

WHAT IS TANTRA, MANTRA & YANTRA?

Tantra – Since time immemorial, the term ‘Tantra’ has been used for a specific process, technique, method or a system like Bhairav Tantra, Dhyaan Tantra, Paak Tantra, Kaam Tantra etc. All healing techniques are Tantra skills. All sorts of activities such as meditation, prayer, worship are actually Tantra skills. The use of a special method is called Tantra. The Tantra used with pure & selfless feeling is a ‘divine Tantra’ (White Magic) and the one used with ill feeling is called “Tantrikta” (Black Magic).

Yantra – Yantra is a geometrical shape or a design through which by using a special picture or lines, we express the force of powers & energies of the Nature and those of our own thoughts. All these pictures, lines or symbol are called Yantra.

In India, all the symbols, designs, geometrical shapes, statues of gods & goddesses come under the category of ‘Yantra’. We also make ‘Swastik’ sign, also called “manglik” (fortunate) in which a “+” (plus) sign is made and four clockwise lines are joined to it. Then we write our feeling on its sides – “shubh” (fortune) & “laabh” (profit). It means that may fortune & profit keep getting added up in our house from all the directions and make us move always in forward & future-oriented direction (depicted by the four clockwise lines). Now, how does this *Swastik* proves to be beneficial? It surely benefits us if we put our feelings and thoughts into it powerfully while writing. *Swastik* is just a means to express our feeling & thoughts. IT is actually our feelings that give strength to it, otherwise, *Swastik* by itself does not have any power in it. Since thoughts create vibrations, weak thoughts create weak vibrations & strong thoughts create strong vibrations. If *Swastik* alone could bestow fortune & wealth, the wholesaler in whose go-downs, there are innumerable *Swastik* lying would have been the richest man in the world. Likewise, a small hawker sitting on the pavement selling *Swastik* would also have been wealthy and fortunate.

Yantra (symbols) actually help us to make our thoughts strong & powerful. An intention of wealth & fortune with *Swastik* surely yields better results as compared to the same intention without *Swastik*. Therefore, we need a symbol to empower our thoughts & intentions. Any symbol that once goes deep inside our subconscious mind immediately produces feelings associated with the symbol. According to this programming of the mind, *Swastik* implies a “pure & sacred symbol of beneficial energy” whenever you would see *Swastik* anywhere, your feelings would automatically, become pure & sacred. Now remove the four clockwise lines from this *Swastik*, thereby leaving just a plus (+) sign. Now when you look at it, your feelings would again change and you would start thinking about doctor/hospital because your mind has been programmed to understand that a plus sign in red colour means a doctor/hospital. As such, symbols have a tremendous importance because symbols form the language of our subconscious mind. That’s why so many symbols have been formed till now. Now, if you show this *Swastik* to the Germans, they would look at you with hatred because a cruel and violent German dictator, Hitler had used reverse form of *Swastik* as his symbol. It only implies that no symbol has it sown power. It is the thought that gets generates on seeing that symbol which gives it the requisite power – negative or positive. No other religion, except the Hindu religion, has got any importance for *Swastik*. In other countries, *Swastik* is merely a good design and not a fortunate or sacred symbol.

We should remember that all the symbols, Yantra, gods-goddesses in the world have been formed by different thoughts of different people. A man-made symbol cannot be more powerful than man himself. Though we create symbols, gods-goddesses and Yantra for our convenience but gradually,

become their blind slaves. We need symbols, gods-goddesses and Yantra because they are the only means of creating forceful thoughts but simultaneously, we should be aware of the scientific viewpoint behind them and should not follow them blindly.

All our gods-goddesses represent various types of Natural energies. People across the world and of other religions have a question that why are there so many kinds of gods-goddesses in the Hindu religion? If we worship one god each daily, his/her turn would perhaps come only after 2-3 months. Is it madness or some intricate science? There is no doubt in the fact that the depth with which the scholars of India have studied the secrets of the Universe or the Nature, no other place in the world has done it. All gods-goddesses represent different energies because we have classified every god into a form of energy and created symbols for it. There are hundreds of energies in the world so there are hundreds of gods-goddesses too. Fire is an energy so we have Fire god (agni devta), for wind, we have Wind god (vayu devta), for clouds we have Rain god (Indra devta), for money, there is Wealth goddess (Lakshmi devi), for knowledge, there is goddess of Wisdom (Saraswati devi). We also made a symbolic statue of all of them so that by seeing them, their associated feelings would arise within us. Other gods like Brahma, Vishnu, Mahesh, Durga, Ganesh, Indra, Lakshmi, Saraswati, Kali (Chamundi), Bhairav etc do not actually exist in human form. All these are merely symbols and they are also essential so that they should generate associated feelings and thoughts within us when we see them. They have all now become an integral part of our psychology.

Lord Shiva is pure form of kundalini power. When the serpentine kundalini hisses upwards through the charkas, the third eye of the person opens up and he experiences eternal peace and tranquility. Tranquility is represented by the Moon and also stream of water. The ox standing next to Him there symbolizes sex, which He has won over and raised upwards. Shiva can be a part of every body because everyone has got this ability but our scriptures and scholars have added strange stories and concepts to it which give an impression that some supreme power named Shankar was indeed born but he has been hiding somewhere in the sky.

Till the time, humans would keep taking birth on this earth, lord Shankar will also exist because He is an integral part of the human form. No human means, no Shankar. Shiva-Shakti is actually not a male-female personality. A union of two opposite but complimentary energies is what we call Shiva-Shakti. In China, this is called 'Yin-Yang' energies. These are actually positive-negative energies. Since the entire Nature is governed by these two energies, the balanced form of these energies is called 'ardhanarishwara'. These two energies are working inside every person. Therefore, every person, by balancing these two energies can become 'ardhanarishwara'. Goddess Durga, represents the unlimited power of woman. Therefore, Durga has several hands, which represent several forms of energies. Durga rides the Lion which is the fiercest animal. This symbolizes that Durga has controlled the fiercest form of energy and like wise, man can also control energy and use it for his benefit. Since 'power' is feminine, these powers have been depicted as Durga. The Black and the White Bhairav symbolize negative and positive tantrik powers respectively. The Black Kali (Chamundi) represents negative powers, which stand over the kind 'Shiva' depicting the negative power. The garland of human skulls, beheaded skull, hanging tongue, black body etc show the negative feelings of this power and this symbolic form of goddess is used by tantriks for their worship & meditation.

Likewise, all our gods & goddesses have been created to represent different forms of powers (energies). You cannot pray for wisdom by keeping Lakshmi's photo in front, you cannot invoke fire god by keeping wind god's photo in front because it is the law of nature that the kind of

thoughts we have inside us, similar vibrations are created in the universe and the similar type of vibrations come back to us. This is the Nature's law of Attraction–Repulsion. This is a self-governing law. Nobody controls it. Therefore, the scholars of India, in order to invoke different forms of energies, to generate different types of vibrations, have created different types of images & symbols. All these symbols are actually Yantras.

'Shri Yantra' is also a geometrical design comprising 108 triangles, A triangle is a symbol of upward movement (growth & prosperity) with a strong foundation. These triangles are on all the four sides representing multi-dimensional growth & posterity. Shri Yantra is constructed like the Mount Meru showing prosperity at each step. No energy gets built up by nearly keeping the Shri Yantra in your house unless you create positive vibrations with a sincere heart & strong emotions. These vibrations then, become "Mantra". Mantra is not a miraculous thing. It is just a subtle science of attraction & repulsion of vibrations, about which I will explain later.

In books, there are hundreds of Yantra like Kali Yantra, Kuber Yantra, Narayan Yantra etc or tables & strange designs with numbers written in them. We sometimes, think them to be possessing magical powers. But it is not so. So, never think like this. For example, Swastik, Red Cross, these above mentioned designs are also ordinary geometrical symbols to express a specific type of feeling. This is also necessary because man has several type of desires & emotions. However, tantriks, astrologers, pundits etc. exaggerate their importance. It is nothing but nearly a part of their profession & a means to frighten a person & force him to believe it. Never believe these Yantras. You can make your own Yantra & fulfill your goal/desire. Ancient people developed these symbols according to their needs. If you have the power of creative visualization, you can design & prepare better Yantras than these. (The technique to construct a Yantra is taught in the Grand Master course).

Since we have been deprived of such topics which should, otherwise, be a part of our preliminary education, we believe these ancient Yantras to be magical & miraculous. We are so influenced by the term "ancient" that we presume that such potential is not possible today. In the name of being "ancient", we are willing to blindly accept & worship any thing rubbish that is offered to us. You may not believe it but our human potential is much more advanced as compared to the ancient times. We can create better things today provided we are able to get rid of the ghost of "ancient" that always haunts us. It does not mean that all the Yantra of ancient times are fake or wrong. These are several designs & Yantras which are indeed wonderful but you must never think that you cannot worship or pray without them.

Those who had earlier prepared these Yantras were also new creators. Most of the Yantra do not express the power of energy within them. They have just been made for the sake of it and we have been blindly following them since then. This trend may continue and the future generations may also follow them blindly. This is how, blind faith carries on its journey. Our basic aim is to unveil these secrets so that every person should become wise, a scientist and become aware of these things.

Prepare your own Mantra, attain any thing you desire

Mantra – Mantra means a wave of a specific emotion or thought. Thought is generated from the mind and emotion from the heart. That's why wave of emotion is stronger than the wave of

thought. So when we produce a specific emotion, a wave from our body forms a layer in our aura. When we produce this emotion repeatedly, these waves of emotion create a strong magnetic influence in the layers of our aura. The kind of waves we generate through our emotions, similar waves of energy from the universe are attracted towards us. **It is the law of Nature that Like attracts Like, means vibrations attract similar type of vibrations therefore, the actual meaning of mantra is that by repeating a feeling we created a magnetic impact in our aura and thus attract similar type of effect from the universe towards our selves.**

Just like a tape recorder records our voice and the sound vibrations that we produce, similarly each vibration that we generate produces its signature in the aura. Our each vibration gets registered as an *akashik* record. Innumerable such vibrations are registered in the *akashik* records which have been successfully identified by precise instruments by modern scientists. These vibrations are permanently stored in the Universe & never get destroyed.

Feelings matter, and not language - We think, anything said in Sanskrit is a 'Mantra' or any language that cannot be followed is a Mantra. But the fact is that language has nothing to do with Mantra. Language is merely a medium. Primary thing is feeling. That's why hundreds of communities chant mantras in their respect languages and still get full benefit from it. Since the language of earlier times was Sanskrit or Pali, all the feelings, emotions, prayers were said in these languages only. The blessing in those times was like this – '*sarve bhavantu sukhinah, sarve santu niramaya*' means everybody should be happy and healthy. Now, the same blessing is given in Hindi. The feelings/emotions are, however, the same. In earlier times, in case of any problem, people used to rush to God and pray in Sanskrit. The same is now done in Hindi language. Likewise, for different purposes, people had different types of prayers in Sanskrit. The same prayer is now done in Hindi or any other language of the devotee. One thing that is common to both the types of prayers is the **feeling**. But we have been made to believe that anything said only in Sanskrit is a Mantra.

We believe that there are extremely miraculous, strange & powerful Mantras in our holy scriptures which can be understood and read only by pundits or tantriks, only they can fulfill our wishes and can save us from dangers. But, it is not so. In fact, these saints, pundits, tantriks have just been making fool of the ordinary people by becoming mediators between us and God. They show that ordinary people are not capable of comprehending these difficult Mantras. People also immediately seek their shelter as soon as they hear the work "Mantra"

There is no double that Sanskrit is the supreme language. It is the only poetic language containing deep & hidden meanings. All Mantras are also poetic in nature which are not merely said plainly but are sung. That's why it attracts and sounds melodious.

What is in our Shastras ?

There are only three things in our Shastras –

(1) **First Shastra** – Upanishadas, Gita, Guru Granth which have the explanation of the Truths about life and God. They also comprise rules to live the best of life.

(2) **Second Shastra** – Full of praise, gratitude towards God, lengthy explanations, expression of a poet's feelings, his imagination of God, etc. which man has been creating as per his feelings. Vishnu Sahastranaam, Gopal Sahastranaam, Shiva Sahastranaam etc are the creations of ultimate imagination of a poet. All these platitudes for God were written in Sanskrit or poetic form. Interesting point is that we enjoy the platitudes only by singing them & not by expressing them in simple ordinary language. The language of emotions is the best language; otherwise you may choose any language (as a means of expression). World over, thousands of people say Mantras in thousands of languages.

(3) **Third Shastra** – These contain ordinary demands of a world by man, such as 'Oh god, give me wealth, beauty, fame'. What is so special about this Mantra? It is just an emotion. 'Oh God, give me long life, bestow my fields with grains, increase milk in my cows' udders, give me wealth, children, etc, save me from enemies, give me perfect health' Our Shastras are full of such desires & prayers. Most of these desires are filled with supreme emotions. Since we do not understand this language, when some pundit or tantrik speaks them we think as if he is speaking some wonderful & powerful Mantras. We have been carrying this false notion with us for the past so many centuries. We hear similar Mantras during the marriage ceremonies thinking that our marriage has now been registered in the court of God because these agents of Gods (pundits-maulvis) have completed the work between us & God.

It needs to be understood here that Shastras are not wrong; they are beautiful & wonderful but our ignorance in this regard is very dangerous. The gist of the matter is that everything is about feelings, experience & emotions. It is a wrong notion that a Mantra would work only if it is in Sanskrit. You can make your own Mantra in your language. You can express your feelings easily. For example, if you want peace, say 'O God, bless me peace' in your own language. This is a Mantra. Now, chant it several times & it will create magnetic impact on the aura and attract similar vibrations from the universe – chant it with full faith & you will get what you want!

Shabri Mantra, Tantrik Mantra have nothing special in them. Whatever you want is only presented in poetic form so that we get pleasure in speaking it. All the Mantras are actually poetic forms of simple emotions. If a tantrik says in Sanskrit language '*amukasya naam vasham kuru kuru swaha*', it is not something magical. It only means that so & so may be under my control. The power is in the emotions, not in words or languages.

There is one more type of Mantra, which is called the 'Beej Mantra'. It implies, saying a big thing in just one word is just like a doctor saying 'Intensive Care Unit' for ICU or 'Operation Theatre' for OT. Beej mantra is completely vibrational in nature. Humming sound is added to it to create the vibration which in turn creates powerful waves, like, *aum, hum, lum, vam, rhrim, ghraan, ghreen*, etc. There is nothing miraculous in them. All these have 'hum' or 'mum' sound which creates very strong waves. That's why, Beej mantra and 'aum' are pronounced with every mantra. If you keep saying simply 'namah shivay', you cannot generate any special effect. But adding an 'aum' to it, increases its magnetic effect immensely. This is the secret of Beej Mantra. There is no other special secret in Beej Mantra. They are used only to add vibrational effect to the Mantra.

The sound of 'aum' is the first step of meditation. In the last, 'aum' sound is not to be pronounced orally but it is to only felt inside our self in the form of the supreme sound or 'anahad naad'. Each word or natural sound produces vibrations. If you start chanting table, table, table or chair, chair, chair, even these words will produce waves around you and like other mantras and you will reach the state of trance. If you consider the word 'table' to be very sacred & pure, it will work in the way as 'Ram' does

because it is your feeling that gives power to a Mantra. It is not the mantra but its repetition which produces the state of trance.

If I give you a mantra, say, “gili gili bam bam, tili tili tam tam” and if you start chanting it with full faith, it would yield the same results as “Om namah Shivay”. You will have the same experience as you have by chanting “Om namah Shivay”. Your subconscious mind creates whatever you repeat with feelings & emotions. Any word can become your Mantra depending upon your feelings. That’s why people make their own words & languages, the vehicle of their feelings.

How Mantras (emotions) become effective?

We give power to Mantra from four sources. The effectiveness of the Mantra depends on the source from which we give power (voltage) to the Mantra and the quantum of power supplied to it. (The term voltage has been used to provide a comparative view point).

- First - Casual name repetition i.e. zero volts (or negligible)
- Second - Mind i.e. 100 volts
- Third - Heart i.e. 1000 volts
- Fourth - Prana (Navel) centre i.e. 10,000 volts.

First type- ‘Casual’ means that we chant a mantra only for namesake. These are people who do it only as a duty towards their religion to chant a mantra for a specified number of times e.g. Gayatri mantra or Jaini namokar mantra. They are able to memorize the mantra after speaking it 15-20 times and it gets programmed in the subconscious mind. In such cases, people consciously keep working or thinking about anything and their lips keep performing the chanting exercise. There are hardly any feelings involved. It is done merely as a routine. You feel assured that you have fulfilled your duty. Since there is no strong emotion attached to this kind of chanting, no powerful vibrations are built up. It only wastes your time and you hardly derive any benefit out of it. Though it gives a psychological relief that we are doing some good work and we do not indulge in any wrong activity but since no waves are built up in this case, the success rate is zero.

If the meaning of the Mantra is not clear to you, it yields no result. You blindly follow it due to the fact that it has been told to you by some guru or some holy book. If you chant a mantra by understanding its full meaning, it builds up strong waves. The statements about the number of times you chant a mantra or the time that you spent on it, simply strengthens your ego. It is only to show others that you are more spiritual than others. This kind of mantra chanting does not lead to growth but actually retards your progress.

Second type - Chanting by Mind – In this type, you are free of all doubts and you have full faith so you chant the mantra regularly. Neither your mind wanders here and there, nor do you indulge fully in the Mantra. Most of the people fall in this category. People do get some success in this process but it is very slow and attracts very low intensity vibrations from the universe.

Third type- Chanting by Heart – It is the right type of chanting and gives good and quick results because you chant the mantra with complete faith and strong emotions. It creates very strong magnetic waves which attract Mantra-related energies from the universe quickly.

Fourth Type -Chanting from the Prana (Naval) centre. In this type of mantra chanting there is no night, day, heat, cold, hunger, thirst. There is absolute surrender. You are even willing to give away your life to achieve your desire. Every single part and cell of your body echoes with this desire only. The energy and vibrations created by this type of chanting are so powerful that no power of the universe can stop you from fulfilling your goal.

You must have heard mythological stories that a demon did such intense *Tapasya* that all Gods rushed to the 'Trinity' requesting them to stop the *Tapasya* but even the Almighty expresses his helplessness in this context because even He cannot violate the laws of Nature. Mantra chanting always bears fruit, whether it is done with good feeling or ill feeling. After all, energy can be used by anybody, whether a sage or demon. Till date, all successful and great people of the world have been chanting Mantras from their naval centre, though unintentionally. Their mantra keeps echoing within them continuously and they never chant any mantra for namesake. That's why we say, 'God helps those who help themselves'.

Mantra chanting is an ordinary human power which has nothing to do with God and destiny. You may use it to your benefit or let it remain dormant and be deprived of its benefits. If you feel that you lack something in life, you can create a strong favorable energy by using your will power. It is a myth that God writes our destiny. Instead, we are creators of our own destiny. If your life has thorns of problems, mantra chanting is the rose flower whose seeds, you can sow and build your desired future. No one can stop you.

We Create Our Own Destiny

Unknowingly, we chant correct or wrong mantras (feelings) and accordingly create magnetic field of fortune or misfortune around us. Whatever positive or negative energies we feel around us, their waves have been created in the past by us. It is very important to realize the fact that nobody is decision maker in this universe except yourself. There is no power that decides your destiny; we create our own destiny. We alone are responsible for the rose flowers or the thorns that we have in our lives. God gives you a wild forest. You have to convert it into a garden. He gives you only stone and other raw material, you have to construct statues out of it. Therefore, we create our own reality. God neither beautifies nor spoils your life. He has slept forever after making the laws of nature. We hardly realize as to when we create negative energies through our thoughts and unknowingly attract misfortune. Therefore, the gist of all religions and spiritualism is that '**Awaken**' so that the seeds of misfortune are never sown.

How do we decide about our destiny?

At the time of birth, like animals, we have no *samskaras*. Gradually, our mental and emotional actions-reactions start creating subtle waves of *samskaras* around our soul. After we die, the body gets destroyed but our thought and feelings, being subtle in nature, travel with our soul to the next birth and exactly according to these *samskaras* our nature, like-dislikes etc. are created. Our will power only alters their intensity. Destiny is the fruit of the seeds that we have sown and our actions (karma) represent our will power through which we strengthen a thought and sow new seeds which finally result in happiness or sorrow.

God neither decides nor is He interested in your destiny. You have to carefully sow good or bad seeds. It is your choice and your responsibility. If you want rose flower in your garden, you have to sow seeds of rose flower only. Saints and sages relinquish their family, business and society so as to remain free from these mental and emotional reactions. Whether you believe in God or not, does not matter because he decides nothing for you. It is your thought, feeling and emotion which will decide your future.

Whenever we face problems in life, our Gurus, astrologers inspire us to do prayers, worship and perform good actions so that our positive energies should increase thereby reducing our problems. It is a science of vibrations. Therefore, a person who leads his life in a pure manner and keeps sowing seeds of love, service and welfare, no power in this universe can affect him adversely.

Nothing is irregular in this world. Everything is governed by rules and laws. These rules and laws have been praised and upheld by our ancient sages and scholars. Since negative thoughts spoil the freshness of present moment, we should try not to repeat such negative feeling and thoughts. If you have an incompetent person in your house, office or society, do not discuss negatively about him because the more you discuss about his negative qualities the more negative vibrations are created around him thereby making it very difficult for him to improve. So if you want to improve a person and wish to see a positive change in him, always talk about his positive traits. It will, automatically, become a mantra for you and will create strong & magnetic positive vibrations around that person. You will surely notice positive changes in him after sometime.

In case of natural calamity at a place, thousands of people should chant positive mantras with a unified good feeling which will lead to creation of a powerful magnetic energy helping to control the calamity. The vibrations of one person's mantra are sufficient for one person only and not for a group of people. Group vibrations are required for groups.

The gist of the above is that prepare a short and a clear mantra of anything that you desire in life and chant that mantra from your heart or navel centre so as to attract similar vibrations from the universe. Remember, there is no destiny or God to stop you. It is the law of the Nature.

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