Tantra

Tantra is an art, a science, a spiritual path and a lifestyle. It is a Sanskrit word which means, to weave, weaving in many ways: it can bring people together, it can connect what is spilt in us as an individual, into the “good” parts and the “bad” parts.

That is why unlike most other spiritual practices it includes our sexual energy, which is a vital part of every being on the planet. Most other spiritual paths have condemned and repressed sexuality. So it was very revolutionary and controversial, especially in India, where the Teacher Osho started in the 60/ 70ies to include sexuality in his teaching for reaching a higher consciousness. He is also the one, who brought Tantra from its ancient origins in Hinduism and Tibetan Buddhism to our times and into the West.

In the West many people still limit Tantra to its sexual aspects, where people want to have orgies. This is a very much a projection out of our oversexed western mind and narrows an all including view down to one aspects of many.

Tantra has a much wider approach: it embraces everything about life and it invites everybody to embrace him/herself the way they are, including their life situation and the people they meet.

The basic concept of this life approach is that each human being is a reflection of the entire cosmos. By entering inside one’s own subjective being with a witnessing consciousness, all aspects of the body / mind and emotions are revealed in their refined potential. The refined potential of every human being is divine. Therefore, in Tantra, the whole person is accepted as divine.

Each aspect of being human can become a door to expanded consciousness. You can begin the Tantra path from wherever you are right now. If you have anger, you can learn a method for discovering the tremendous potential for spiritual awakening contained within that energy. If you are feeling sexual, this quality becomes a key to open all the secrets of human energy. In fact, with Tantra, each sensorial experience offers a door to cosmic consciousness.

This is also the etymological meaning: the verbal root of *tantra*is √*tan*, "to expand," followed by the suffix *tra,*which is usually an instrumental suffix. Hence *tantra*means "an instrument (*tra*) for expansion (*tan*)".

The first written teaching were the scriptures of Shiva, a Tantric Master who lived between 5-7000 years ago in India. He has given to the world 112 methods of meditation which use each aspect of the human experience as a door to spiritual awakening. His life approach embraces sensual love between men and women as an integral part of the spiritual path. He has revealed the importance of an equal balance between male and female principles inside each indiviual.