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In traditional descriptions, Tantra is often defined as meaning "to weave", and can be compared to the weaving of a fabric. Tantra is therefore a path that weaves together. Ultimately, Tantra points us to the highest level of consciousness in which one merges into Oneness and no longer feels like a separate physical entity.

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In Nyingma, path of method practices are known as the "upper door" (steng sgo) practice of inner heat and the "lower door" ('og sgo) of practice with a consort (as stated in the Oceanic Magical Manifestation Tantra). The goal of these yogas is to manifest the pristine awareness that is the union of emptiness and bliss.

Tibetan Tantric Practice - Wikipedia

Unfortunately, Tantra's loving embrace of the body and the existence of "left-handed" schools that use ritual sexual practices have led many to equate Tantra with sex. The fact is, Tantra's attitude toward sex falls in line with its main philosophy that every aspect of life is a gateway to the Universal—if done in a healthy way with the right ...

Yoga & Tantra | Yoga Journal - Yoga Journal

- the philosophy of Tantra - an understanding of Tantra as a spiritual path - the role of relationships, love and intimacy in modern tantric traditions - the importance of opening your heart - to yourself and to others - and techniques to do this - different

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ways to explore your own sexuality with Tantra

Tantra : Discover the Path from Sex to Spirit

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Shashi is an international teacher of Taoist Sacred Sexuality and Tantra and

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recognized Hay House author for the book "Tantra: Discover the Path from Sex to Spirit" and the accompanying CD. Her journey began with a degree in Experimental Psychology at Oxford University, which she followed with a quest to find spiritual awakening in the great mystical land of India.

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Tantra definition is - one of the later Hindu or Buddhist scriptures dealing especially with techniques and rituals including meditative and sexual practices; also : the rituals or practices outlined in the tantra.

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