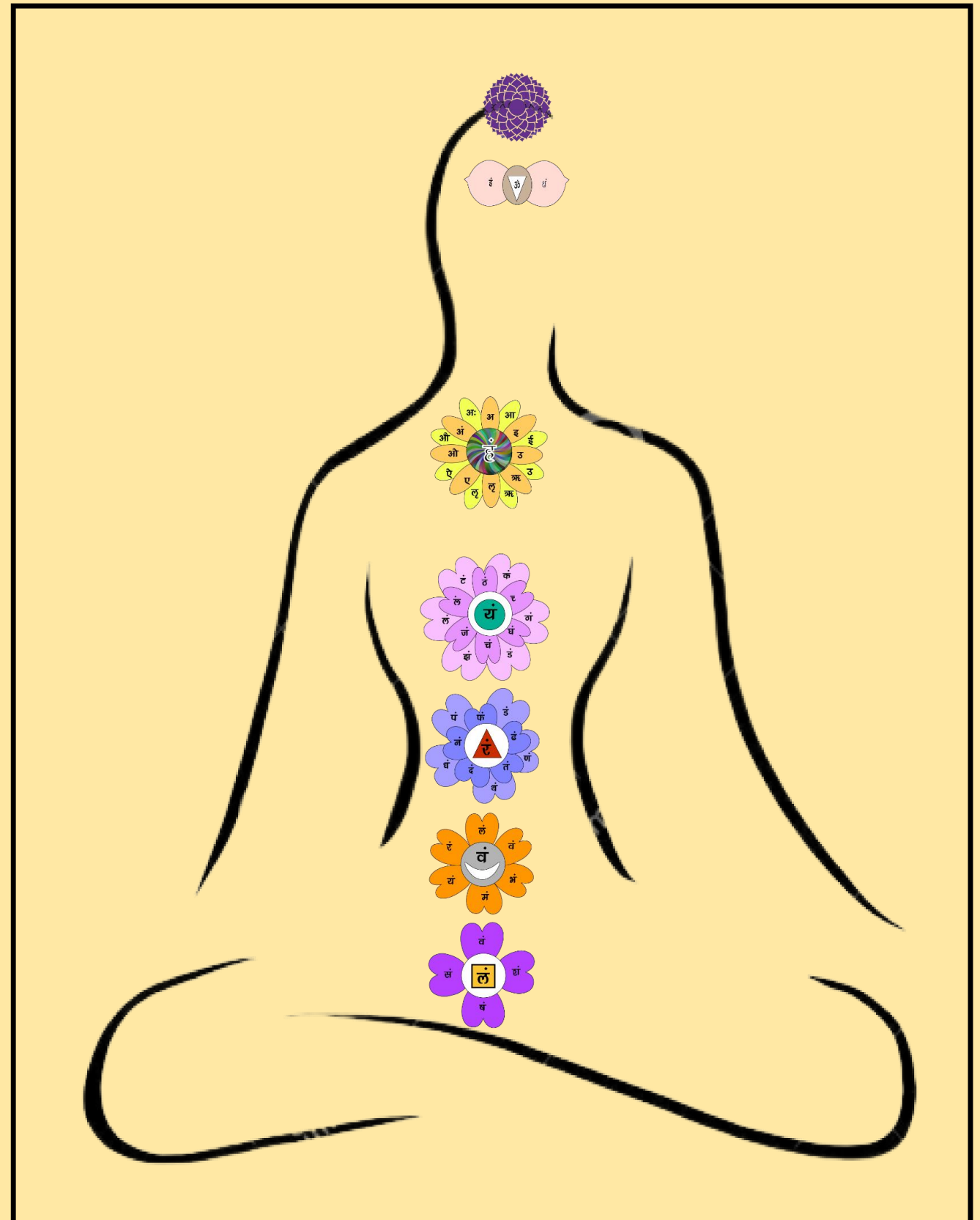


The Ideal of **TANTRA**

A
presentation based on
A'nanda Ma'rga Philosophy



Tantra

Tantra = Tam' + Tra

Tam' -> is the root verb of staticity (or dullness)

Tra -> means "that which liberates"

So Tantra is that which liberates a person from the bondages of staticity.

Tantra has another meaning as well. The Sanskrit root verb tan means "to expand". So the practical process that leads to one's expansion and consequent emancipation is called tantra. Thus sáadhaná and Tantra are inseparable.

Tantra Sa'dhana' : The process of transforming latent divinity into the Supreme Divinity is known as Tantra sáadhaná. The sleeping divinity in animality is termed, in the language of spiritual aspirants, the kulakuńḍalinii. So we find that actually the spirit of Tantra sáadhaná lies in infusing a vibration in the kulakuńḍalinii and pushing her up towards the spiritual goal.

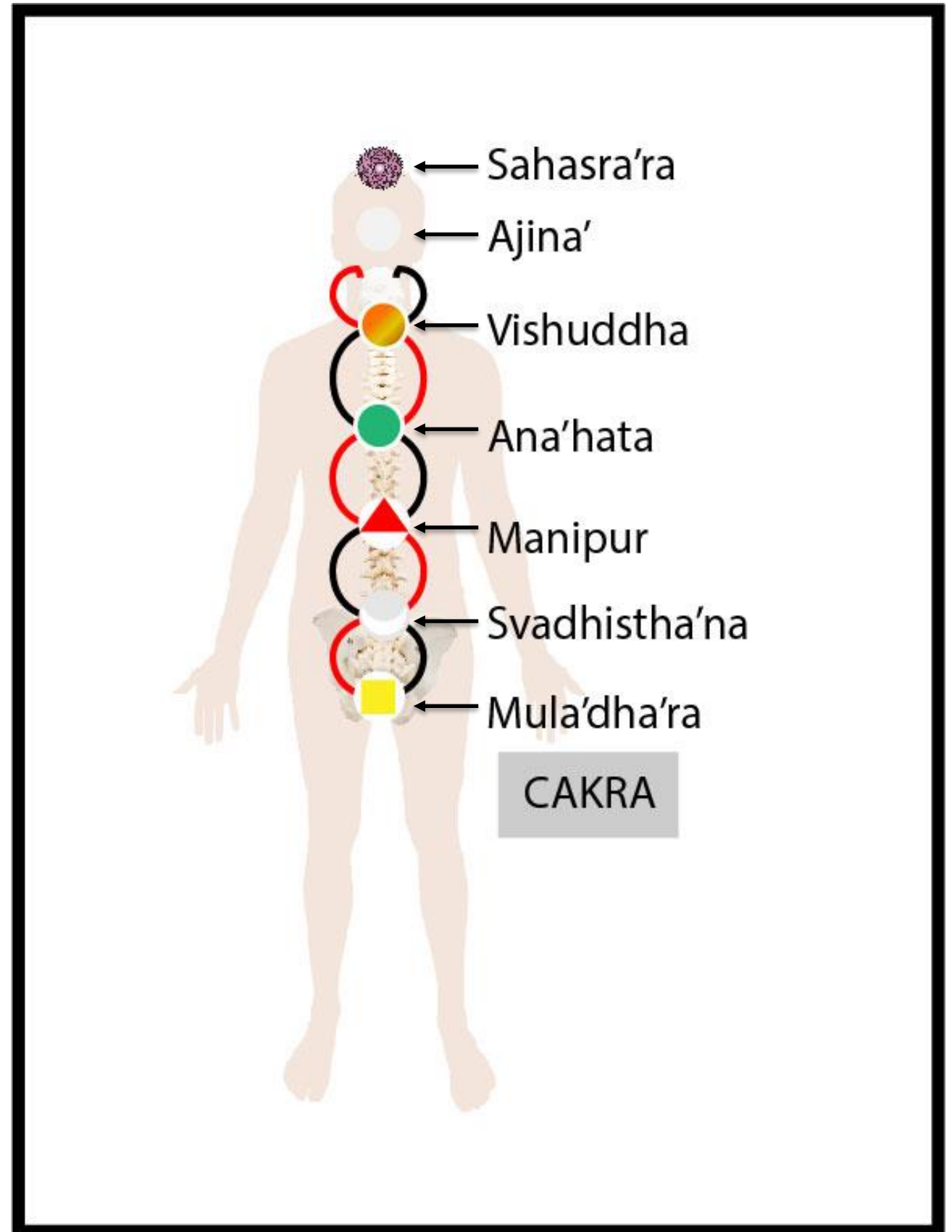
Tantra is a practical science. Hence in Tantra the importance of book knowledge is secondary. The practical process of Tantra begins with the physical and progresses to the physico-psychic, then to the psycho-spiritual, then ultimately results in the supreme spiritual stance, ensconcement in the átmá (self).

Cakra (Plexus)

- **Cakras** are the centres of subtle energy (psycho-spiritual centers) in the physical body along the spine and in the brain.
- The cakras are situated at the intersecting points of the Id'a', Sus'umna' and Pinungla' na'diis (psycho spiritual channels).

List of Cakras

CAKRA (PLEXUS)	LOCATION
Mula'dha'ra	The base of the spine above the perinium
Svadhista'na	The base of the genital organ
Manipur	The navel
Vishuddha	The throat
Ajina'	Between the two eye-brows
Guru	Just below the Sahasra'ra Cakra
Sahasra'ra	The crown of the head

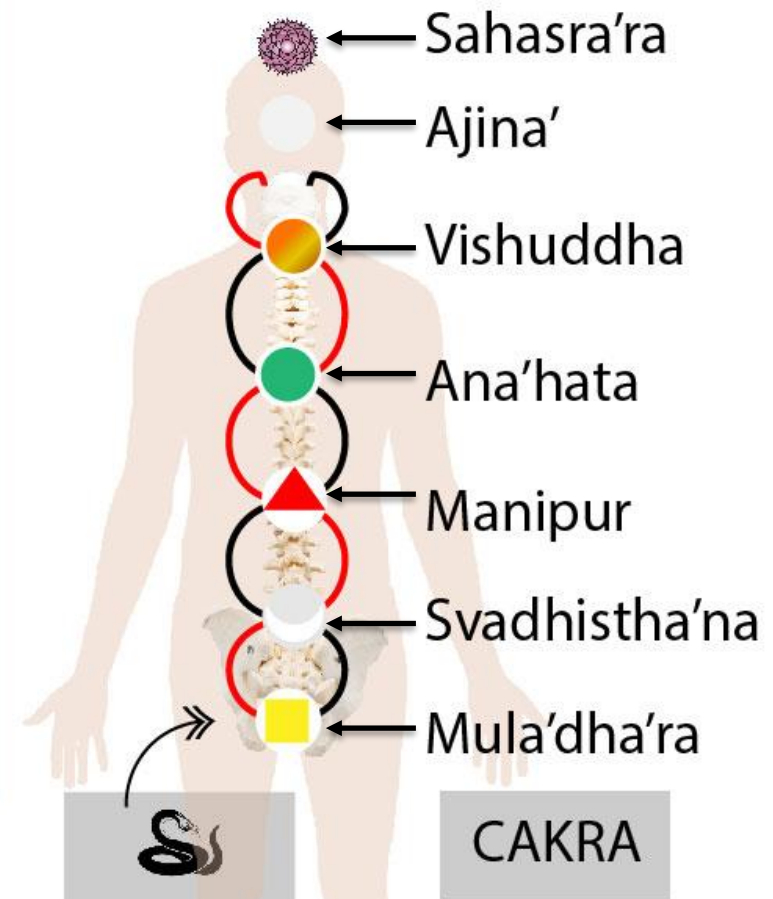


Kula & Kund'alinii

Why does Kula Kundalinii reside in Mula'dha'ra cakra ?

Starting point of sadhana must be in the crudest manifestation. So it must reside in that portion of the physical body from which the crudest matter (ks'iti tattva) of the body is controlled. Therefore, Kula kundalinii resides in Mula'dha'ra Cakra.

By dint of sa'dhana, one is to arouse and exalt this sleeping divinity.



KUNDALINII (Coiled Serpentine)

Kund'alinii : It is latent (sleeping) divine force residing in the **Kula** in coiled form.

Kula : The lower most portion of the spinal chord is known as Kula. It is called Kula because it bears the pressure of the main physical trunk.

स्वयम्भूलिंग

मनुष्य के मेरुदण्ड के सबसे नीचले भाग को कहा जाता है *कुल* कु का अर्थ है *सृष्टि या संरचना* (ला + ड = ल) ल का अर्थ है *धारक* अर्थात् जिसने धारण कर रखा है। यही है *स्वयम्भूलिंग* जिसने दैहिक संरचना को धारण कर रखा है। इसे ही यथार्थ रूप से *कुल* कहा जाता है।

प्रसुप्त जीव भाव जो इस कुल में *कुंडली* के रूप में अवस्थित है, उसी के भीतर असल में अंतर्निहित *शिवभाव* है। अर्थात् परमपुरुष की असीम शक्ति है। यह दैवीशक्ति अपने मूल अवस्थान में तभी लौटती है जब वह स्थूल जागतिकता (जड़ता) के प्रभाव से मुक्त होती है।

यह दैवीशक्ति ही *कुलकुण्डली* कहलाती है। इसमें अंतर्निहित दैवीशक्ति को जागृत करना साधना का प्रथम स्तर है।

एक महान आध्यात्म पुरुष (महाकौल) के द्वारा दिया गया उपयुक्त *मंत्र* (इष्टमंत्र) के मंत्राघात से ही यह संभव है।

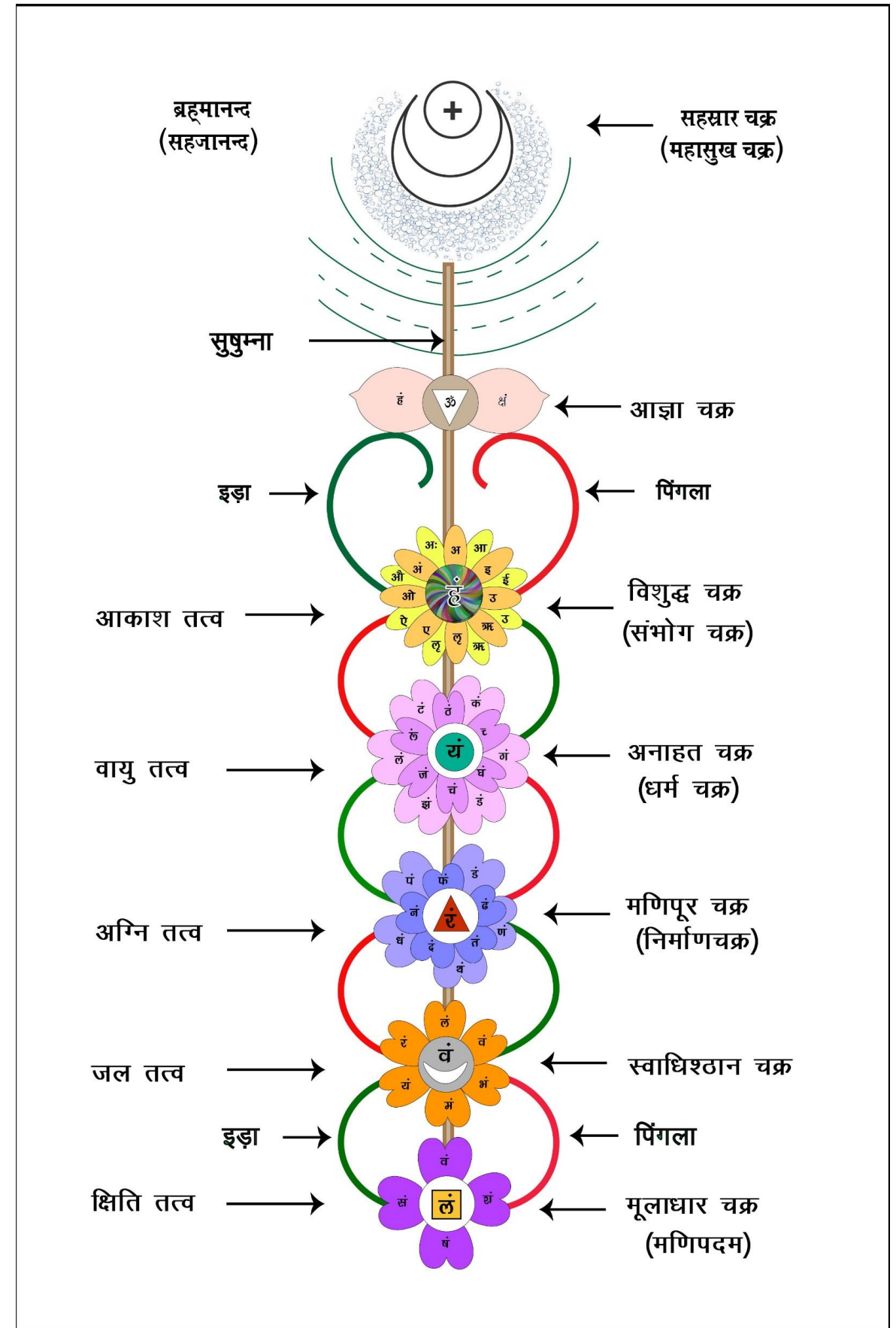
इसे जाग्रत कर स्वाभाविक प्रक्रिया के द्वारा ऊपर उठाते हुए परम शिव के निर्गुणावस्था में समाहित कर देना ही *तंत्र का मूल लक्ष्य है*।

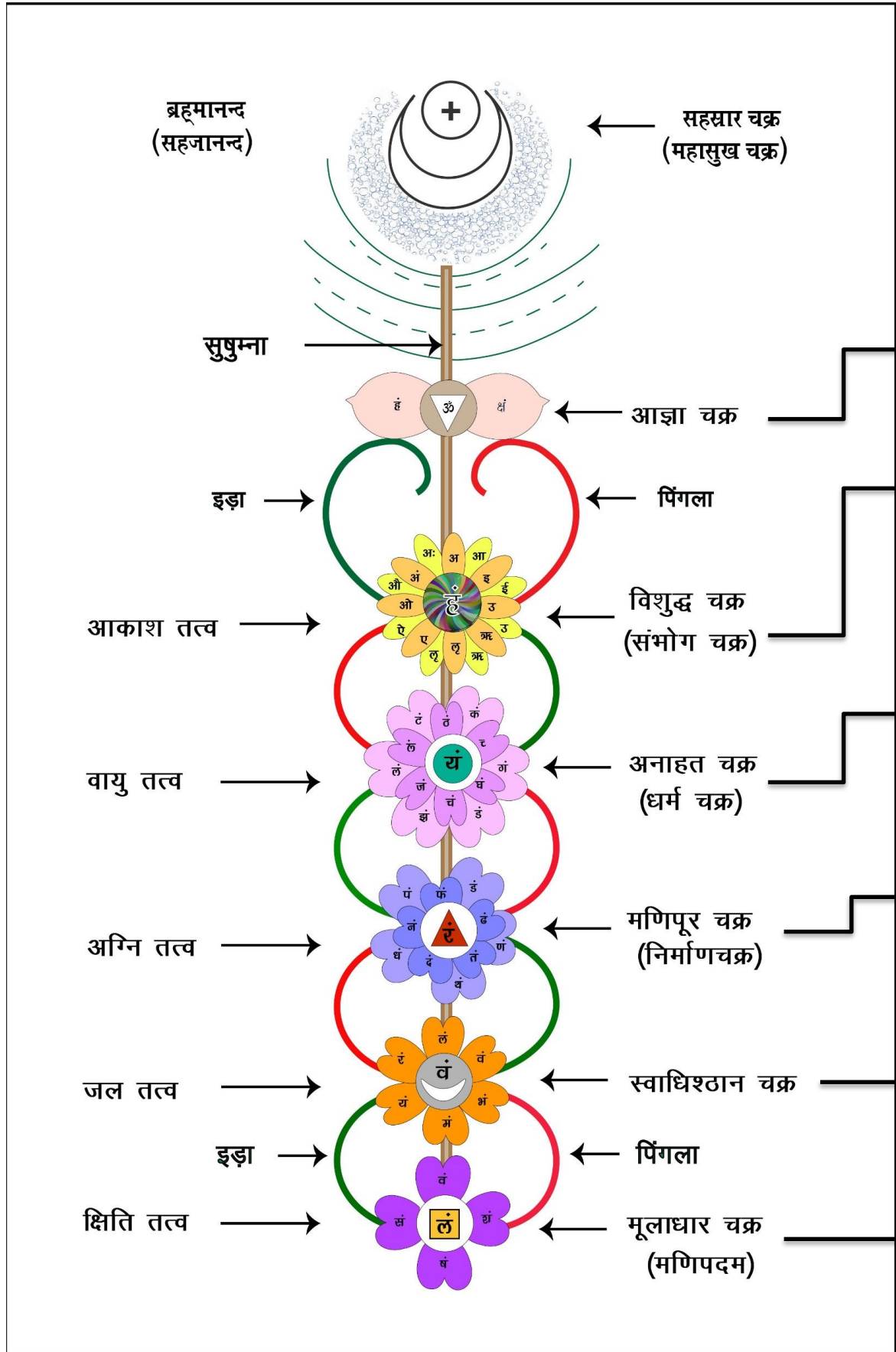
श्री श्री आनन्दमूर्ति जी

(श्रावणी पूर्णिमा 1959, भागलपुर)

Vrtti (Propensity)

- To find expression, the mind adopts certain inter-and intra ectoplasmic occupations (eg.- love, hatred, fear etc.). these occupations are called **vrttis**.
- Propensities are formed according to ones inherent sam'ska'ras (reactive momenta).
- There are **fifty** propensities of human mind which are expressed internally or externally through the vibrational expression of concerning cakra.
- The seats of propensities are different glands and sub-glands which lie within the fold of cakra.





List of Propensities

2

Para', Apra'

16

S'ada'ja, R's'abha, Gandharva, Madhyama, Pancama, Dhaevata, Nis'a'da, Om, Hum, Phat, Vaushuth, Sva'ha', Namaha, Vashath, Vis'a, Amrta

12

A'sha', Cinta', Ces'ta, Mamata', Damba, Viveka, Vikalata', Ahan'ka'ra, Lolata', Kapalata', Vitarka, Anuta'pa

10

Lajja', Pishunta', Irs'ya', Sus'upti, Vis'a'da, Kas'a'ya, Trs'n'a', Moha, Ghrn'a', Bhaya

6

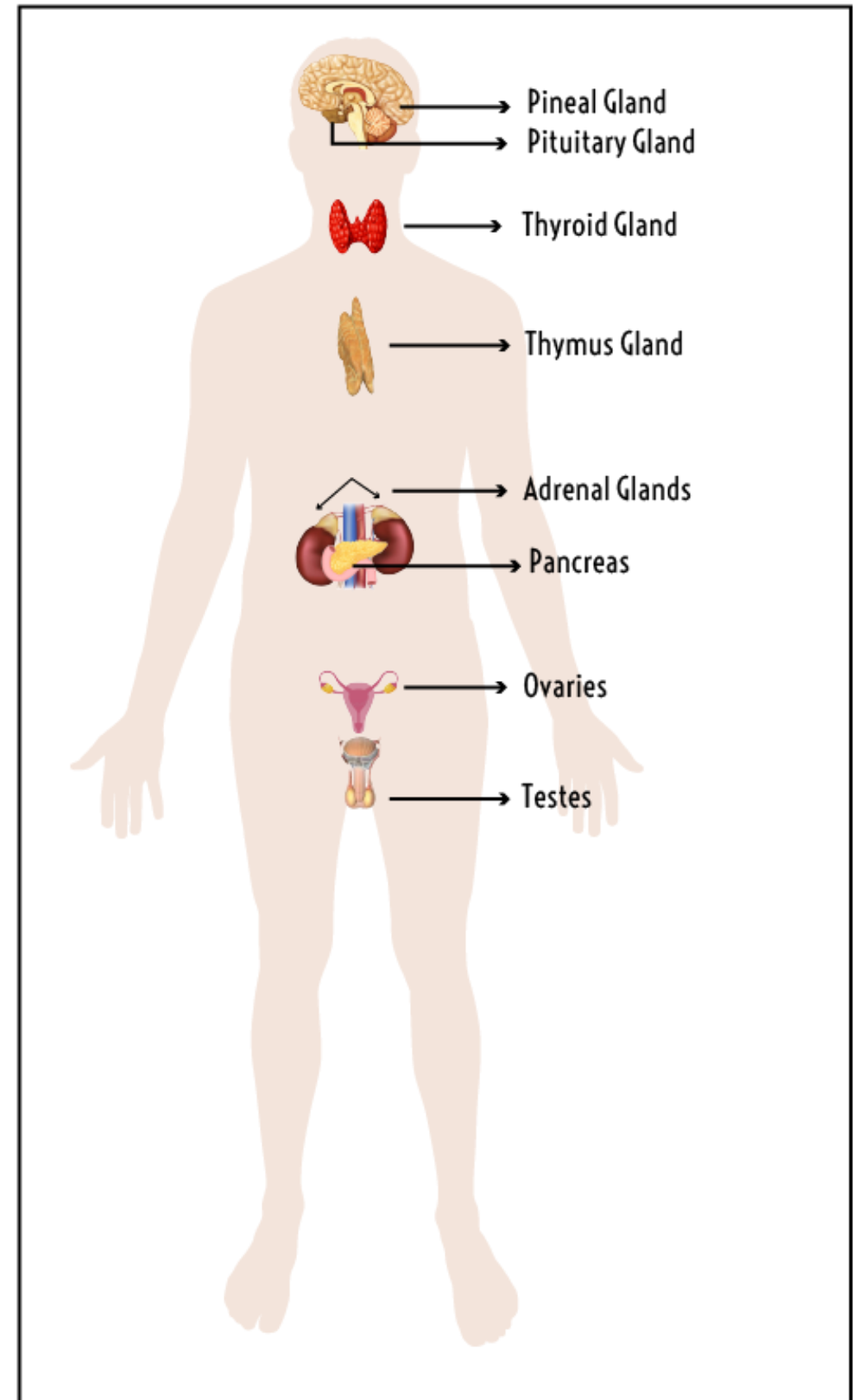
Avajina', Mu'rcha', Prashraya, Avishva'sha, Sarvana'sha, Kru'rata

4

Dharma, Artha, Ka'ma, Moks'a

The Endocrine System

- The endocrine glands regulate physical processes occurring in our bodies and may directly influence our minds.
- Each gland secretes specific protein molecules (hormones) that increase or decrease the activity of target organ or tissues.
- The rate of secretion of hormones from these glands is determined by signals coming from the brain via the central nervous system or by the activity of subtle energy centres (cakras).
- The cakras are directly related to the endocrine glands. The Mula'dha'ra and the Svadhistha'na cakras are related to the sexual glands, the Man'ipur cakra to the pancreas and adrenals, the Ana'hata cakra to the thymus gland, the Vishudha cakra to the thyroid gland, the Ajina' cakra to the pituitary gland and the Sahasra'ra cakra to the pineal gland at the top of the head.



There are various glands of various types in the human structure. Each and every gland may be treated as the controlling station of a particular mental propensity, and the intensity of expression of the mental propensities depends on the proper secretion of hormones from these glands. As a general rule hormones secreted from the lower glands cannot influence the upper glands, but they can, directly or indirectly, influence the glands situated at lower points. Since the sahasrára cakra (corresponding to the pineal gland) is the highest cakra, or plexus, hormones secreted by that plexus can control all other glands of the human body. Just now I said that the kulakuṇḍalinii is awakened by the force of spiritual waves, or of mantra, and these glands help spiritual aspirants by creating such a force. The sahasrára cakra being the controller of all the glands, it is the central station of all the waves and mantras.

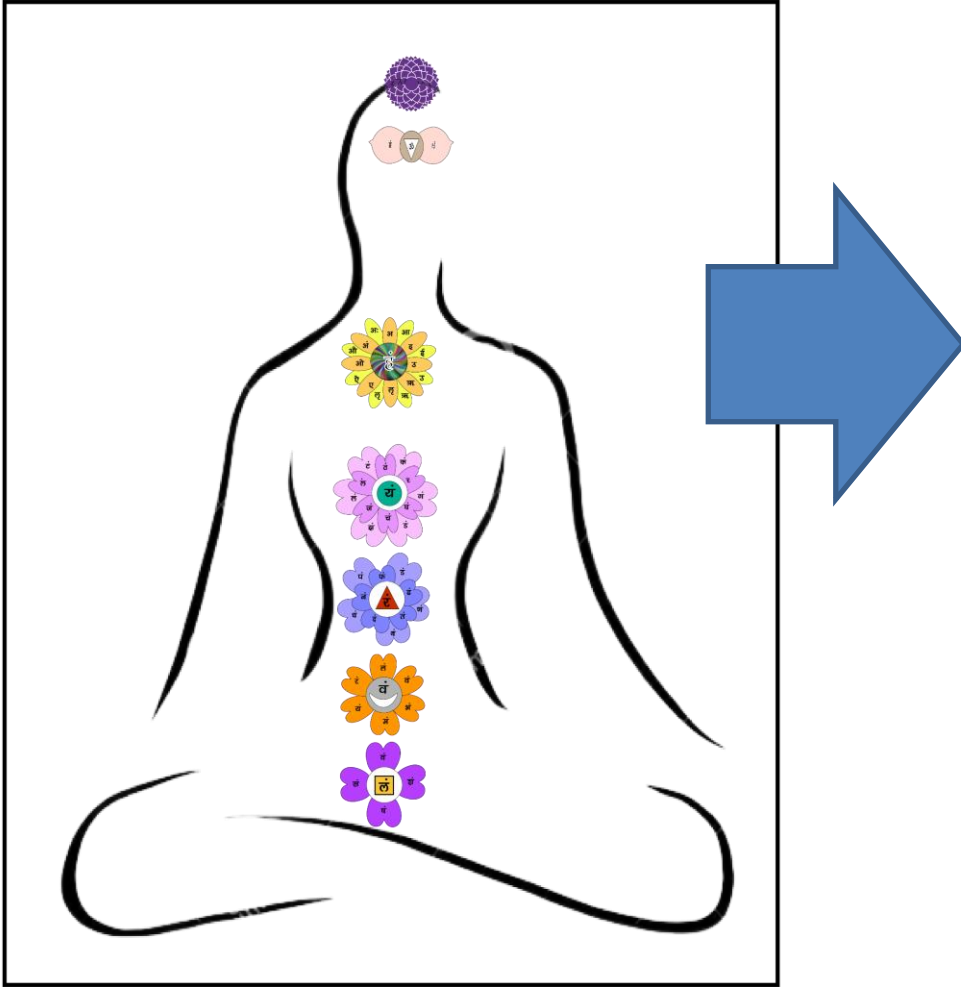
Shrii Shrii A'nandamu'rti jii

Bio-Psychology Chart

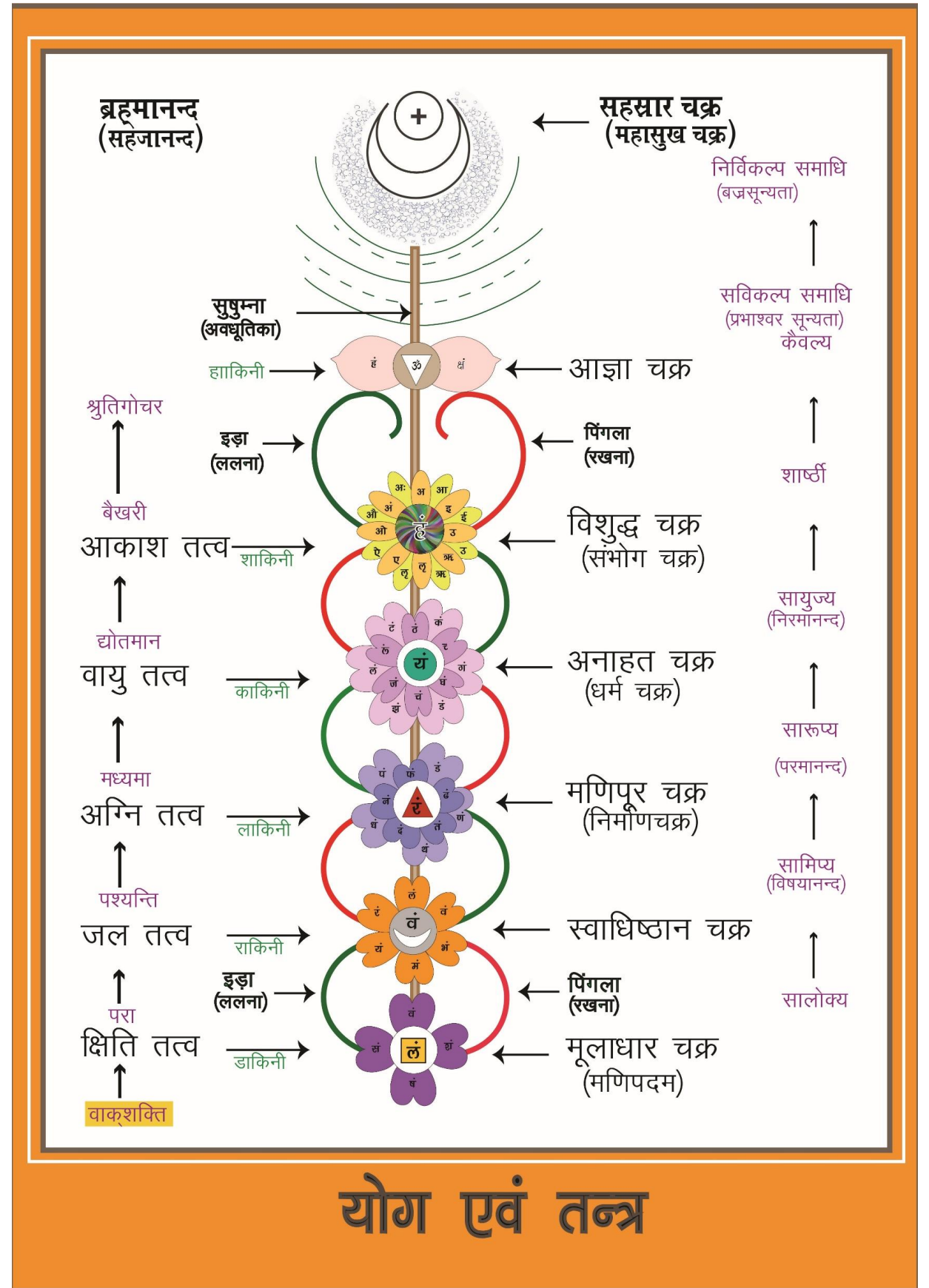
The new science of Bio-psychology is not just a theory, but a practical science which can completely transform our lives. By pressurizing the glands and sub-glands and balancing their secretions, we can remove negative propensities which disturb our minds and make our physical bodies sick,

Cakra	Endocrine Gland	Hormone	Effect	Yoga'sana for Hormonal Balance
Sahasra'ra Cakra	Pineal Gland (Master Gland)	Melatonin	Secretion of melatonin internalizes the mind, develops patience, tranquility and intuitional insight and helps in concentration.	Shas'a'unga'sana
A'jina' Cakra	Pituitary Gland	Growth Hormones	It is responsible for thinking. Helps to regulate body temperature and controls growth and development. Excites the movement of bowels, keeps the blood vessels tone up and stimulates the kidneys to do their work.	Meditation
Vishudha Cakra	Thyroid Gland	Thyroxin	Over secretion (Hyperthyroidism) – Nervousness, extreme worry, sleeplessness, intense irritability, loss of weight etc. Under secretion (Hypothyroidism) – Fatigue, lethargy, sluggish metabolism, mental dullness, slow pulse, obesity etc.	Sarva'unga'sana, Matsyamudra'
Ana'hata Cakra	Thymus Gland	Antibodies	Controls the immune system. Due to negative thinking the thymus gland is weakened and entire immune system becomes weak. Diseases such as cancer, tuberculosis and Aids may result.	Bhujanga'sana
Man'ipura Cakra	Adrenal Gland	Adrenalin	Controls sudden bursts of energy in the body, especially in response to danger and stress. In the situation of danger, the gland secrete adrenalin, which activates the whole body to fight or flight – to fight against the danger or to run away. Over secretion: Results in high blood pressure, heart disease, ulcer, cancer, depression, melancholia and stress related diseases.	Myura'sana. Shava'sana
Svadhista'na Cakra	Gonads Overies - Female Testes - Male	Androgens And Estrogens	Androgens induce aggressive behavior and Estrogens promotes passive behavior. Proper production of these hormones balance the personality.	Gomukha'sana
Mula'dha'ra Cakra	Prostate Gland	Sex Hormones	Under secretion causes cruelty and distrust. Over secretion causes hopelessness and melancholy.	Paschimotta'sana

The Ideal of Tantra



First and foremost phase in spiritual sa'dhana' lies in awakening the Kund'alini with the help of proper mantra. This awaken Kund'alini is to be pushed upwards and her existence should be suspended in the non-attributed existence of Shiva. This is the **ideal of Tantra**.



The Ideal of Tantra

- First and foremost phase in spiritual sa'dhana' lies in awakening the Kund'alini with the help of proper mantra. This awaken Kund'alini is to be pushed upwards and her existence should be suspended in the non-attributed existence of Shiva. This is the **ideal of Tantra**.
- When by dint of sa'dhana' the Kund'alini crosses the Sva'dhista'na Cakra, the sa'dhaka starts feeling that he or she is not alone; the Supreme Father is also there. This stage is called **Sa'lokya**.
- When this Kund'alini crosses the Man'ipur Cakra, the sa'dhaka enjoys another sort of pleasure of his or her proximity to the Supreme Father. This stage is called **Sa'miipya**.
- When this Kund'alini crosses the Ana'hata Cakra, the sa'dhaka gets a tactual (just touching) experience with the Supreme Father. This stage is called **Sa'yujya**.
- When the Kund'alini crosses the Vishudha Cakra, the sa'dhaka feels oneness with the Supreme Progenitor. This stage is called **Sa'rupya**.
- By still more sa'dhana', When the Kund'alini crosses the A'jina' Cakra, the sa'dhaka feels that "I am He"; that is, "I" and "He", these two entities, have become one. Here the link "am" between "I" and "He" disappear. This stage is called **Sa'rs't'hi**.
- At last when the Kund'alini comes to the Sahasra'ra Cakra (controlling point of the pineal gland), it has to be exalted to the controlling point of the pineal gland. This is **the final stage of sama'dhi (Nirvikalpa Sama'dhi in yoga)**.