



Tantra, spiritual-meditative Tantra, physical-sexual Tantra

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What is Tantra? Tantrism is a great philosophical movement, the sexual energy of man ascribes a central role. Thus, in Tantra different meditation techniques were developed to enable the people to use their sexual power for an inner transformation. Tantrism is a religion with a certain dogmatic ideas, but a living philosophy that affirms every aspect of life down to its roots, going through and transformed. Tantra is both a rebellion against all confining social structures with compelling and moral delusions. Deep concern of Tantra is to break all these chains and free the people as individuals in accordance with the greater whole, so that the love and the power of the cosmos, the universal unit, by us humans, and can radiate shine through.

The word Tantra is a Sanskrit word and is derived from the root tan off, which means, extend, threads, or tissue. By this is a great cosmic fabric, with which we are all connected. Tantra unites opposites and goodbye to the values of good and evil. Everything has two sides and we need these two pages to each of the exercise one or the other to be able to. One is confronted with situations in life and feelings that are pleasant or unpleasant one. Tantra says quite clearly that each side would be felt in us and everything will be completely accepted and lived through in order for the essence and message can be understood and transformed.

The exact origin of the Tantra is hard to understand, but probably goes back to the Upanishads, which were written more than a thousand years before Christ. These records also radiated to Buddhist countries like Tibet and Japan. Moreover, their secrets have been suggested in early magical writings of the ancient Egyptians, the Hebrews, Greeks and Arabs, or mentioned. The essence of Tantra is to be found in mystical treatises - commonly known as Tantra. They are in the Hindu tradition in which the Holy Scriptures in the form handed down from Vedas. The tantras see themselves as the fifth Veda.

As with other ways also enlightenment is what Tantra about to experience spiritual wholeness. It uses the powerful sexual energy force, in order to root in the here and now and the experience of ecstasy to reach the divine. It is the awareness of the cosmic dimensions of life.

Tantra has been practiced around 5000 BC in India. Mythology is the male god Shiva united with his consort, the goddess Shakti. Shiva is equal to the highest state of pure consciousness in the ecstasy of being Shakti energy. Mythologies are always visual, for our present understanding, it means that the mental energy needs the matter to be realized. The mythology is the union of Shiva and Shakti as erotic lovemaking dar. This act of supreme joy permeates all living things and is manifested as pleasure, beauty and happiness.

Tantra Today In our Western society we come in dealing with sexuality usually first at his own shadow, because of injuries, addictions obstructive ideas, feelings of guilt and shame, abuse and trauma. Therefore picks Tantra man dortab where he stands: Modern Tantra begins with physical and sex therapy exercises, healing rituals for our women and masculinity, uses the healing power of meditation and goes deep into physical processes, such as special Yoni - and Lingam, which are designed to heal these wounds, reducing internal barriers and inhibiting beliefs and to extend their own capabilities. Tantra connects us with this archaic female or male origin - Energy as a source of that power that connects us with pure, creative potential. It is a profoundly rebellious and transformational process. He takes us beyond social values and conditioning all to ourselves and to our inherent essence. He lets us "ecstasy in everyday life" can be experienced.

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