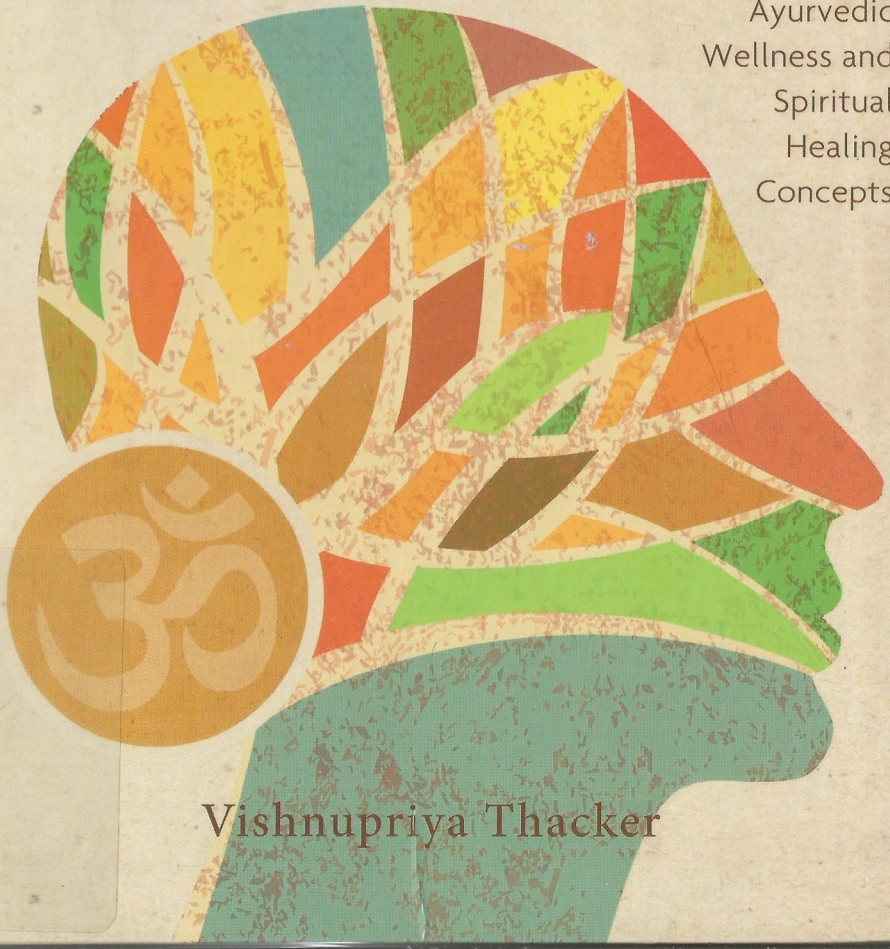


a peek into

VEDIC

WELLNESS

Ayurvedic
Wellness and
Spiritual
Healing
Concepts



Vishnupriya Thacker

Another definition of the word “Tantra” is that it is a combination of two words—*Tattva*, or the science of cosmic principles, and *mantra*, or the science of the healing sound vibrations. In short, Tantra is the application of cosmic sciences with a goal for spiritual ascendancy.

A popular connotation of Tantra is that *it is a path to enlightenment*, where sexual and sensual experience is seen as a conscious meditation. It believes that sexuality is the doorway to the Divine or Higher Consciousness, and the body is the temple of God.

The experience of Tantra rejuvenates the immune system physically. In ancient times, this technique was also used for spiritual initiation—for both physiological and psychological transformation. It is a practical method for physical and spiritual healing. It has therefore, also been known as *God’s secret science* or the *secular science of ecstasy*.

In the olden days, mantras were used to focus energy, and the most popular Tantric Mantra is *Om Mani Padme Hum*, or *Hail to the Jewel in the Lotus*. It is the art of spiritualizing sexuality in order to convert negative emotions such as fear into the higher vibration of all-encompassing love, and letting go of all conditioning to allow for a complete surrender to the flow of life.

In conclusion, Tantra is a means for a union with the Divine—where you become part of the *universal cosmic energy*, thereby merging your individual energy into that of the *Supreme*.

What is Shaktipat?

Shaktipat is one of the highest blessings of an enlightened guru. The guru bestows his/her grace on those who are worthy of this blessing. It is the transfer of spiritual energy from the guru to the disciple through touch, the use of mantra, or transmission through the third-eye chakra by his/her benevolent gaze. This is not something that the disciple can make happen. It is imparted only after much evaluation and through grace (*Anugraha*). The guru transmits his own Higher Consciousness into the Higher Self or I AM of the disciple/recipient as an initiation process that can be done in person or from a distance.

What is Moksha?

Moksha in the Vedic context is what is known as *Nirvana* in Buddhism. It is reaching the highest stage in the spiritual journey—being free from the cycle of birth, or *Janam*, death, or *Mrityu*; and rebirth, or *Punarjanam*. In short, it is basically reaching the goal of *final liberation* and the path to fully return to Paramatma.

Section 9: Understanding Your True and Unique Self

In the Vedic texts, each person has both the *Shiva* (male) and *Shakti* (female) energies. The objective is to ensure that both are balanced.

Spiritual healing refers to the path to Higher Consciousness or the I AM. In undertaking this journey, you will be able to understand your true Self and appreciate the unique qualities and skills that you have been born with. As you connect with your I AM, over time you will undergo a complete transformation and raise your energy vibration.

Why is emotional intelligence so important?

Emotional intelligence is having empathy, love, and compassion for others. Every person is primarily looking for love, respect, and connection. It also helps in raising your own self-esteem and self-worth.

In our interactions with others, when we really listen to the other, with a goal to understand rather than judge, we allow others to connect with us at a deeper level and not feel isolated. If we can be supportive to those who are going through a difficult time, we are assisting in adding hope in that person’s life and improving their mental and emotional well-being.

In the absence of emotional intelligence, we will be dictated by our selfish interests and our ego, which will cause a sense of separation, conflict, and disconnection.

Why is emotional maturity so important?

Spiritual healing allows one to be in touch with one’s spirit, which helps in raising emotional intelligence. In today’s fast-paced world, this quality of emotional intelligence, including kindness and empathy, is essential. An added strength is having emotional maturity.

Life in general has become stressful for many due to the demands of the working world, given the economic fluctuations that have been in play in the past few years. This has resulted in mental and physical pressure for many. Each person is trying their best to cope with changing circumstances.

In such a scenario, having emotional maturity in our interactions with others makes them feel heard and acknowledged.

This is because an emotionally mature person will not spend their time and energy on blaming another but will seek to fix the issue and take full responsibility. Emotionally mature people do not lie or behave childishly during unforeseen circumstances, but they face up to reality in a calm and composed manner.

Emotional maturity is being able to manage your own emotions and use insight and understanding while interacting with others, instead of being reactive. Emotionally intelligent and mature people know how to express their own emotions without denying them or hiding them by appearing distant. This is beneficial for relationship bonding.

It is good for one to communicate how they are feeling, and they will be able to do that with ease only if the listener is supportive rather than judgmental. After all, the most crucial need for any human being is to be understood, respected, and loved for who they are.

This is especially true in schools, where a child can feel isolated or emotionally hurt by his/her classmates if they were mean through their interactions. If you find a friend feeling really upset, encourage them to speak to his/her parent, the teacher, or a counselor. This skill of emotional intelligence and understanding can be taught to a child from an early age, which in turn becomes the foundation on which he/she will build supportive personal, professional, and social relationships in his/her adult life.

How can I move toward my true authentic Self?

You are everything that is, your thoughts, your life, your dreams come true. You are everything you choose to be. You are unlimited as the endless Universe.

—Shad Helmstetter¹

As we connect with our Higher Consciousness or I AM, we find ourselves to be in tune with our true, authentic Self and are able to let go of fears, anxieties, or anything that can be deemed as superficial or fake. You become intrinsically stronger, in that you do the following:

- You understand that your true Self has no anxiety, no fears, and no inhibitions.
- You take control of your life and don't hand over the rein to others. You develop your courage and take one step forward toward your dreams and goals, even if you are feeling fearful. Courage is when you are scared but you do it anyway.
- You focus on your goals and spiritual growth. You do not get distracted by what others do or say.
- You keep a distance from people who take your positive energy but cannot give you the same in return.
- You align with those who lift you up and encourage you rather than put you down or question your abilities and aspirations. There are some genuine, wonderful people in the world who know how to support and motivate others.
- You know your own needs and wants. Stay true to your dreams and work consistently toward achieving your goals.
- You don't settle in life out of fear and insecurity—know deep down that if you are doing something for the greater good, you will be supported by Paramatma.
- You let people flow into and out of your life without getting too attached or allowing it to upset you. It is said that people come into your life for a reason to teach you something, a season, or a lifetime, where they will be part of your success and failure, your ups and downs, as true friends should be.
- You understand the concept of *karma*—both good and bad—and that everything in life is a learning or karmic cycle that needs to be worked out. It is an opportunity either to change or improve ourselves or learn to let go of that, which is not for our higher good. After all, we are the cocreators of our lives, and we can decide our own karma, both in the present moment and going forward.

- You have complete faith and trust in Paramatma, with whom you have an intrinsic connection through your I AM. You can get downloads through a very powerful tool—your intuition.
- You are unique and valuable! Believe in yourself completely and understand your own strength. This will sustain you throughout your life.

What is the method for manifestation of our desires as a cocreator of our lives?

A great many people are struggling to improve their lives—whether it is economically, personally, or both. They may perceive that they are falling short of their goals. Often, this is because they relate to their own world from a notion of lack. True manifestation can come only through the heart and soul—I AM.

The first step in changing this perspective is being thankful, which allows for the conversion of negativity into positivity. It is when we are grateful for all we have been given that we can attract more from the benevolent Universe.

In order to initiate the creative process of manifestation, send your desired request to Paramatma in solitude (to have silent communication with the Divine). It is when you are connected to your I AM that you become a cocreator in learning your lessons, understanding the bigger picture of your life, and creating plans or outcomes that bring you happiness and fulfillment based on your dharma or soul purpose. The Universe provides you with what is beneficial for your life or your spiritual ascension path, and it comes forth in divine timing.

At this stage it is best to understand a few concepts—the first is that if you do not get what you want, and it causes frustration, look within. It could be because this is what you believe about yourself—you may be holding on to a negative perception. This can be changed through a self-referral (our internal reference point is our own I AM) process.

The second concept is that often there is a delay in what we want and when it manifests. It allows us to finesse our perception—become the vision in the present—and experience it as if it has been accomplished—be completely sure that is what we really want.

The third factor is that what we wanted may have come from our ego, which may not be the best option for our life, and which is why it has not manifested as an outcome in our favor. If you do not receive an earnest wish, know that you are protected by Paramatma. If you have *Shraddha*, know that not receiving something

you asked for is because it is not aligned to the bigger picture of your life or your dharma. Instead, allow yourself to be in total surrender to the flow of life with complete faith, rather than fighting it.

We then come to realize that the soul / I AM is in control, and we can see whatever comes as a blessing without any judgments—whether it is abundance or a lesson in disguise. Your internal compass / I AM is constantly guiding you, giving you insights of where you are supposed to go for your soul mission or dharma—so listen to this guidance through meditation or moments of relaxed silence.

If we take action, respond with heart-centered joy, and become fully excited to go in the direction that the soul has chartered for us, with no worry or judgment, but with complete immersion in the present moment, we will be more successful in bringing about the nonmanifested ideas, guidance, and inspiration into physical reality, as a cocreator.

In conclusion, in the words of Beverly Sills:

There are no shortcuts to any place worth going . . .
—Beverly Sills¹

Section 10: *Maya* and Enlightenment— an Insight

What is *Maya*?

Maya means illusion/delusion or ignorance. According to the Advaita philosophy, *Maya* is a veil that hides our true nature. According to the Vedanta, the world we inhabit is constricted by time, space, and cause and effect. Our experience of it and ourselves is limited by our ego, mind, and body instead of by our divine nature—I AM.

We therefore consider this physical world as real, and by clinging to this perception, we limit ourselves—fearing the cycle of life and death along with being enmeshed in negative emotions—fear, arrogance, anger, greed, and lust.

It is only upon removing this veil of illusion or *Maya* that we can manifest our true Higher Self or true nature—that of compassion, love, service, truth, purity, and contentment. It is by surrendering to Paramatma on a regular basis through spirituality that we can have an internal awakening that moves us closer to the I AM, allowing for our true nature to emanate. It is through this self-realization process that delusion shatters and our limited perception ends, enabling us to see Paramatma in all living beings and the world at large.

The question that has often been raised is: what is the use of *Maya* in the first place?

The answer is that just as we cannot see the value of a positive scenario or outcome without having gone through a negative, stressful, and trying experience, similarly we cannot appreciate the magic of our true selves without experiencing illusion or *Maya*.

*The physical is illusionary,
But the spiritual is real and primary.
Lesson: reminds us of our true nature—I AM*

*Time is in the mind.
Space is in the mind
Cause and effect is in the mind.
When the mind is freed from preoccupation . . .
Silence is the language of the SELF!*

What is Enlightenment?

Enlightenment is the discovery of your true self—who you really are. It is only when the mind-created false self, when the ego is destroyed, that enlightenment is there. The enlightened being understands that real freedom comes from within and not through external validation.

Enlightenment is the comprehension of the truth that all negative emotions and perceptions on a day-to-day basis are transient, and once we let go of all conditioning, there is ultimate freedom—the eternal truth—*infinite consciousness* is the one sole reality. It is the formless, timeless being that is beyond time and space that is unchanging; everything else is fleeting. When we lose our false identity, we uncover that which was always there—I AM—and this is what connects us to the *Supreme* and to one another. We are all one and are from the same Source.

It is through this realization that we are able to transmute all pain and suffering into selfless love and compassion. The journey to enlightenment begins with spiritual healing as the initial step. The enlightened being gets nourishment from the *Supreme*,

and is in complete sync with his/her inner Source. Once you see the potential value in this, you will be inspired to move toward the attainment of enlightenment and see who you really are. It is by staying in this awareness that you can live your life without anxiety and insecurity.

An enlightened being can be joyful irrespective of the circumstances or life situation and is at peace with himself/herself—allowing him/her to give compassion and love to others selflessly.

After all, an enlightened being has been awakened to pure love and connection. The true you never changes or dies but is constant—a wonderful companion, guide, and lover. In finding this pearl, you transcend all ego created emotions and trauma. You come to realize your true nature—that you are *Aham Brahmasi—I AM the Universe!*

Remember . . .

You are not your Ego . . .

You are HIGHER CONSCIOUSNESS!

I AM!

You are PURE AWARENESS!

Notes

Section 1

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