

tantric yoga for beginners

tantric yoga for beginners is an accessible gateway to a profound practice that transcends mere physical postures, delving into the energetic and spiritual dimensions of yoga. This comprehensive guide is designed to demystify Tantra for those new to its transformative power, exploring its core principles, essential techniques, and practical applications. We will navigate the path of awakening your inner energy, cultivating deeper self-awareness, and fostering greater connection with yourself and the world around you. Discover how to integrate Tantric principles into your daily life, enhancing well-being and spiritual growth. Prepare to embark on a journey of self-discovery with this in-depth exploration of Tantric yoga.

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Understanding Tantric Yoga: Beyond the Surface

Tantric yoga, often misunderstood and shrouded in mystique, is fundamentally about harnessing and directing life force energy, known as Shakti, to achieve spiritual realization and holistic well-being. Unlike some more ascetic paths, Tantra embraces the material world as a sacred manifestation and a vehicle for spiritual growth. For beginners, it's crucial to understand that this practice is not about sensationalism or forbidden rituals, but rather a profound system of self-exploration and energetic cultivation.

The essence of Tantric yoga lies in its philosophy of interconnectedness. It posits that the divine is present within all things, including ourselves. The practice aims to awaken this inner divinity and integrate the different aspects of our being – mind, body, and spirit. This approach often involves working with subtle energies, sound, breath, and intention to create a potent synergy that leads to transformation. The journey is one of conscious expansion and embracing the fullness of one's existence.

Key Principles of Tantric Yoga

Several core principles underpin the practice of Tantric yoga, providing a framework for beginners to understand its unique approach. These tenets guide practitioners toward deeper self-awareness and energetic mastery.

Embracing the Divine Within

At the heart of Tantra is the recognition of the divine presence within every individual. This principle encourages practitioners to see themselves, others, and the universe as sacred. It fosters self-acceptance and a sense of inherent worth, moving away from notions of sin or inherent imperfection. This is a foundational shift in perspective that informs all Tantric practices.

The Union of Shiva and Shakti

Tantric philosophy often uses the archetypes of Shiva (consciousness, masculine principle) and Shakti (energy, feminine principle) to describe the fundamental duality of existence. Shiva represents pure awareness, stillness, and potential, while Shakti embodies dynamic energy, movement, and creation. Tantric yoga seeks to harmonize these energies within the practitioner, leading to a state of balanced wholeness. For beginners, this translates to integrating the logical and intuitive, the active and receptive aspects of their nature.

Working with Energy (Prana and Kundalini)

A central focus of Tantric yoga is the manipulation and cultivation of prana, the vital life force energy that flows through all living beings. Kundalini, often described as dormant spiritual energy coiled at the base of the spine, is a key aspect of this. Tantric practices aim to awaken and guide Kundalini energy upward through the energetic pathways (nadis) to the higher energy centers (chakras), leading to profound states of consciousness and spiritual awakening. Beginners will learn breathwork and subtle energy exercises to begin this process safely.

Sacredness of All Experience

Tantra views all experiences, both pleasant and unpleasant, as opportunities for spiritual growth and learning. Instead of resisting or rejecting challenges, practitioners are encouraged to engage with them consciously and with awareness. This principle cultivates resilience, acceptance, and a deeper understanding of the self. The mundane can become sacred when approached with a Tantric mindset.

Essential Tantric Yoga Practices for Beginners

Embarking on Tantric yoga as a beginner doesn't require complex rituals. The focus is on accessible practices that build a strong foundation in energetic awareness and self-connection. These practices are designed to be safe, effective, and deeply nourishing.

Mindful Breathing (Pranayama)

Breath is the vehicle for prana. Specific pranayama techniques are crucial in Tantric yoga to cultivate, control, and direct vital energy. Techniques like Ujjayi breath (victorious breath) create an internal energetic current, while Nadi Shodhana (alternate nostril breathing) balances the left and right energetic channels. These practices are fundamental for calming the mind, increasing oxygen intake, and preparing the body and mind for deeper work.

Mantras and Sound Healing

Mantras are sacred sounds or phrases that vibrate at specific frequencies, used to focus the mind and invoke particular energies or states of consciousness. Chanting mantras can purify the energetic field, enhance concentration, and facilitate the awakening of inner energies. For beginners, starting with simple, well-known mantras like "Om" or a personal affirmation can be a powerful introduction.

Yantras and Visualization

Yantras are geometric diagrams that represent cosmic energies and divine principles. They serve as visual aids for meditation and concentration. By focusing on a yantra, practitioners can attune themselves to the energies it represents. Visualization is also a key tool, involving the mental creation of images to direct energy, invoke qualities, or achieve specific states of awareness. Beginners might start with simple visualizations of light or color to cultivate focus.

Sacred Touch and Connection

While not always the primary focus for absolute beginners, Tantric yoga emphasizes the sacredness of touch and connection, both with oneself and with others in a consensual and respectful manner. This can manifest as self-massage, mindful touch in partner practices (when appropriate and with clear consent), or simply cultivating a more embodied and present way of interacting with the world. The intention is to experience presence and divine connection through physical interaction.

Asana (Yoga Postures) with Energetic Awareness

Tantric asana is not just about physical alignment; it's about directing energy within the posture. Beginners are encouraged to approach poses with awareness of their breath, sensations, and the energetic flow. Poses that open the hips, chest, and spine are often emphasized to facilitate the upward movement of Kundalini energy. The focus is on feeling

the energy within the body rather than achieving a perfect form.

Mindfulness and Presence

At its core, Tantric yoga is a practice of cultivating deep presence. This involves paying mindful attention to every moment, every sensation, and every experience without judgment. For beginners, this means bringing awareness to their breath, their body, and their thoughts during practice and in daily life. This cultivates a profound sense of being alive and connected.

Benefits of Practicing Tantric Yoga

The consistent practice of Tantric yoga offers a wealth of benefits that extend far beyond physical flexibility. It cultivates a deep sense of well-being and inner transformation. These benefits are a testament to the holistic nature of this ancient discipline.

Enhanced Self-Awareness and Emotional Regulation

By engaging with inner energies and cultivating mindfulness, Tantric yoga significantly boosts self-awareness. Practitioners become more attuned to their thoughts, emotions, and physical sensations, leading to improved emotional regulation. This allows for a more balanced and less reactive response to life's challenges.

Increased Vitality and Energy Levels

Through practices like pranayama and focused intention, Tantric yoga works to awaken and circulate vital life force energy (prana). This can lead to a noticeable increase in energy levels, reduced fatigue, and a greater sense of vitality and aliveness. It's about tapping into your innate energetic reserves.

Deeper Connection to Self and Others

Tantric yoga fosters a profound sense of connection, starting with oneself. By embracing all aspects of your being, you cultivate greater self-love and acceptance. This internal connection then naturally extends outwards, fostering more authentic and meaningful relationships with others, characterized by presence and empathy.

Spiritual Growth and Self-Realization

Ultimately, Tantric yoga is a path to spiritual growth and self-realization. By working with subtle energies and connecting to the divine within, practitioners can experience expanded consciousness, a deeper understanding of their purpose, and a more profound sense of peace and fulfillment. The practice facilitates a journey towards realizing your fullest potential.

Stress Reduction and Mental Clarity

The combination of breathwork, meditation, and mindful movement inherent in Tantric yoga is highly effective in reducing stress and anxiety. By calming the nervous system and focusing the mind, practitioners experience greater mental clarity, improved concentration, and a more tranquil state of being.

Getting Started with Your Tantric Yoga Journey

Beginning your exploration of Tantric yoga for beginners is an exciting step. The key is to approach it with an open mind, patience, and a willingness to explore your inner landscape. It's about establishing a practice that feels nourishing and supportive.

Find a Qualified Teacher or Reputable Resource

While self-study is possible, learning Tantric yoga from a qualified and experienced teacher is highly recommended, especially for beginners. A good teacher can guide you through the practices safely, provide personalized feedback, and help you navigate the energetic aspects of the practice. Look for teachers who emphasize ethical principles and a balanced approach to Tantra.

Start with Foundational Practices

Begin by focusing on the foundational elements: mindful breathing (pranayama), simple meditations, and gentle, awareness-filled asana. Don't try to rush into advanced techniques. Build a consistent practice of these core elements, allowing your body and energy to gradually adapt and open.

Cultivate a Regular Practice

Consistency is more important than intensity. Aim for short, regular practice sessions rather than infrequent long ones. Even 15-30 minutes of dedicated practice daily can yield significant benefits. Find a time and space where you can practice without distractions.

Approach with an Open Mind and Heart

Tantric yoga is a journey of discovery. Release preconceived notions and be open to experiencing your inner world in new ways. Approach the practice with curiosity, self-compassion, and a willingness to explore without judgment. The most profound shifts often come from embracing what arises.

Listen to Your Body

Your body is your greatest teacher. Pay close attention to its signals. If something feels uncomfortable or painful, back off. Tantric yoga is about honoring your physical and energetic boundaries. Modifications and rest are always an option.

Common Misconceptions About Tantric Yoga

Tantric yoga is often subject to misinterpretations that can deter individuals from exploring its potential benefits. Addressing these common misconceptions is vital for a clear understanding of the practice.

Misconception 1: Tantra is Only About Sex

This is perhaps the most prevalent misconception. While Tantra can include sexual practices as a path to spiritual union and energetic transformation, it is by no means its sole focus. The vast majority of Tantric practices for beginners involve meditation, breathwork, mantra, and mindful movement, aiming at personal growth and energetic awakening independent of sexual activity.

Misconception 2: Tantra is Dangerous or Promiscuous

When approached with proper guidance, ethical understanding, and clear consent, Tantric practices are safe and empowering. The concept of "promiscuity" is a misinterpretation of Tantra's embrace of life and energy. Genuine Tantric practice emphasizes deep connection, respect, and conscious engagement.

Misconception 3: Tantra is an Esoteric Religion

While Tantra has spiritual roots and is often considered a spiritual path, it is not necessarily tied to a specific religion. Its principles are universal and can be integrated into various belief systems or practiced secularly. The focus is on experiencing the divine within, which transcends organized religious structures.

Misconception 4: You Need to Be Flexible or Advanced to Practice

Tantric yoga, especially for beginners, is about cultivating awareness and energy, not about achieving pretzel-like poses. The physical postures (asana) are a tool to facilitate energetic flow and are approached with mindful attention to sensation and breath. All levels of physical ability can benefit from its principles.

By understanding and dispelling these myths, aspiring practitioners can approach Tantric yoga with confidence and clarity, ready to explore its profound path of self-discovery and energetic awakening.

FAQ

Q: Is Tantric yoga suitable for someone with no prior yoga experience?

A: Absolutely. Tantric yoga for beginners is specifically designed to be accessible to individuals with no prior yoga experience. The focus is on cultivating awareness, breathwork, and gentle movement, rather than complex postures. A qualified instructor can guide you through the fundamental principles and practices safely.

Q: What is the difference between Tantric yoga and other forms of yoga like Hatha or Vinyasa?

A: While all yoga forms share common roots, Tantric yoga distinguishes itself by its explicit focus on harnessing and directing life force energy (Shakti) for spiritual realization and holistic well-being. It often incorporates practices like mantra, visualization, and energetic cultivation alongside asana, aiming for a deeper energetic and spiritual connection beyond the purely physical.

Q: Will practicing Tantric yoga make me more

energetic?

A: Yes, a key benefit of Tantric yoga is the enhancement of vital life force energy (prana). Through practices like pranayama (breathwork) and focused intention, you learn to cultivate, circulate, and awaken your internal energy reserves, which can lead to significantly increased vitality and reduced fatigue.

Q: Do I need to be in a relationship to practice Tantric yoga?

A: No, you do not need to be in a relationship. Tantric yoga is primarily a path of self-discovery and connection with your own inner energy and divine nature. While some advanced Tantric practices might involve partner work with clear consent and intention, the foundational practices for beginners are entirely focused on individual experience and growth.

Q: How does Tantric yoga approach physical postures (asana)?

A: In Tantric yoga, asana are viewed not just as physical forms but as vehicles for directing and experiencing subtle energies within the body. Beginners are encouraged to approach poses with mindful awareness of breath, sensation, and energetic flow, rather than striving for perfect alignment or extreme flexibility. The emphasis is on feeling the energy within the pose.

Q: Are there any specific breathing techniques unique to Tantric yoga for beginners?

A: Yes, Tantric yoga emphasizes specific pranayama techniques. For beginners, practices like Ujjayi breath (victorious breath) to create an internal energetic current, and Nadi Shodhana (alternate nostril breathing) to balance energetic channels, are fundamental. These help calm the mind and prepare the energetic system for deeper exploration.

Q: What are mantras in the context of Tantric yoga?

A: Mantras are sacred sounds or phrases used in Tantric yoga as tools for focusing the mind, purifying the energetic field, and invoking specific states of consciousness or energies. Beginners might start with simple, universally recognized mantras like "Om" or personal affirmations to experience their vibrational power.

Q: How quickly can I expect to see results from practicing Tantric yoga?

A: The results of Tantric yoga are often subtle and profound, unfolding over time. While some individuals may notice increased energy or reduced stress relatively quickly, deeper

transformations in self-awareness, emotional regulation, and spiritual connection are typically a result of consistent, dedicated practice over months and years. Patience and consistent effort are key.

Tantric Yoga For Beginners

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tantric yoga for beginners: Tantric Yoga Emily Greene, 2024-05-03 Tantric Yoga: The Beginner's Guide by Emily Greene is a comprehensive introduction to Tantra yoga, covering its origins, philosophy, techniques, and benefits. This book explores the practice of Tantra yoga, which seeks to explore the unity of existence through the balance of Shiva and Shakti energies. It provides practical guidance on performing Tantra yoga, with detailed explanations of various techniques such as breathwork, meditation, mantra repetition, and partner yoga. This book also highlights the benefits of Tantra yoga, including improved physical health, mental acuity, emotional well-being, flexibility, and intimacy. Whether you're a novice yogi or an experienced practitioner, Tantric Yoga: The Beginner's Guide offers a roadmap for harnessing the transformative power of Tantra yoga in your daily life. If you're looking to fully immerse yourself in yoga, be sure to purchase this book.

tantric yoga for beginners: Tantric Yoga for Beginners Dr Thomas Mthembu, 2024-12-12 TANTRIC YOGA FOR BEGINNERS By DR. THOMAS MTHEMBU Tantric Yoga offers a profound and transformative path to self-discovery, healing, and spiritual growth. For beginners, the practice may initially seem complex, but by approaching it with patience and an open mind, the simplicity and beauty of its teachings unfold. At its core, Tantric Yoga integrates the body, mind, and spirit, guiding practitioners towards a state of holistic well-being. It emphasizes mindfulness, breath awareness, and a deep connection to the present moment, encouraging the release of emotional blockages and the cultivation of inner peace. Unlike other yoga practices, Tantra focuses not only on physical postures but also on energy work, meditation, and the balance of divine masculine and feminine energies within us all. Through consistent practice, beginners can experience a variety of benefits, including enhanced emotional clarity, a sense of empowerment, improved physical health, and a deeper connection to their true self. This practice invites individuals to embrace all aspects of life, seeing the sacred in the everyday and transforming ordinary experiences into opportunities for spiritual growth. As you embark on your Tantric Yoga journey, remember that progress may be slow, but each step taken is an essential part of the process. This is not about perfection, but about self-acceptance, healing, and growth. Trust in the process and be kind to yourself as you deepen your practice. The path of Tantra is a healing journey-one that invites you to live more fully, with authenticity and joy. Embrace it, adapt to it, and allow it to lead you toward a more balanced, vibrant, and enlightened life.

tantric yoga for beginners: Kundalini Yoga and Tantric Numerology for the Beginner J.D. Rockefeller, 2015-12-11 If you are looking for a practice that promotes your ability to uphold human values and focus on compassion and the oneness of the Universe, try Kundalini Yoga. Often known as laya yoga, or the yoga of awareness, it focuses on awakening the kundalini energy that lies dormant at the base of the spine. Kundalini yoga combines pranayama, meditation, yoga poses, and mantra chanting to awaken this spiritual energy that lies coiled up at the base of your spine. It was developed as a part of tantra alongside hatha yoga. In 1935, Swami Sivananda introduced this yogic

practice in his beloved book on the subject. But the practice was actually made popular by Yogi Bhajan, in the year 1968 in the United States. He founded the 3HO or the Healthy, Happy, Holy Organization and combined yogic postures, breathing techniques, and Sikh mantras to develop a new form of Kundalini Yoga. So, what is Kundalini yoga all about? What are chakras and nadis, and how are they related to the awakening of Kundalini energy? What is Kundalini tantric numerology? You will find out after reading this book.

tantric yoga for beginners: Tantric Yoga for Beginners Carla Giordino, 2025-08-12 Are you ready to explore one of yoga's most profound and misunderstood practices? This comprehensive beginner's guide to tantric yoga will gently introduce you to an authentic spiritual tradition that goes far beyond common misconceptions. What You'll Learn: Demystify Tantric Yoga - Understand the true essence of this ancient practice, rooted in spiritual growth and energy awareness Create Your Sacred Practice Space - Learn to cultivate the right environment and mindset for transformative experiences Master Essential Breathing Techniques - Discover foundational pranayama practices that unlock your vital energy Flow Through Gentle Movement - Practice carefully selected tantric poses designed for beginners of all abilities Awaken Your Energy Centers - Explore chakra awareness and learn to work with your body's natural energy flow Deepen Your Meditation - Develop mindfulness practices that connect you to your inner wisdom Harness Sacred Sounds - Experience the power of mantras and vibration to elevate your consciousness Integrate Daily Rituals - Create sustainable practices that bring tantric principles into everyday life Build a Lasting Practice - Progress confidently with guidance for deepening your spiritual journey This book offers a refreshing, accessible approach to tantric yoga that honors its sacred origins while making it approachable for modern practitioners. Whether you're completely new to yoga or seeking to expand your spiritual practice, you'll find clear instructions, practical exercises, and authentic wisdom to guide your transformation. Perfect for: Complete beginners to tantric yoga Yoga practitioners wanting to explore deeper spiritual dimensions Anyone seeking authentic guidance on energy work and consciousness Those interested in ancient wisdom traditions adapted for contemporary life Start your journey toward greater self-awareness, spiritual connection, and inner peace. Your path to authentic tantric yoga begins here.

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meditations on Shakti in nature and in the human body, Shakti in the practice of Yoga, special knowledge of the chakras (including the spiritual heart and the crown chakra), the four internal energy centers of Fire (Agni), Sun (Surya), Moon (Soma) and Lightning (Vidyut), the practice of Drishti Yoga (Yoga of perception), Shambhavi Mudra, and important mantras to Shiva, Kali, Bhairavi and Sundari. It contains a wealth of deep yogic knowledge not easily available today and based upon traditional Sanskrit sources.

tantric yoga for beginners: Tantra Yoga Secrets Mukunda Stiles, 2011-08-01 The practice of Tantra Yoga is considered to be the highest and most rapid path to enlightenment. Master teacher Mukunda Stiles offers 18 lessons in Tantra Yoga, a practice of transformational self-healing in which we can deepen awareness of our bodies, their energy forces, and the connections to the natural world around you and those you love. While many movements today describe tantra as a sexual practice promising longer and better orgasms, increased stamina, and ecstasy, the real Tantra aims to awaken Kundalini, the dormant potential force in the human personality. The Tantra tradition includes a vast range of practical teachings leading to the expansion of human consciousness and the liberation of primal energy. By heightening their awareness to this connective energy, readers will learn to embrace and develop a higher level of intimacy, the heart of tantra. Stiles explains this intimate and life-changing practice with grace, structure, and clarity--an easy-to-follow Tantra Yoga workshop in book form. Tantra Yoga Secrets will empower readers to overcome emotions, gain new knowledge, and live a more fulfilling spiritual lifestyle.

tantric yoga for beginners: Tantra, Yoga of Ecstasy: the Sadhaka's Guide to Kundalinin and the Left-Hand Path Leigh Hurley, Phillip Hurley, 2012-04 Tantra is an ancient discipline with deep cosmic roots. Every movement in time and space is ritual for the Tantric sadhaka, and every moment is a moment of transmutation, of alchemy. Shiva and Shakti bring us back to first principles in a feeling way that engages all of our senses, and all levels of our being. The Tantric sadhaka is enlightened by the manifestation of these first principles in their life - physically, psychologically, sociologically, and spiritually. Tantra, Yoga of Ecstasy details ritual, practice, meditation and psychology for the serious student of Tantra. Topics discussed include: Meaning and intent of classical Tantric rituals, Tantric philosophy, How to raise kundalini, Shiva Shakti meditation and Tantric initiation, Tantra, art and creativity, Alchemy of personal transmutation, Unravelling the puzzle of Tantric morality, Tantric use of astrology;

tantric yoga for beginners: Tantra Yoga (Sacred Knowledge of Self, God and Universe) Setyo Hajar Dewantoro, 2022-01-01 Tantra Yoga is actually a spiritual teaching that was developed based on a deep understanding of the reality of the self, the universe and God. This teaching guides spiritual learners to be able to step into Divine Consciousness, with the estuary of liberation of the soul from all the roots of sorrow. In Tantra Yoga, there are systems and methods that lead to the purification of the soul from all karmic residues, bad traces of trauma and mental wounds, angkara murka, illusions and entanglements of inharmonious energies. Unfortunately, a lot of confusion has developed regarding Tantra. In the West, there are many neo-tantras that make sexuality the axis of teaching. This triggers people to associate Tantra with sexuality. In other parts of the Earth, such as in Nusantara, Tantra is often associated with brutal rituals that are considered as the application of the teachings of Panca Makara. Legendary figures from Nusantara such as Adityawarman, Sri Kertanegara and Calon Arang are often mentioned as practitioners of Tantra, specifically Bhairawi Tantra, with the habit of holding following rituals that undoubtedly make people in the modern era shake their heads: eating corpses, binge alcoholic drinking and sex parties, or performing dances. mystic naked in the grave. This book was actually written to answer all the confusion and at the same time straighten the slander against the legendary figures of Nusantara. In this book, Tantric practices are explained which are actually divine, simple and effective, to lead to enlightenment and a life full of happiness. Tantric practice includes dhyana, pranayama, samadhi, mantra, yantra and others. The author of this book, Setyo Hajar Dewantoro is a practitioner of Tantra as a path of stillness mindfulness that leads to connectedness as well as and great oneness with Sang Hyang Atman/True Self Divine Self and Brahman/God Almighty. The readers are invited to dive into Tantra

as a teaching of spiritual sciences as well as a holistic method for the transformation of the soul towards purity, wisdom and complete perfect empowerment.

tantric yoga for beginners: Beginner's Guide to Yoga & Meditation RD king, Stressed out? Do You Feel Like The World Is Crashing Down Around You? Want To Take A Vacation That Will Relax Your Mind, Body And Spirit? Well this Easy To Read Step By Step E-Book Makes It All Possible! Look No Further! Stop Spending Your Money on Imitation Self Help Products! This E-Book Gives You And In Depth Explanation on How To Release All of The Inner Stresses As Well As Improving Your Fitness.

tantric yoga for beginners: A Woman's Guide to Tantra Yoga Vimala McClure, 2012-01-31 Often mistaken as solely the yoga of sex, Tantra Yoga is more accurately described as the yoga of everything, in which the spiritual is united with every aspect of life. This book offers step-by-step instructions and illustrations to explain the practice and philosophy of Tantra Yoga — adapted to the specific physical, emotional, and spiritual concerns of women. The author explains differing methods of meditation and mantras, breathing and relaxation, yoga positions, visualization, and affirmations — demonstrating how a daily routine of meditation and yoga can bring focus and strength both physically and spiritually. More than a guide to fitness, A Woman's Guide to Tantra Yoga brilliantly adapts one of the most venerable Eastern practices to the demands of modern life.

tantric yoga for beginners: Chakras! Discover This Guide About How To Effectively Use Chakras For Beginner's Old Natural Ways, 2021-08-30 Chakra are tiny centers of energy, often referred to as gemstones, that lie in our bodies. Chakra are different focal points utilized in various ancient meditation techniques, collectively called Tantra, or the spiritual or inner practices of Hinduism. This energy centers are vortices of energy that are not visible to the naked eye, and yet play a significant role in the human body. Each chakra is said to correspond with a point along a person's spine, called a chakra point. This corresponds to the location where the breath or life force moves. Our chakras may be weak because we do not pay enough attention to them. This is why we may not achieve the quality of inner peace that chakra meditation can bring us. However, it is possible to strengthen your chakras through regular practice of meditation and yoga. The following is a description of a few of the most important aspects of this ancient art of meditation. One aspect of Chakras meditation deals with balancing. Many individuals are unaware that they have strong chakras and only discover them when an imbalance develops. Balancing is a key aspect of this spiritual art, as it helps to remove negative energy from the body. When chakras are out of balance, an individual experiences a loss of spiritual clarity and connection. Poor balance often stems from a number of factors, including poor diet and insufficient exercise, stress at home or work, and lack of sleep.

tantric yoga for beginners: A Genealogy of Devotion Patton E. Burchett, 2019-05-28 In this book, Patton E. Burchett offers a path-breaking genealogical study of devotional (bhakti) Hinduism that traces its understudied historical relationships with tantra, yoga, and Sufism. Beginning in India's early medieval "Tantric Age" and reaching to the present day, Burchett focuses his analysis on the crucial shifts of the early modern period, when the rise of bhakti communities in North India transformed the religious landscape in ways that would profoundly affect the shape of modern-day Hinduism. A Genealogy of Devotion illuminates the complex historical factors at play in the growth of bhakti in Sultanate and Mughal India through its pivotal interactions with Indic and Persianate traditions of asceticism, monasticism, politics, and literature. Shedding new light on the importance of Persian culture and popular Sufism in the history of devotional Hinduism, Burchett's work explores the cultural encounters that reshaped early modern North Indian communities. Focusing on the Rāmānandī bhakti community and the tantric Nāth yogīs, Burchett describes the emergence of a new and Sufi-inflected devotional sensibility—an ethical, emotional, and aesthetic disposition—that was often critical of tantric and yogic religiosity. Early modern North Indian devotional critiques of tantric religiosity, he shows, prefigured colonial-era Orientalist depictions of bhakti as "religion" and tantra as "magic." Providing a broad historical view of bhakti, tantra, and yoga while simultaneously challenging dominant scholarly conceptions of them, A Genealogy of Devotion offers a bold new

narrative of the history of religion in India.

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