Tantra - An Ancient Technology

By Sadhguru

The nature of human mind is such that if we can distinctly create something in our mind the next step would be to empower it with our life energies. If we can do that then it will become reality. Most human beings have lost the power to truly create because the mind has become restless and life energies are not sufficiently organised to put them behind whatever one wishes to. This is what the science of ‘tantra’ is about. ‘Tantra’ has fallen upon such bad times, misrepresentation, misinterpretation and every other kind of misuse possible, that today, if I utter the word ‘tantra’, it is a total no, no.

The ‘tantrik’ ways generally seem extreme for social situations because they do not fit into any norm. ‘Tantriks’ are willing to do just about anything for their growth or to have one inch of growth or movement within themselves. Therefore, they have no right or wrong. They will simply do the needful. This is how they have created and earned a wrong kind of reputation. People believe that they are doing all kinds of weird things, all the time, but that is not what ‘tantra’ is really about.

There are three dimensions ‘tantra’. One is ‘mantra’; mantra means a pure sound. The next is ‘yantra’; yantra means corresponding form. If you feed sound into the oscilloscope, a sound measuring instrument, depending upon the frequency, amplitude, and other aspects of sound, it gives out a certain form. Every sound has a form attached to it. Similarly, every form has a sound attached to it. The sound is ‘mantra’, the form is ‘yantra’; the technique of using these two things together is called ‘tantra’.

Tantra literally means technology. Technology is designed to create what you want. Physical technologies are all about creating physical situations, the way we want them, and when human minds try to create what they want, they will ask for many things. If all your prayers were to be answered, your life could truly be a disaster. Fortunately, most of them are not answered.

So ‘tantra’ does not believe in creating what you want in terms of the physical existence around you, but is focused on what is generally considered as paranormal, in creating forms and identities that will function way beyond your own intelligence. Therefore, ‘tantra’ is essentially focused on making an intelligence beyond one’s present available capabilities. In yoga it is known as ‘tantra yoga’, learning to use your body, your mind and your energies as instruments of life so that it becomes available to a much higher possibility.

So if one wants to have this capability of being truly able to create as the Creator did, the most fundamental thing is to be able to keep one’s personality off one’s imagination. Once you built this in your imagination, there is another step of infusing it with life energies so that it becomes a live process by itself. The ‘tantrik’ traditions acquired mastery over these things.

Generally, people do not know how to act towards something that does not concern them or towards things they are not involved in. If you can cross that limitation you can do such miraculous things; and this can happen only if you can take away your individual person from your thought, your emotion, your activity and your energy.

Right now the very air that you breathe is doing such complex functions to keep you alive. Does it have any self-esteem? If it had it would go into your lungs, tickle you, and do something else to you.

Without any inhibition, without any fear, we can inhale the air. Is there any one person you can take inside with total confidence; do you know what they will do once they get inside? The individual identification has become so strong that it has completely dislocated the human being from his original nature; he has stopped operating as life. If he operates as life and just life alone, his capabilities are immense and do not need to be limited to what is contained within his physical form, because he has access to everything.

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