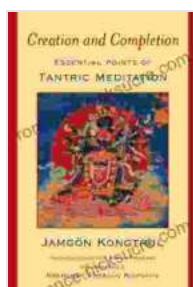


Creation and Completion: Essential Points of Tantric Meditation

Tantric meditation is a powerful spiritual practice that can help you to connect with your inner power and creativity. It is a practice that is based on the belief that everything in the universe is interconnected, and that we can use our own energy to create positive change in our lives and in the world around us.



Creation and Completion: Essential Points of Tantric Meditation by Guy Gavriel Kay

★★★★☆ 4.9 out of 5

Language : English
File size : 9913 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 222 pages



One of the essential points of Tantric meditation is the concept of creation. In Tantric meditation, we believe that we are all creators, and that we have the power to create the life that we want. We can use our thoughts, words, and actions to create positive change in our lives and in the world around us.

Another essential point of Tantric meditation is the concept of completion. In Tantric meditation, we believe that everything in the universe is cyclical, and that there is a time for everything. We can use our energy to create

new things, but we must also be willing to let go of things that are no longer serving us. By letting go of the past, we make space for new things to come into our lives.

Tantric meditation is a powerful tool that can help us to connect with our inner power and creativity. It is a practice that can help us to create positive change in our lives and in the world around us. If you are interested in learning more about Tantric meditation, there are many resources available online and in libraries.

How to Practice Tantric Meditation

There are many different ways to practice Tantric meditation. Here is a simple guided meditation that you can try:

1. Find a comfortable place to sit or lie down.
2. Close your eyes and relax your body.
3. Focus on your breath, and notice the rise and fall of your chest.
4. As you breathe in, imagine that you are breathing in pure white light.
5. As you breathe out, imagine that you are breathing out any negative energy or thoughts.
6. Continue breathing in this way for several minutes.
7. When you are ready, open your eyes and visualize a symbol of creation in front of you. This could be anything that represents creativity for you, such as a lotus flower, a spiral, or a star.
8. Focus on the symbol and imagine that it is filled with light.

9. Now, imagine that you are breathing in the light from the symbol. Feel the light filling your body with creative energy.
10. As you breathe out, imagine that you are breathing out any blocks or obstacles to your creativity.
11. Continue breathing in and out in this way for several minutes.
12. When you are ready, open your eyes and take a few deep breaths.

You can practice this meditation for as long as you like. It is a powerful way to connect with your inner power and creativity.

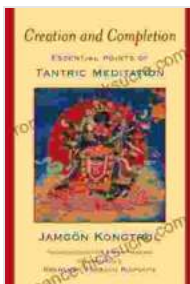
Benefits of Tantric Meditation

There are many benefits to practicing Tantric meditation, including:



- Increased creativity
- More energy and vitality
- Improved mental clarity
- Reduced stress and anxiety
- Greater self-awareness
- Improved relationships
- A deeper connection to the divine

If you are looking for a way to connect with your inner power and creativity, then Tantric meditation is a powerful practice that can help you to achieve your goals.



Creation and Completion: Essential Points of Tantric Meditation by Guy Gavriel Kay

★★★★☆ 4.9 out of 5

Language : English
File size : 9913 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 222 pages





Prom and Party Etiquette: A Guide to Impeccable Behavior and Gracious Manners by Cindy Post Senning

Prom and other formal parties are momentous occasions that call for impeccable behavior and gracious manners. Embracing proper etiquette ensures a memorable and enjoyable...



The Semi-Famous: True Stories of Near Celebrity

The Case of the Almost Star John Doe was a talented actor with a promising career. He had starred in a few small roles in films and television shows, and he was on the verge of...