

What is Tantra

Tantra is the search for a better orgasm! NOT! Unfortunately, in the West, that has become the public perception of Tantra. Don't get me wrong. I'm all for better orgasms, but only getting better orgasms out of a practice of Tantra would be like using your new spaceship as a lawn ornament. Your spaceship would be put to much better use exploring our amazing cosmos.

Your energetic being is the best spaceship ever invented. With it, you can explore this astonishing Creation and travel back to the Source. Love is the fuel that powers it. Tantra consciously uses Love to build, power and navigate your energetic vessel; to help you evolve into the fullest being possible and to experience a return to Source, the Cosmic Oneness.

The word "Tantra" comes from the Sanskrit roots *tanoti* - to expand, and *trayati* - to liberate. Thus, Tantra literally means "expansion through liberation" and "liberation through expansion." In its broadest sense, Tantra encompasses any action or idea whose results aid in expanding your awareness by liberating you from your bonds: physical, mental, emotional and spiritual.

Tantra, as a meditation system, evolves you from the inside out, working on a physiological level. Practices focus on activating the endocrine system and developing the nervous system. By changing your electrochemical make up, you perceive the world differently and change how you respond to it and how you navigate it.

Nowadays, people relate Tantra to sex because Tantra incorporates the sexual life force and the Divine Feminine. Most religious, mystical and spiritual systems deny sexuality or demonize it as a source of lust, temptation and degradation. They do the same to the Divine Feminine. Tantra balances masculine and feminine energy and incorporates the power of sexual energy,

understanding the potency of the creative life force when applied to personal and spiritual growth.

Tantra believes that life is meant to be enjoyed. Tantra wants you to be fulfilled. Tantra wants you to be joyful. Tantra understands that a wise person can learn more from joy than from pain. Tantra wants you to be yourself, to be the biggest, most powerful, unique, beautiful, fulfilled, aware and happy you that you can be. That includes your sexuality.... and so much more!

Most cultures and mystical systems include some form of Tantra, but it usually is a hidden branch of knowledge practiced only by a daring few. Three highly developed systems of Tantra are the Taoist, Indian and Tibetan. Though similar and compatible, they each have different goals.

Taoist Tantra focuses on recycling energy for rejuvenation to extend life as long as possible, maximizing the potential for spiritual growth and achieving oneness with the Tao. Indian Tantra focuses on expanding consciousness upward to the Endless Light and beyond to Nirvana. Their aim is to experience Oneness with Creation. The Tibetans want to complete their karma, so they can break free of the Wheel of Samskara (reincarnation) and be able to permanently retire to Oneness.

While all three of these goals are really cool, none of them mention sexuality. Sexual bliss is not the goal in any of these systems, but, in all three, conscious sexuality is a powerful means of achieving the goal. Sexual energy is generated, refined and directed toward the attainment of each particular objective.

Tantra taught at the Spiritual Science Society focuses on all three goals. We work multidimensionally. Some energy is directed to health and longevity, some to experiencing Cosmic Oneness, and some to completion of karma. MultiDimensional Lovemaking enhances all three processes and accelerates you down your path to the greatest version of yourself.

Tantra can be practiced individually and as a couple. You can use your own love and your own energy in your meditations as readily as you can use the energy and love generated as a couple.

The Cobra Breath is a key to high Tantra. It transmutes creative sexual life force to a spiritual vibration and activates the higher centers of your awareness.

-Hari Om Tat Sat
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