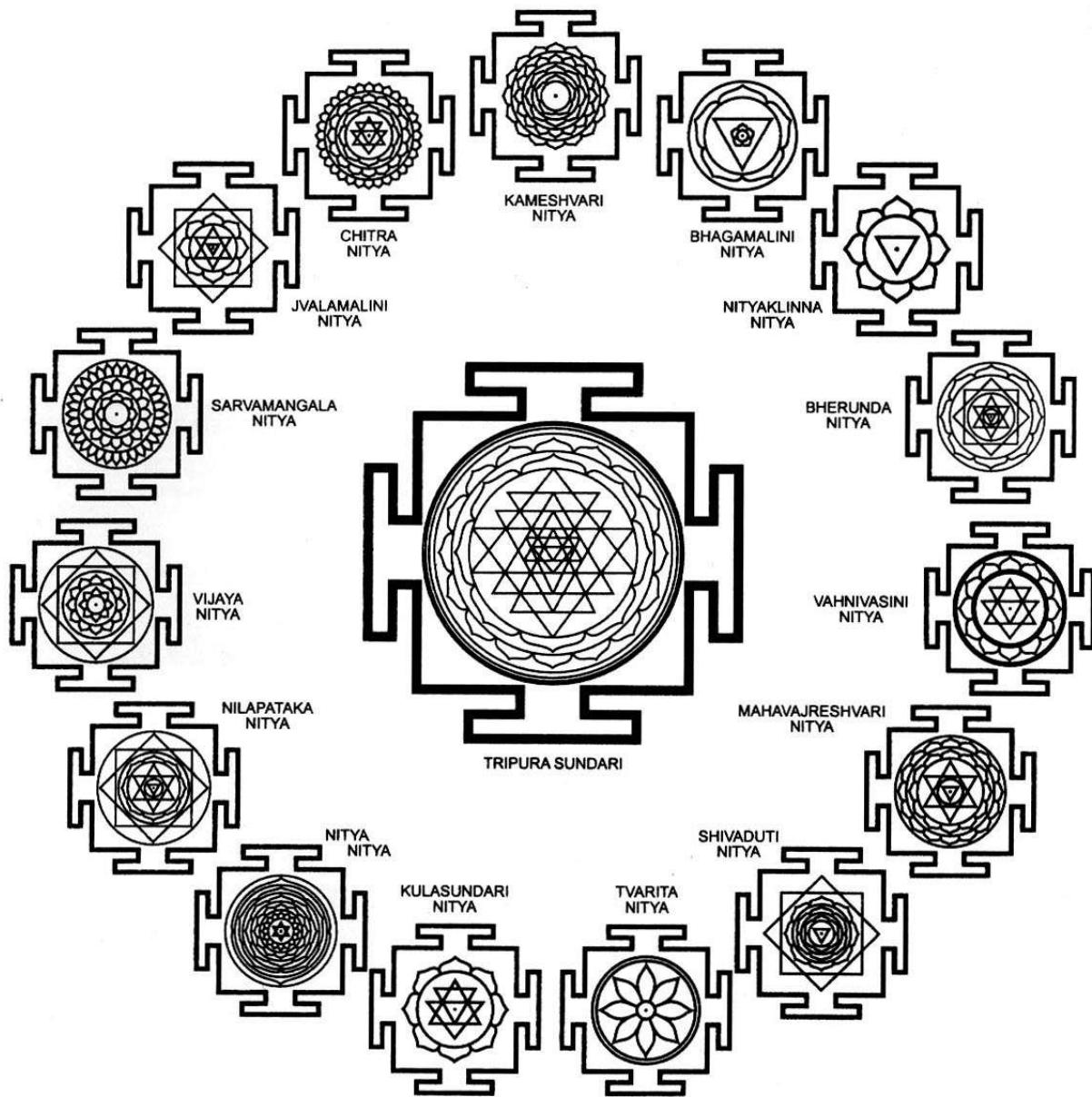
Lakshmi Yantra

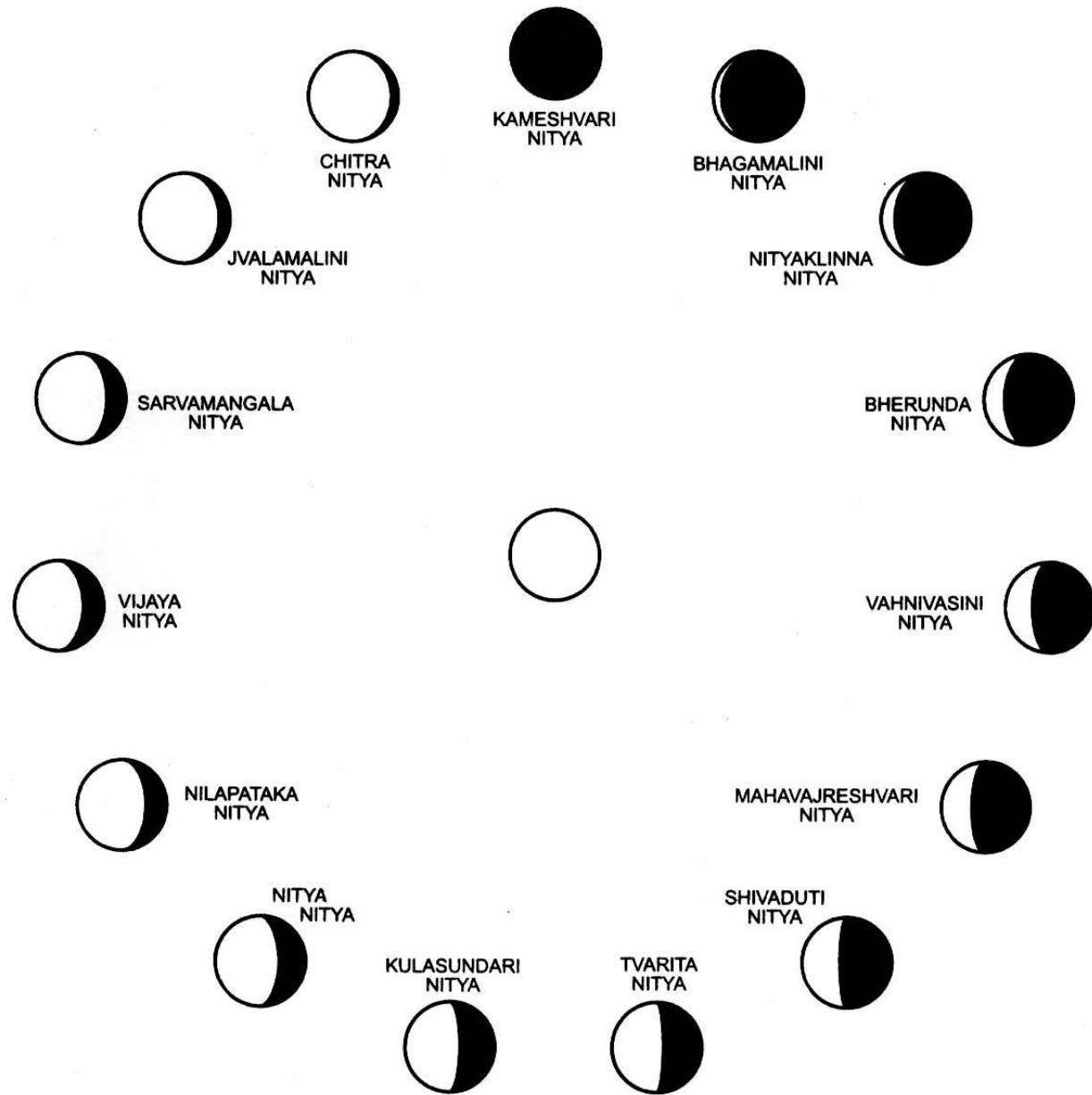
## Small Yantras



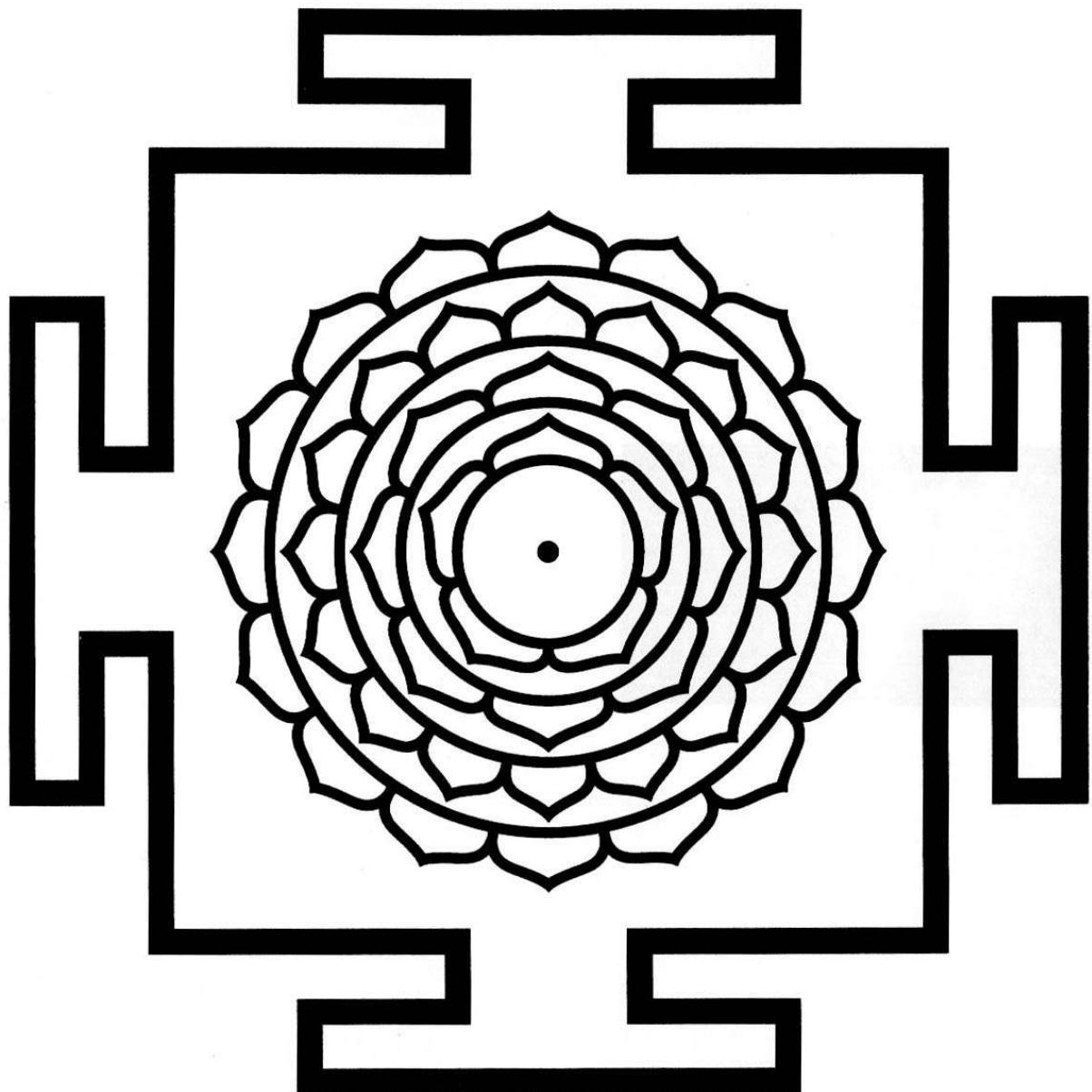
## The Fifteen Moon Yantras

Each yantra represents a night in the lunar cycle. Meditate each night to a different yantra starting on the new moon. Meditating on the moon yantras will bring your spiritual practice to a much higher level in fifteen days.

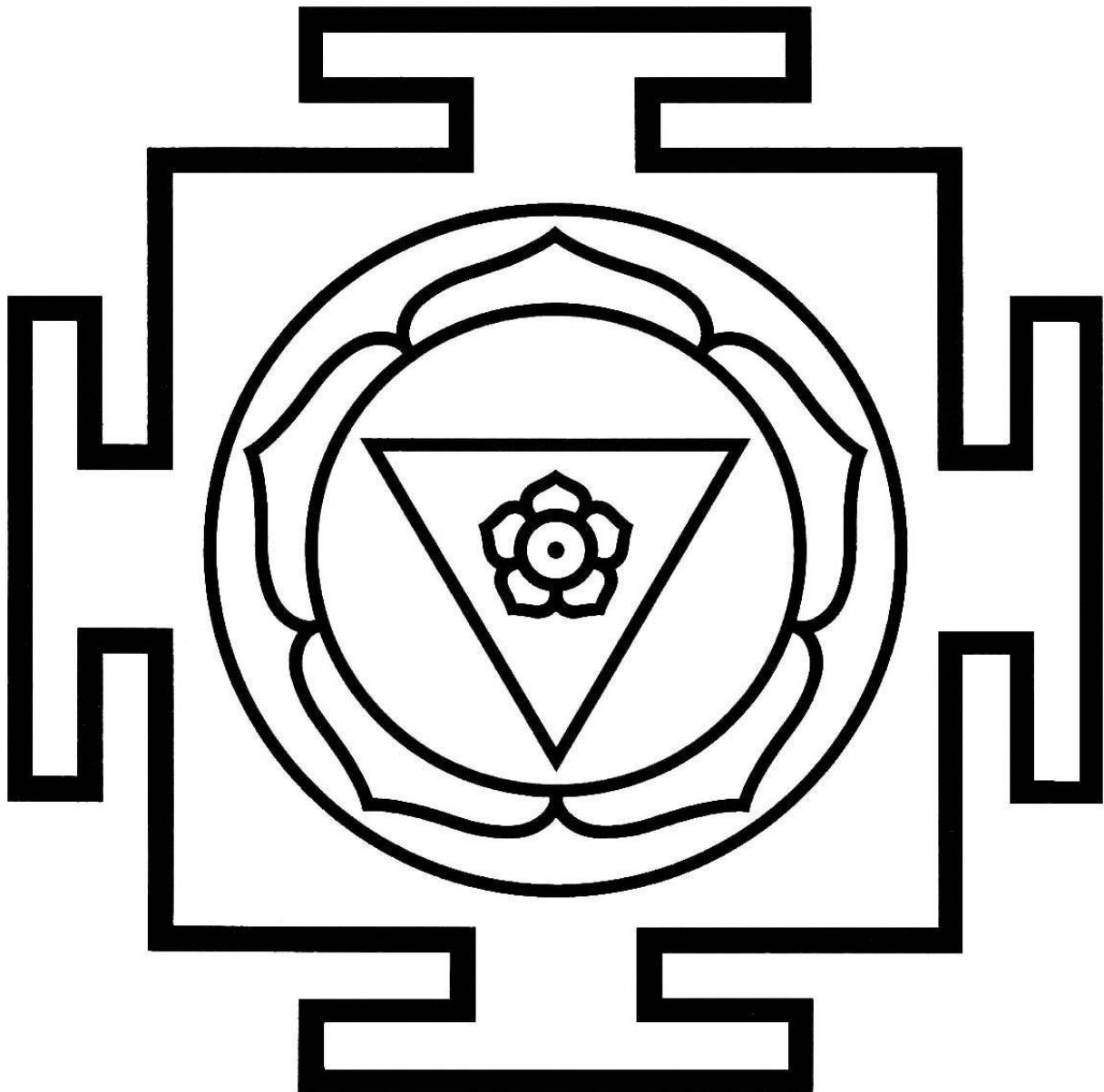




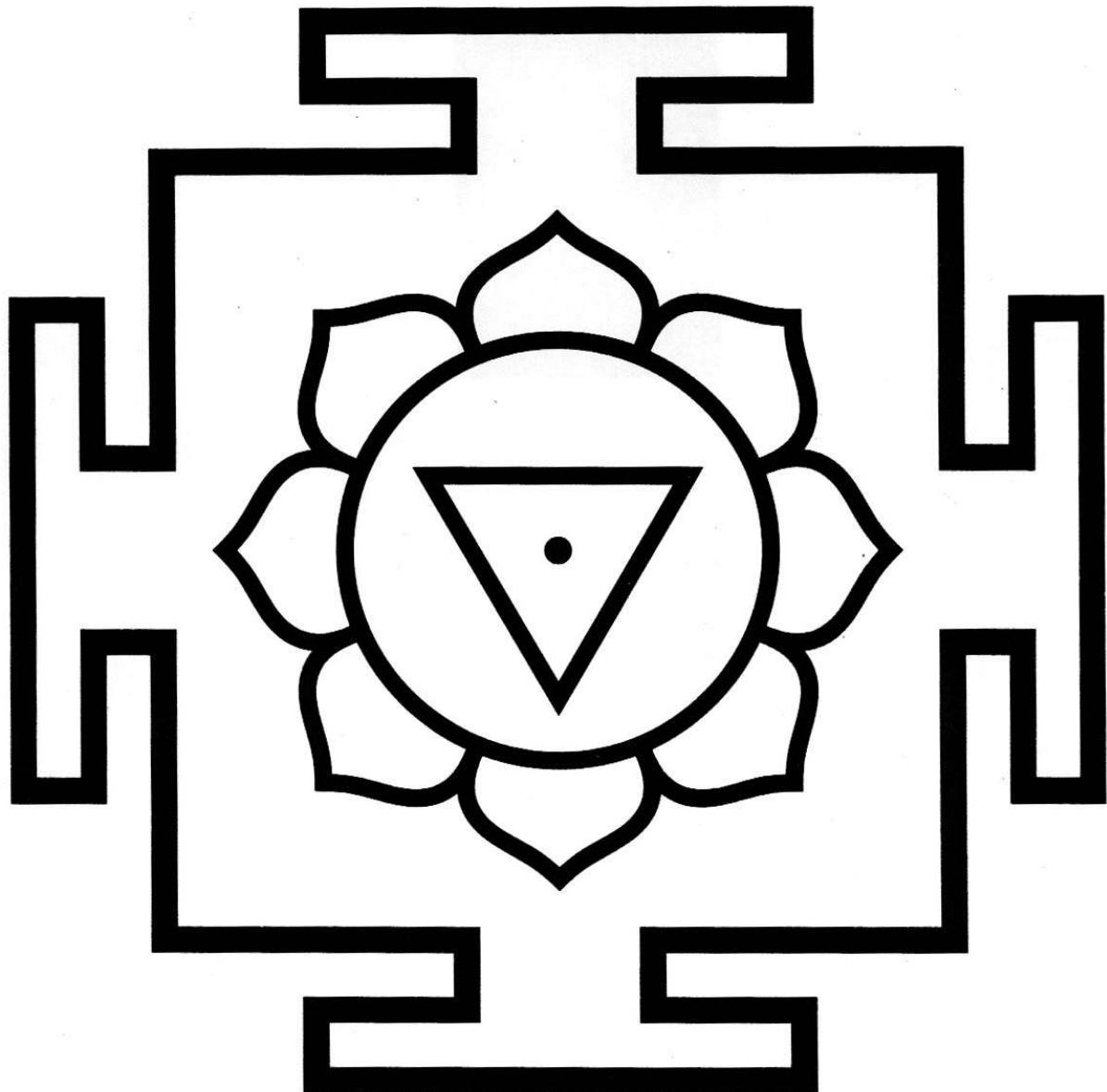
The Fifteen Phases of the Moon



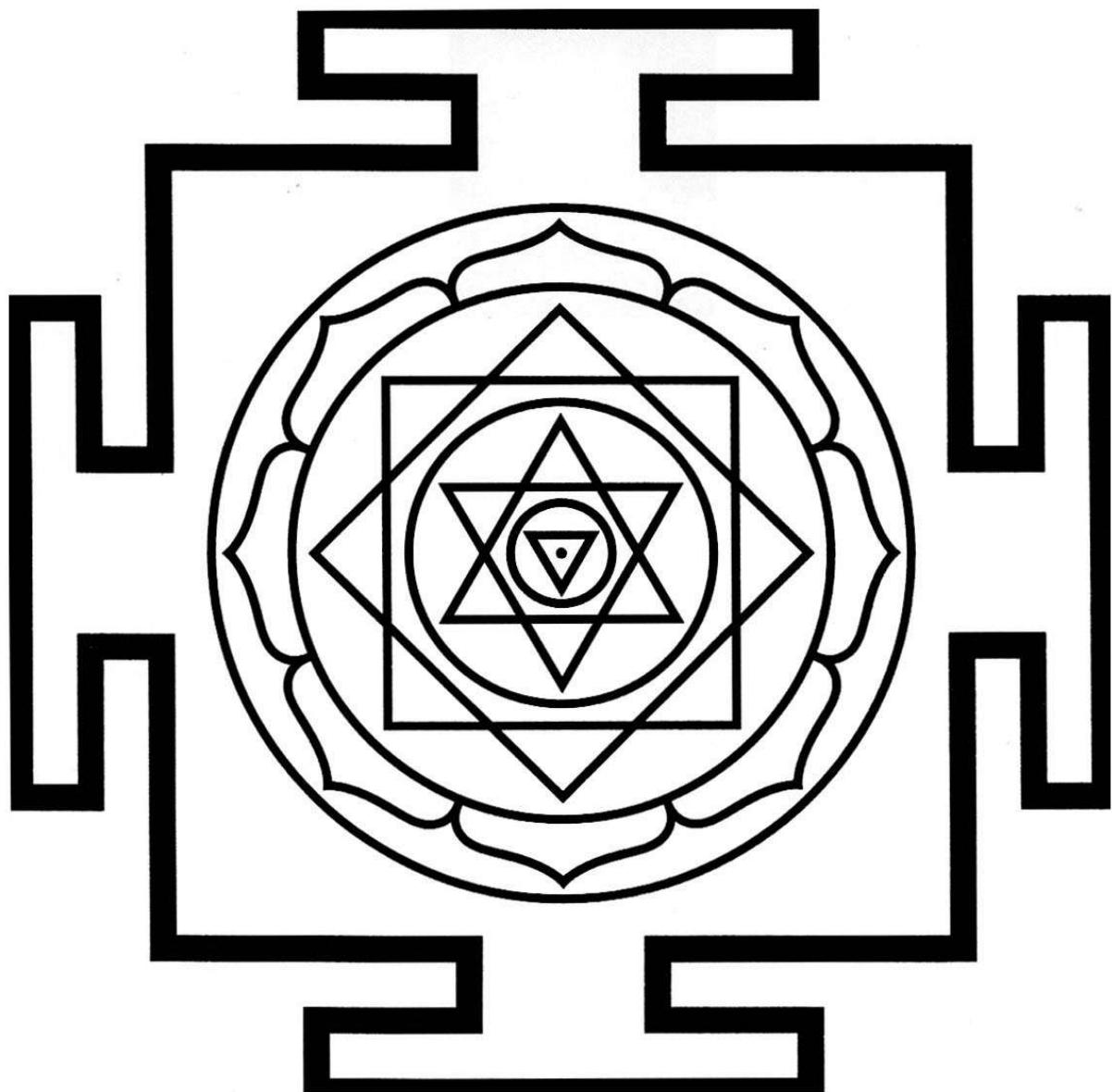
First Night - Kameshvari Nitya



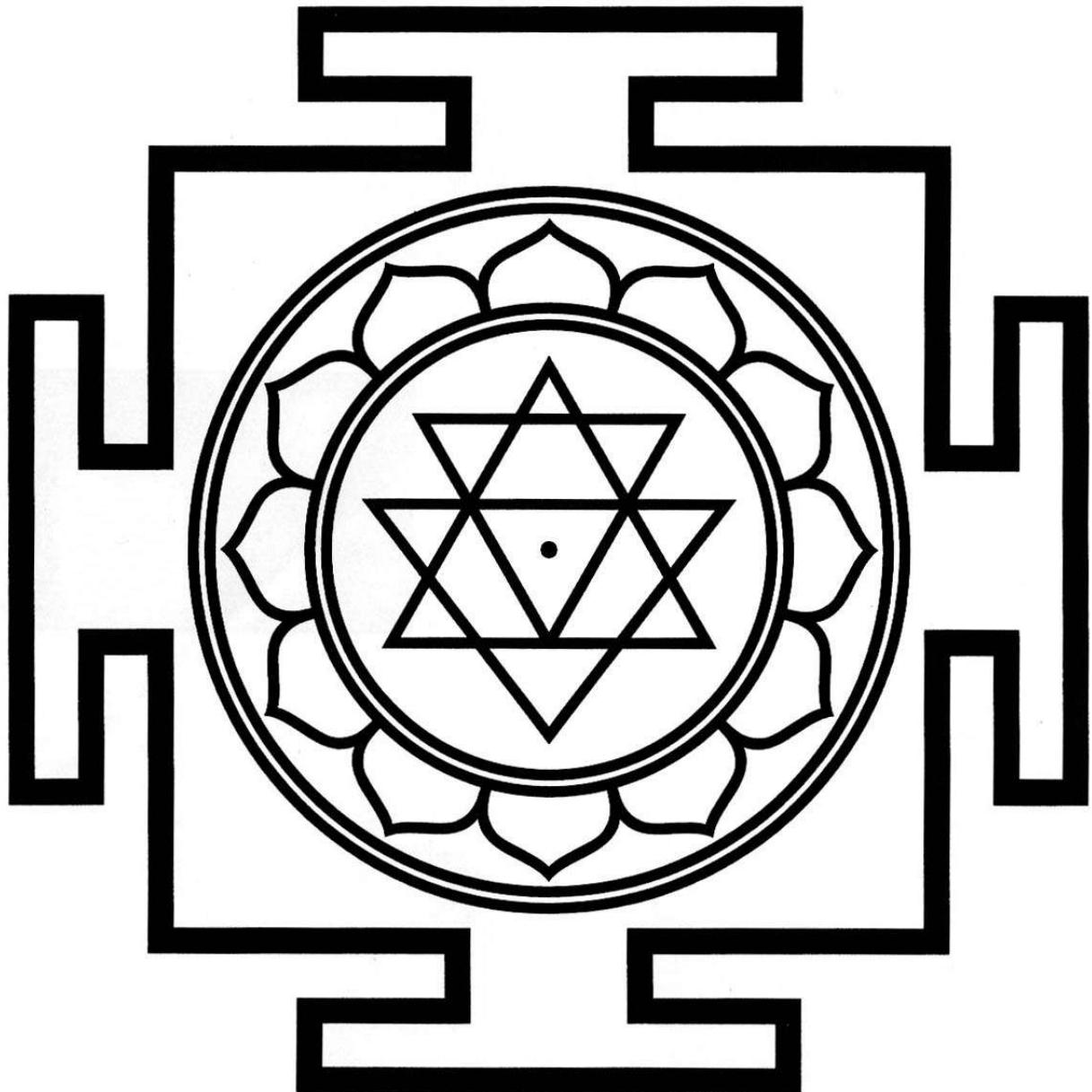
Second Night - Bhagamalini Nitya



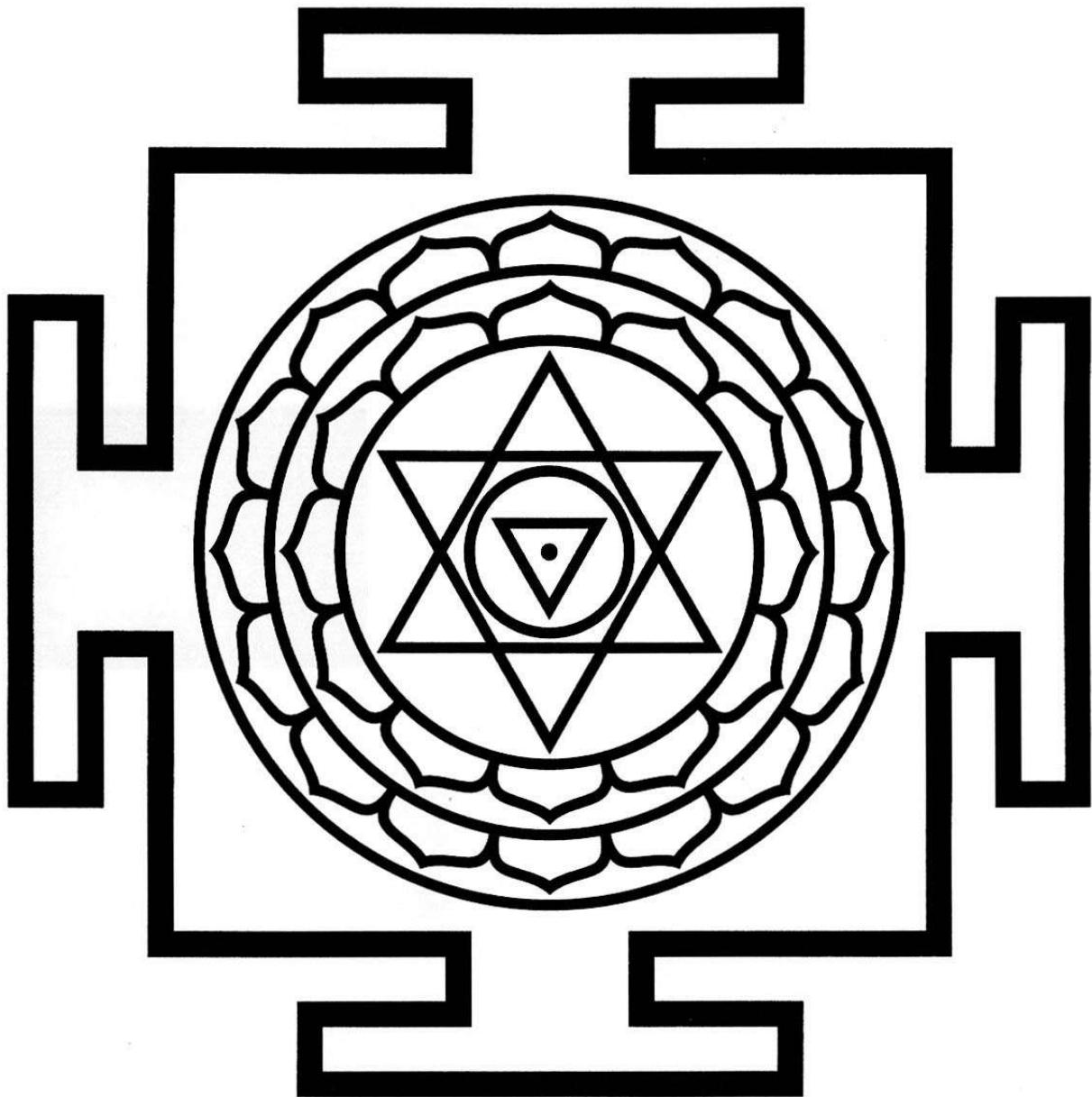
Third Night - Nitya klinna Nitya



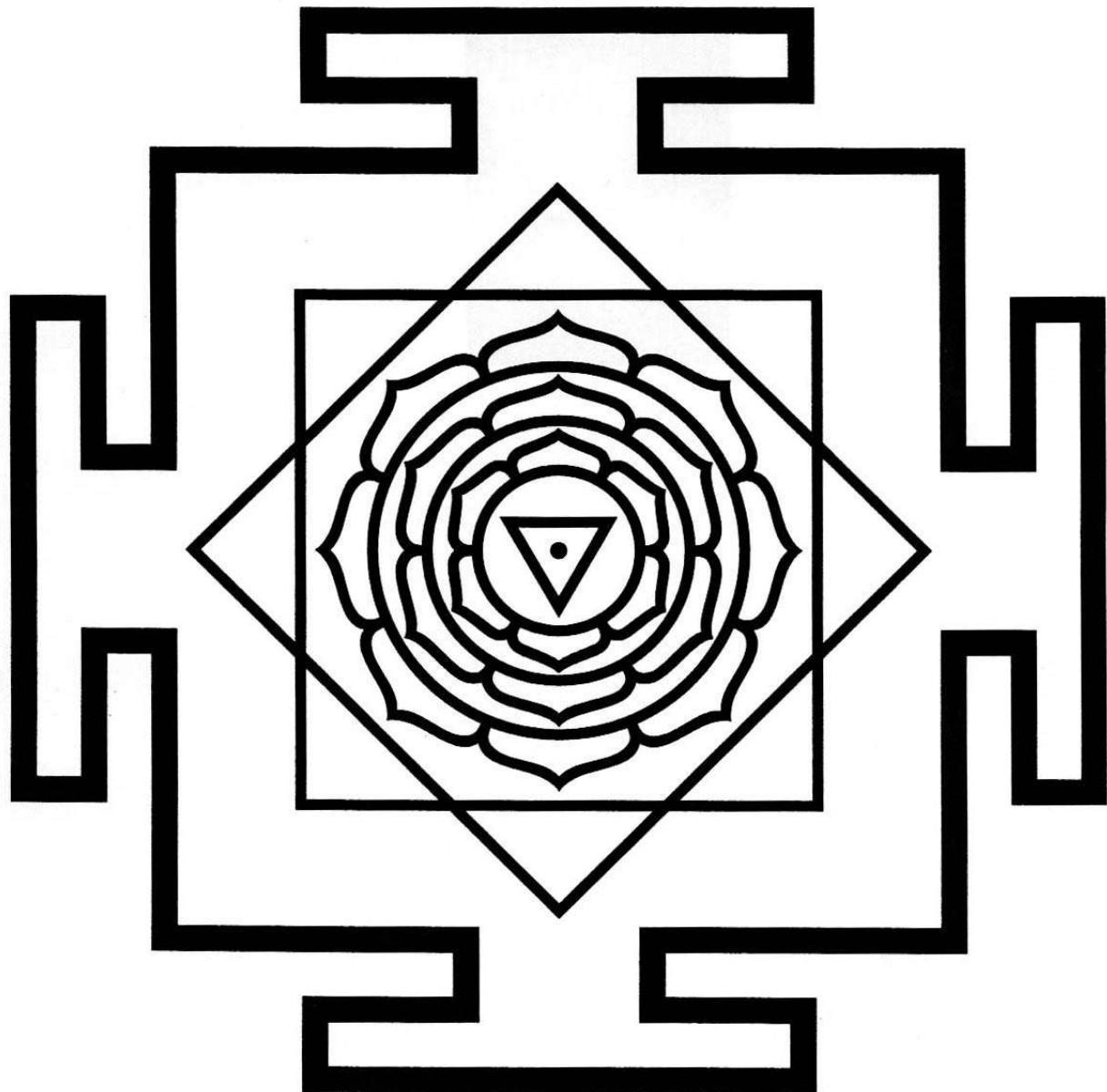
Fourth Night – Bherunda Nitya



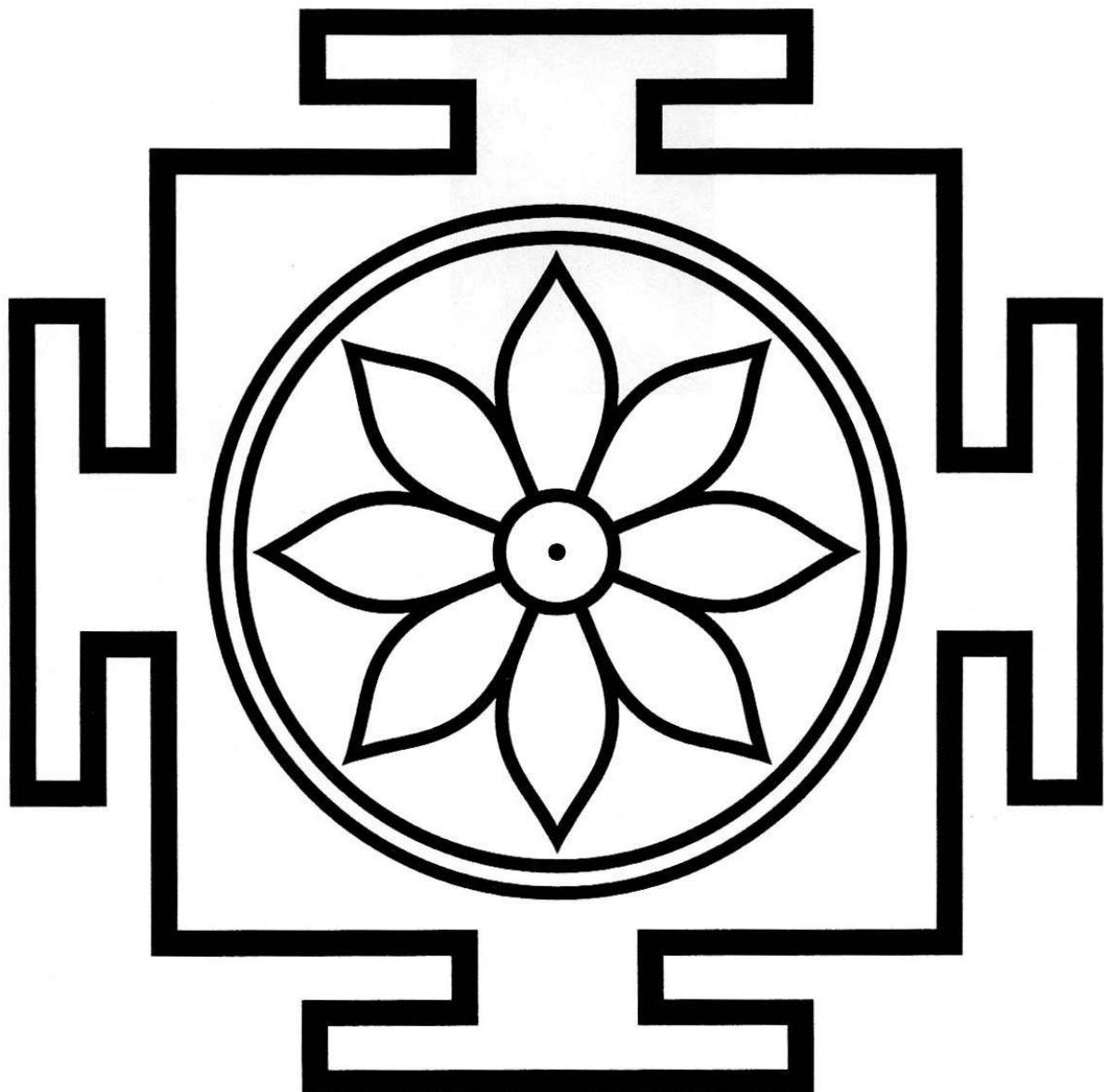
Fifth Night – Vahnivasini Nitya



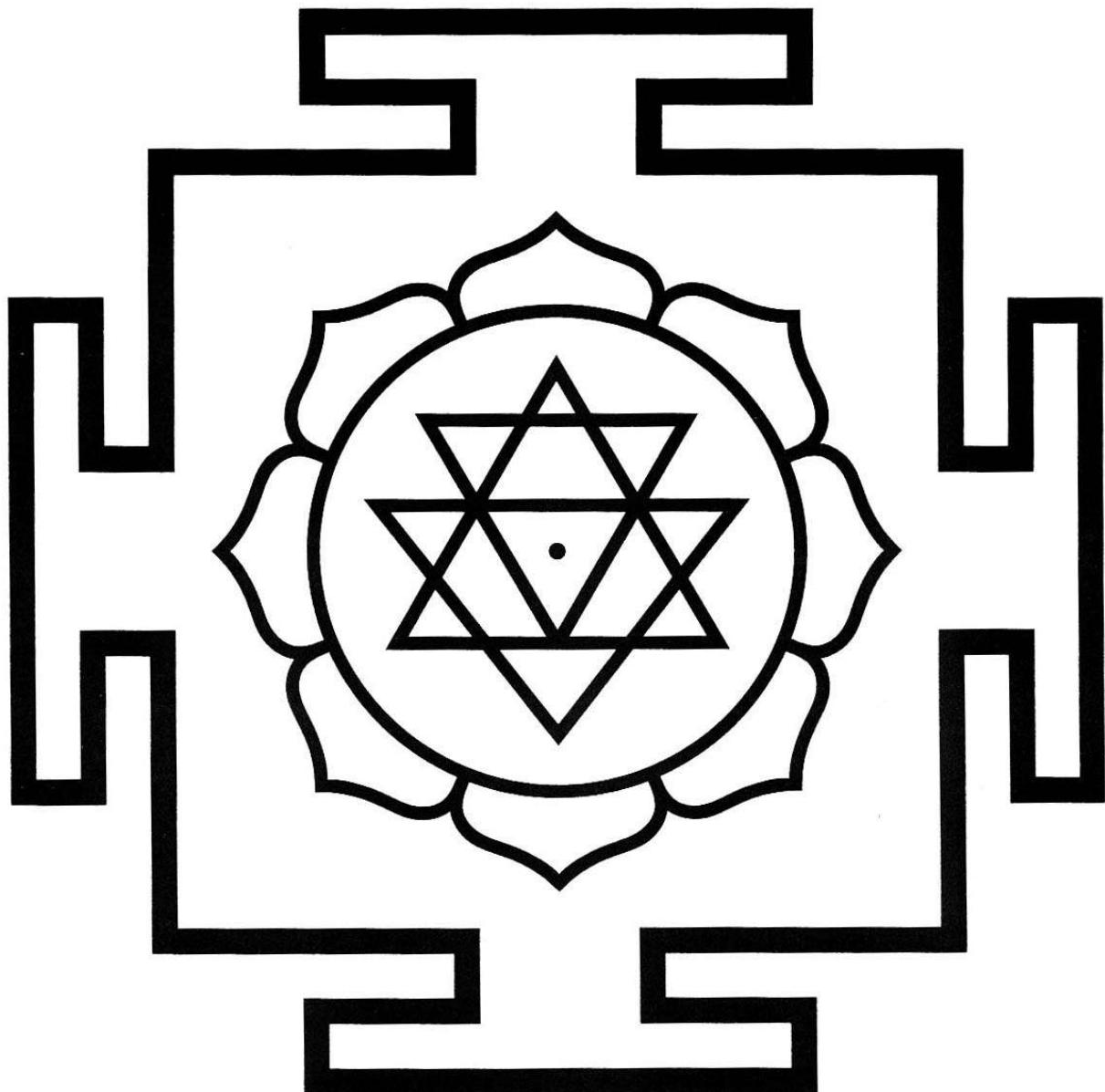
Sixth Night – Mahavarjevari Nitya



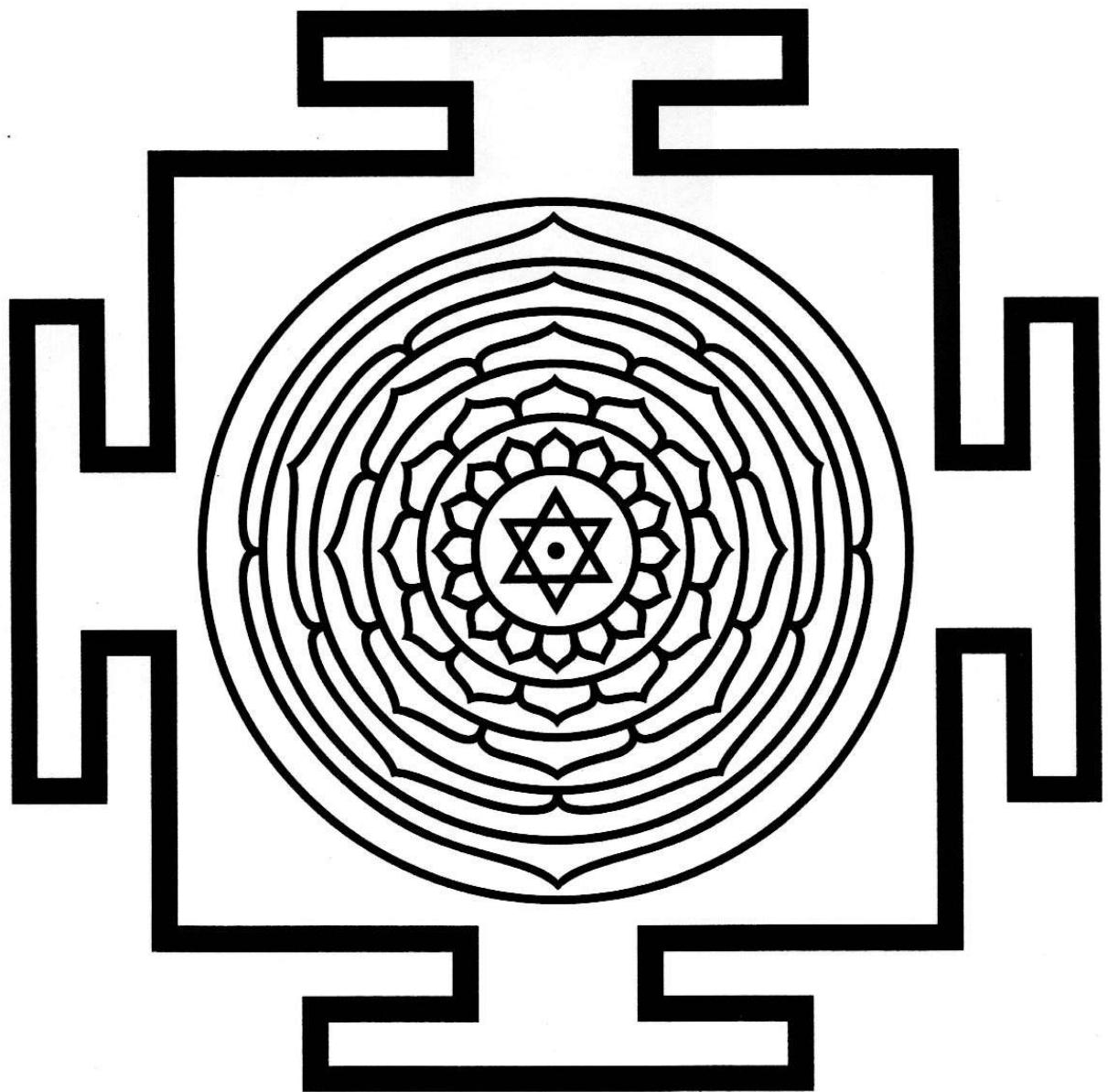
Seventh Night – Sivaduti Nitya



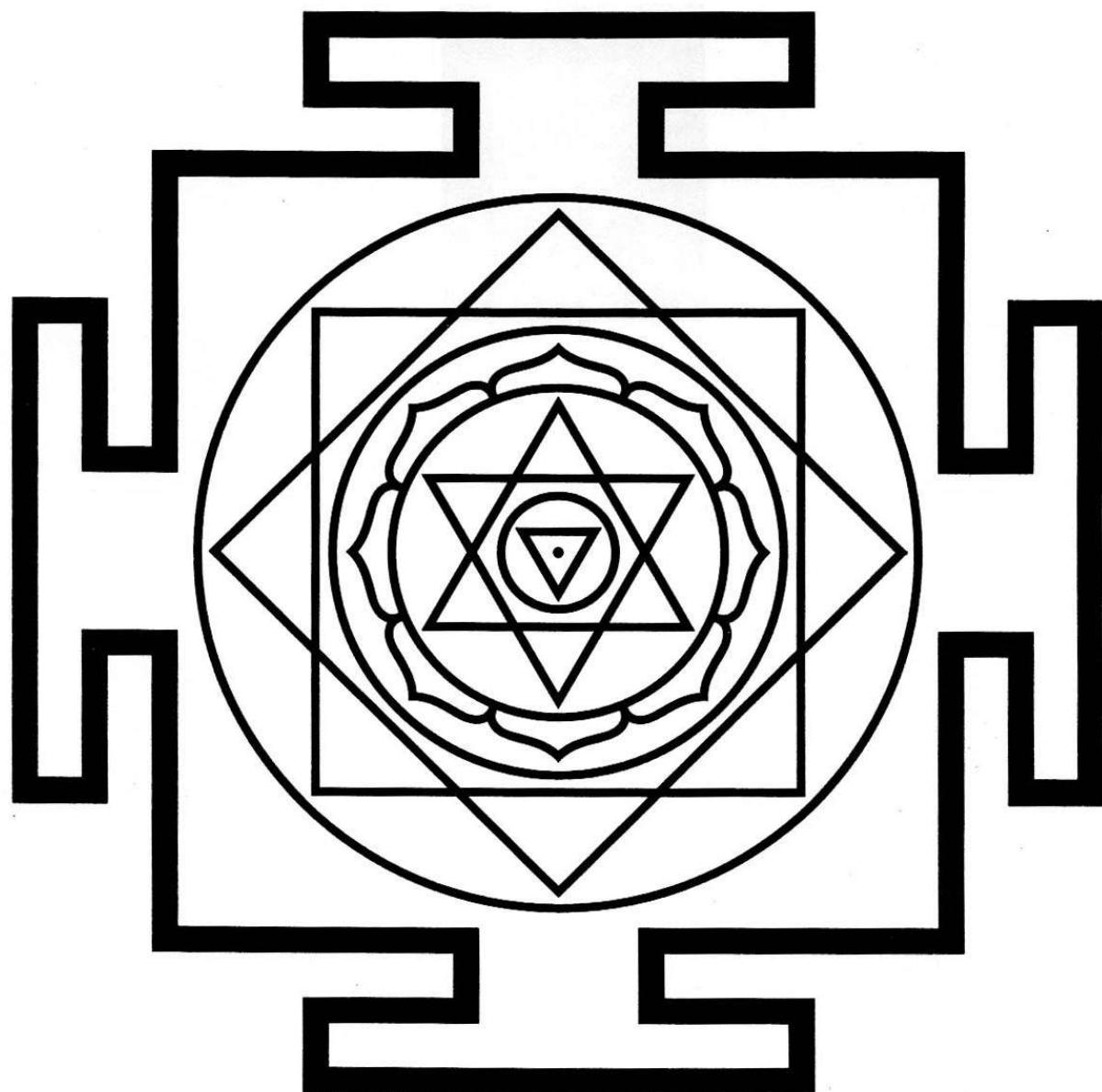
Eight Night – Tvarita Nitya



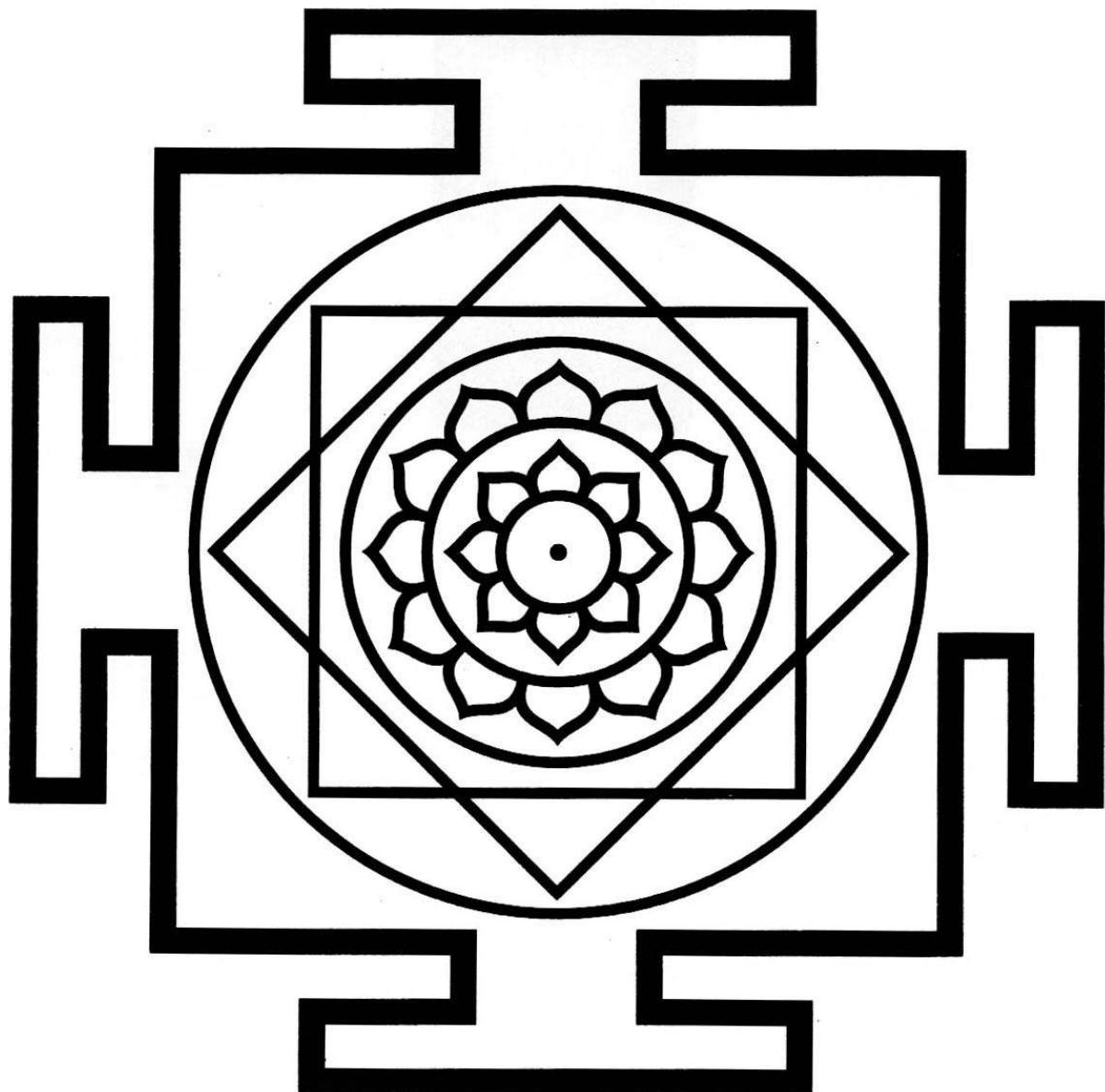
Ninth Night – Kulasundari Nitya



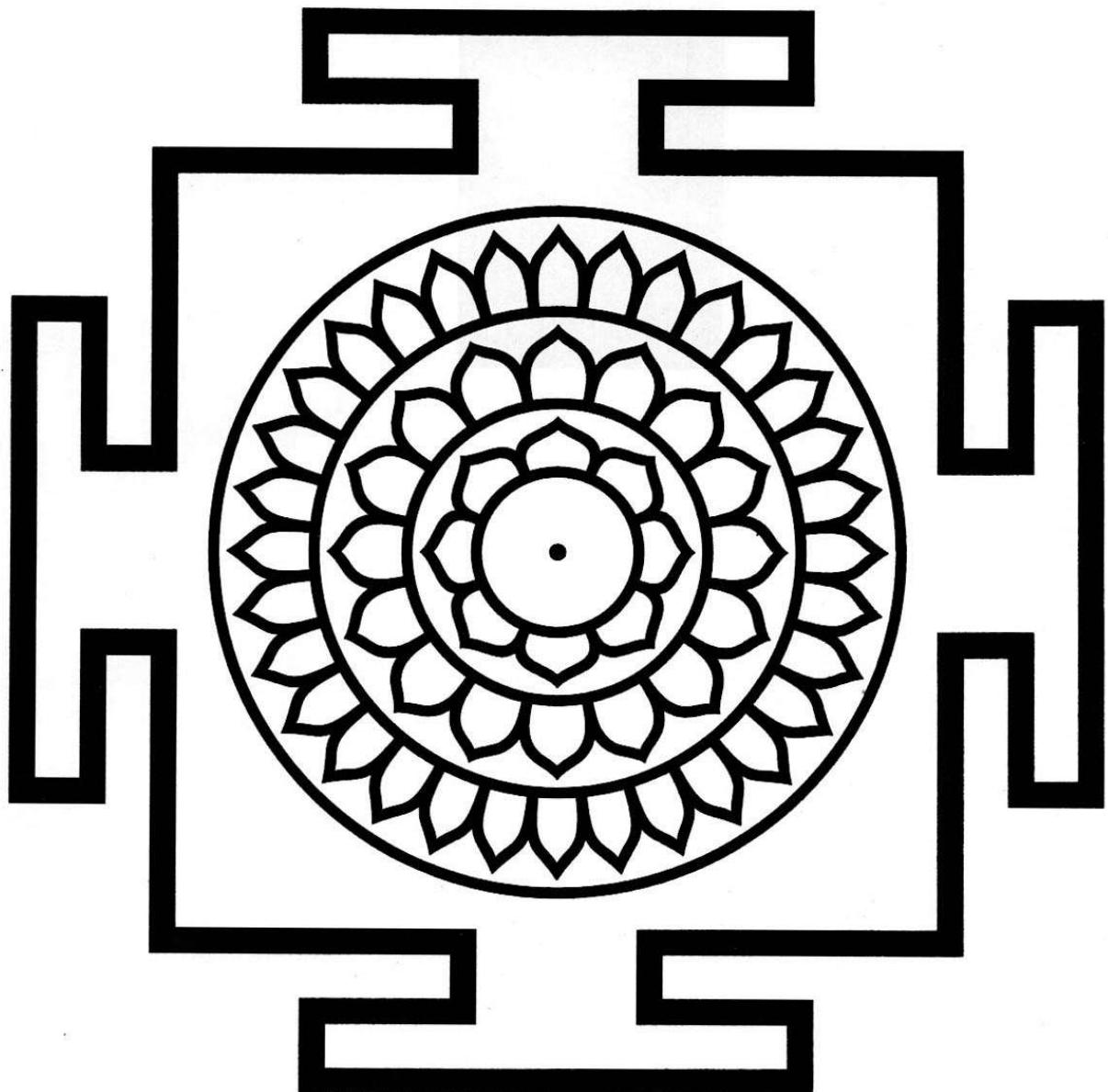
Tenth Night – Nitya Nitya



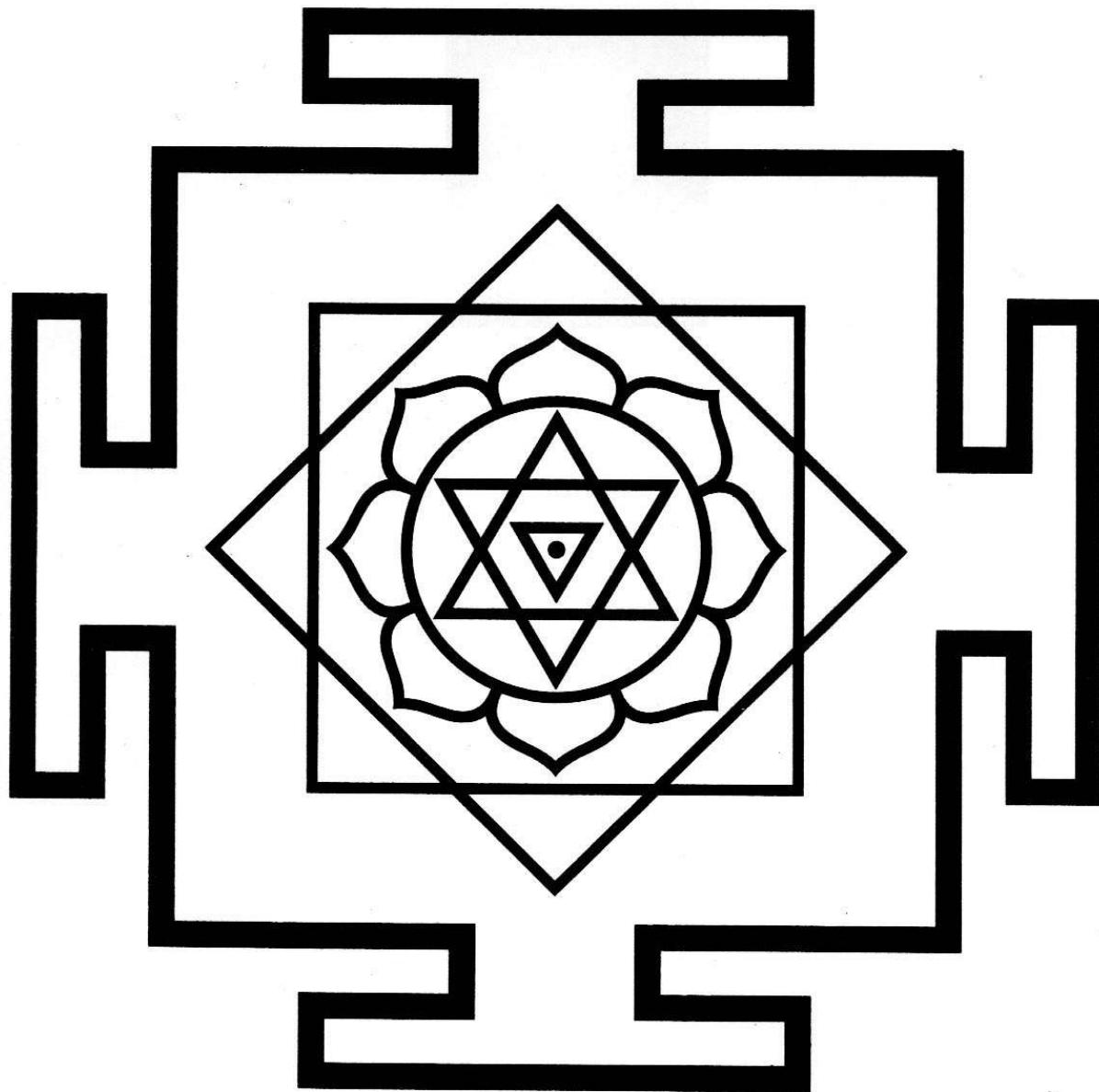
Eleventh Night – Nilapataka Nitya



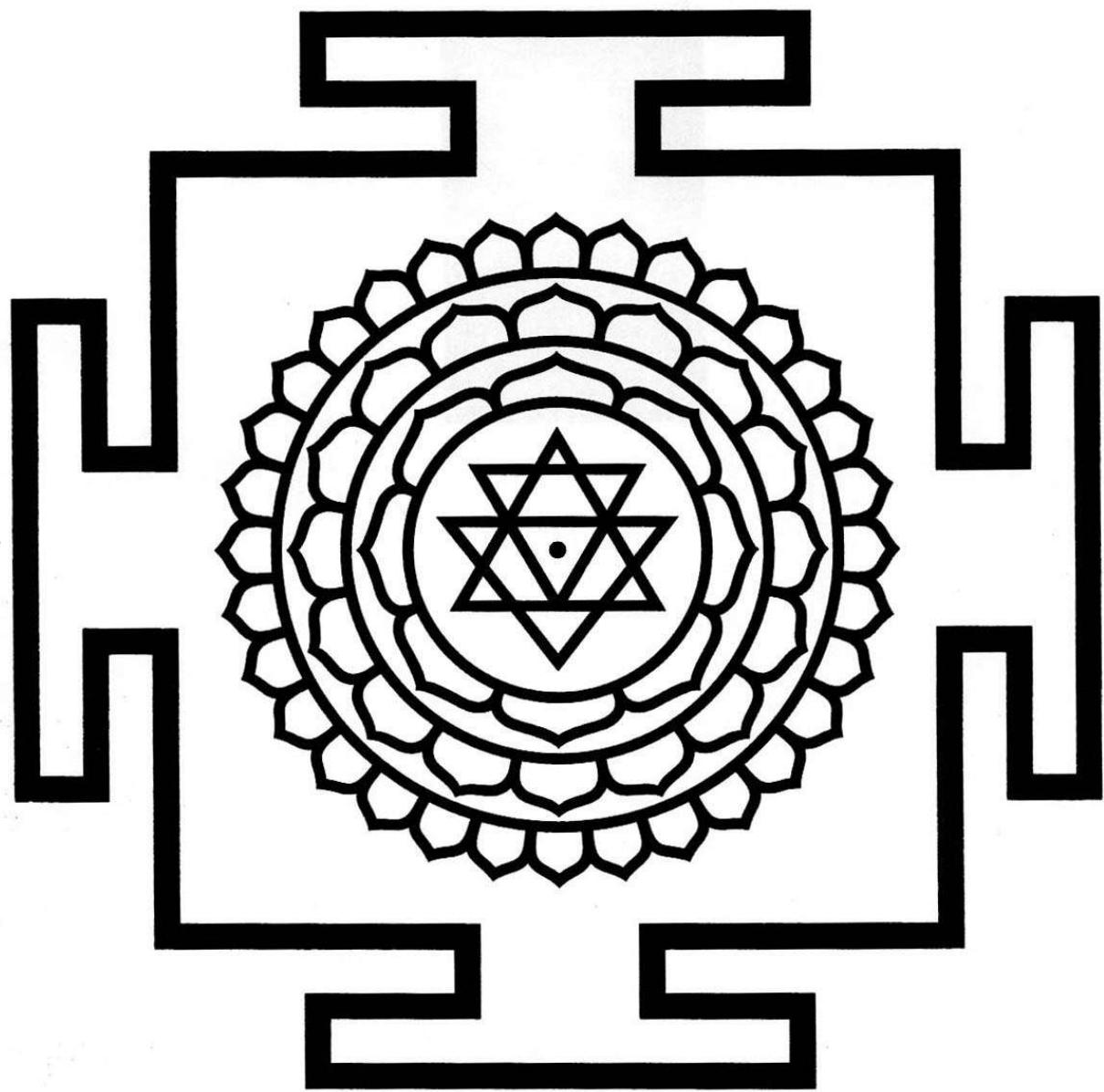
Twelfth – Vijaya Nitya



Thirteen Night – Sarvamangala Nitya



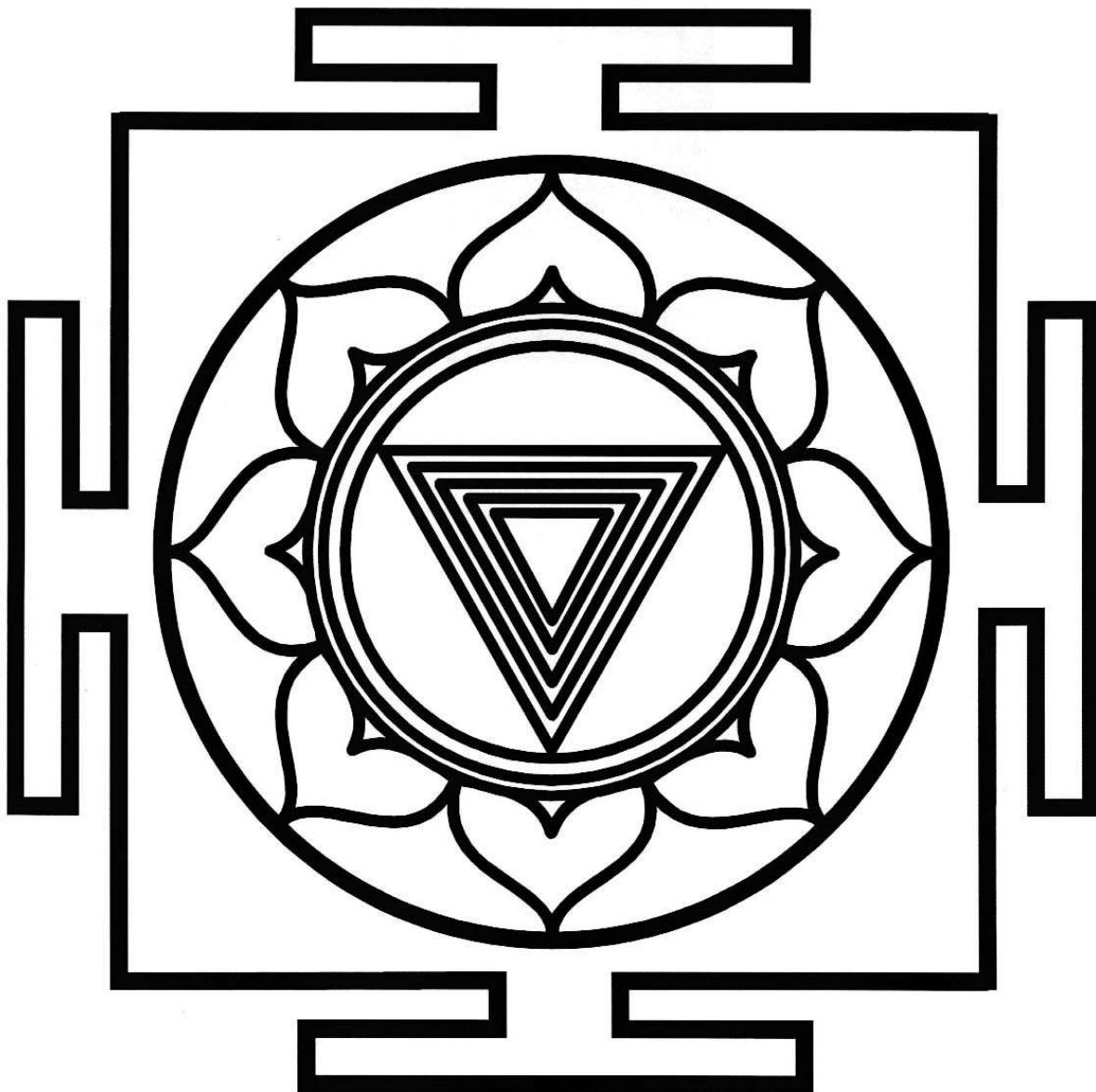
Fourteen Night – Jvalamalini Nitya



Fifteenth Night – Chitra Nitya

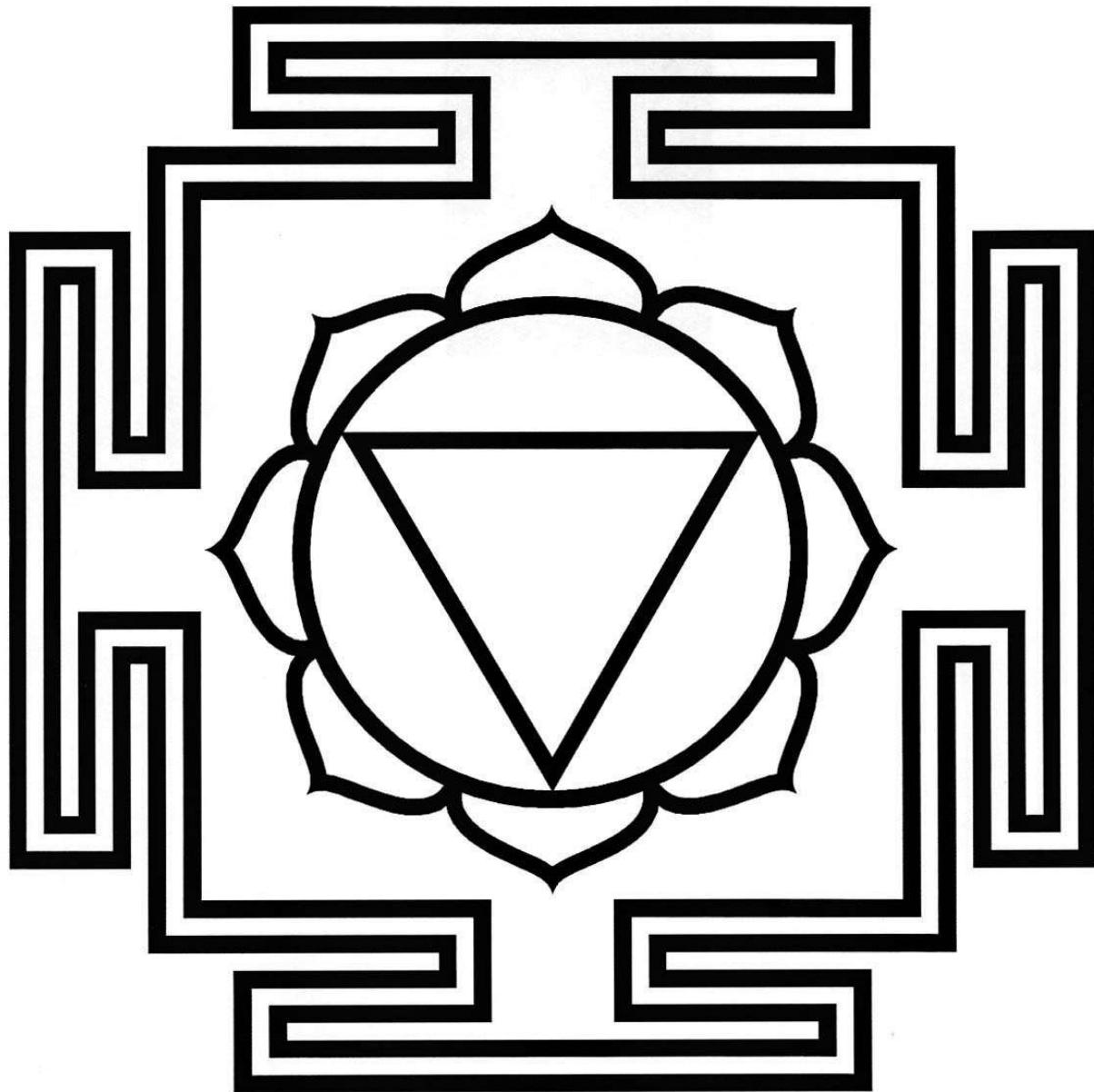
## Special Meditation Yantras

These yantras should be used to meditate on special occasions. These yantras provide very unique and remarkable empowerments. To meditate on these yantras, place your concentration at the center of each yantra, and keep your mind there for fifteen minutes.



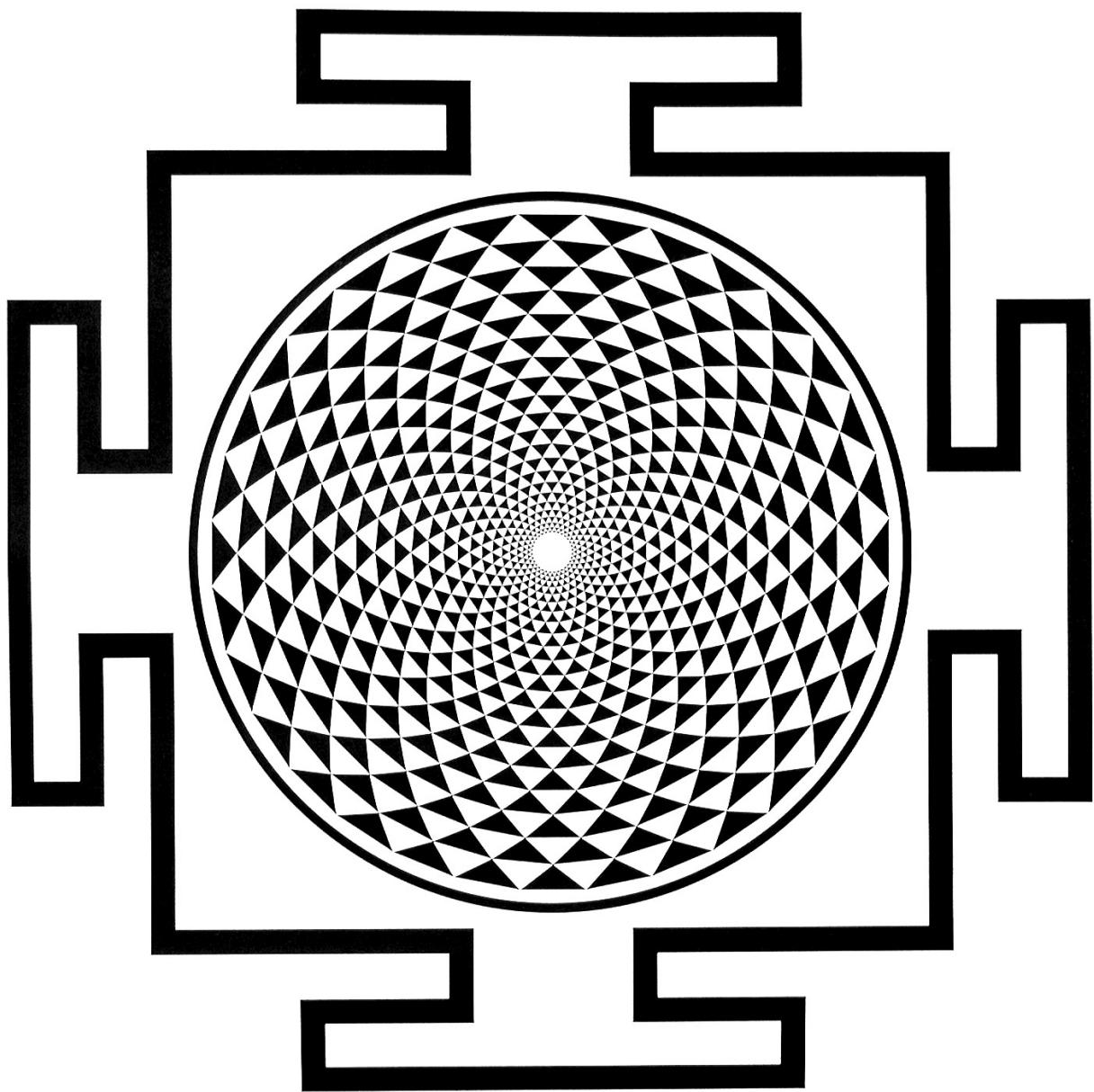
Kali Yantra – Meditation on the goddess Kali.

Meditating on this yantra removes obstacles and enemies from your path.



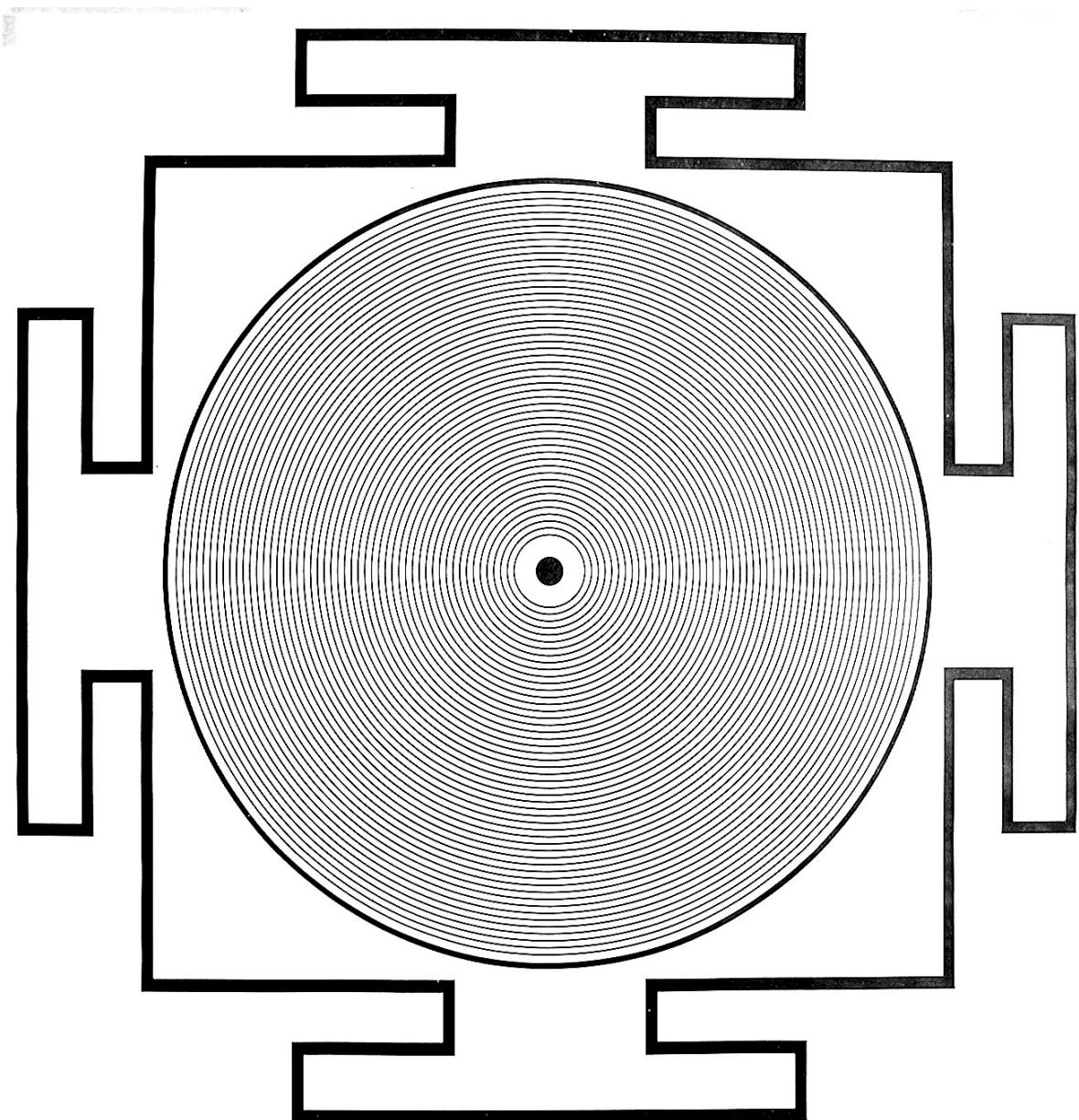
Tara Yantra – Meditation on goddess Tara

Meditating on this yantra brings guidance and intuition in your life.



Sahasrara Yantra – Meditation on the Crown Chakra

Meditating on this yantra will help you to raise your Kundalini energy.



The Mental Yantra

Meditate on this yantra to obtain supreme mental development.



The Yantra of Supreme Unity

Meditate on this yantra to obtain unity with the ultimate power of the Universe.