## CONTENTS

<table>
<thead>
<tr>
<th>Chapter - 1</th>
<th>Salient features of Tantra</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>What is Tantra?</td>
</tr>
<tr>
<td>1)</td>
<td>Lexical and esoteric meaning of Tantra</td>
</tr>
<tr>
<td>B</td>
<td>Tantric tradition</td>
</tr>
<tr>
<td>C</td>
<td>Founders of Tantra</td>
</tr>
<tr>
<td>D</td>
<td>Principles of Tantra</td>
</tr>
<tr>
<td>1)</td>
<td>Principle of polarity</td>
</tr>
<tr>
<td>2)</td>
<td>Microcosm and Macrocosm</td>
</tr>
<tr>
<td>3)</td>
<td>Concrete and positive view of Reality</td>
</tr>
<tr>
<td>E</td>
<td>Tantric Symbolism</td>
</tr>
<tr>
<td>1)</td>
<td>Tantric Symbolism</td>
</tr>
<tr>
<td>a)</td>
<td>Linga</td>
</tr>
<tr>
<td>b)</td>
<td>Archanārīśvara</td>
</tr>
<tr>
<td>c)</td>
<td>Yajña</td>
</tr>
<tr>
<td>d)</td>
<td>Panca Makāra - 5 M's</td>
</tr>
<tr>
<td>i)</td>
<td>Nādyā - Wine</td>
</tr>
<tr>
<td>ii)</td>
<td>Namsa - West</td>
</tr>
<tr>
<td>iii)</td>
<td>Matsya - Fish</td>
</tr>
<tr>
<td>iv)</td>
<td>Rudrā - Grain</td>
</tr>
<tr>
<td>v)</td>
<td>Maithuna - Copulation</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 to VI</td>
</tr>
<tr>
<td>VII to XIII</td>
</tr>
<tr>
<td>1 to 189</td>
</tr>
</tbody>
</table>
Chapter - 2

Metaphysics of Tantra

A Tantra Schools

Introduction

1) Metaphysical Schools, S'āivism, S'āktism and Vaisnavism
   a) Ultimate Reality and World
   b) Individual Self
   c) Liberation

2) Ṣādhanā Schools
   Vāmačāra, Daksinācāra and Hīs'ra

B Tantra Śādhanā

Introduction

1) Essentials of Tantra Śādhanā
   a) Spiritual guide - Guru
   b) Initiation - Dikṣā
   c) Purification of body - Bhūta S'uddhi
   d) Purification of mind - Nyāsa
   e) Installation of life - Prāna Pratīṣṭhā
   f) Mantra
   g) Japa
   h) Bhava

Conclusion
Conclusion

Awakening of the Kundalini S'akti

Introduction

1) Theoretical and applied aspects of the Kundalini yoga

   a) Theoretical aspect of the Kundalini yoga

   b) Applied aspect of the Kundalini yoga

   c) Therapeutic application of the various aspects of Kundalini S'akti

      i) Kriyāvati

      ii) Varṇamayee

      iii) Kalātmā

      iv) Vedhamayee

Conclusion
Chapter - 3  Applied side of Tantra  
(Dance, Music, Astrology, Sacraments)  

A  Dance  
1) Esoteric meaning of the dancing posture of S'iva  
2) Dance of Kāli or Energy, Lasya Nritya  
3) Dance and Hatha yogic technique  

B  Music  
1) Theory of Nāda  
2) Concept of Nāda in Tantra  
3) Theory of Rāga  
4) Rāgas with reference to centres or cakras  

C  Astrology  
1) Identification between microcosm and macrocosm  
2) Influence of planetary system
Sacraments

1) Garbhādhāna - Conception
2) Pumsavanā - Pregnancy
3) Simantonnayana
4) Jñānakarma - Birth
5) Nāmakarana - Giving the child's name
6) Niskramana - Its first view of the Sun
7) Anna prāsanna - First eating
8) Čudākarma - Tonsure
9) Upanayana - Investiture
10) Udvāha - Marriage

Conclusion
Chapter - 4

Degeneration of Tantra

Introduction

1) Tantra - A conscious approach
2) Positive view of life
3) Realisation of Supreme consciousness

Conclusion

SECTION-II

Introduction

Chapter - 5

Anatomy

Introduction

A Anatomy given by Allopathy System
1) Nervous system
2) Gland system

B Tantra anatomy
1) Theory of six centres or cakras
2) Theory of channels of nādi

Conclusion

Page

173
173
181
182
185
188
190 to 306
190
196
196
198
199
201
202
202
204
209
Chapter - 6

Therapeutic aspect of Yantra and Mantra

Introduction

A Yantra therapy

Introduction

1) Yantra and its symbolic meaning
   a) Dot - Bindu
   b) Triangle - Trikona Satkona
   c) - Satkona
   d) Circle - Mrutta
   e) Square - Bhūpura

2) Meaning of the S'ri Yantra
   a) Formation of S'ri Yantra
   b) Symbolic representation of S'ri Yantra
   c) S'ri Yantra as symbolic representation of human body

3) Therapeutic aspect of Yantra

Conclusion
B Therapeutic aspect of Mantra

Introduction

1) Meanings of Mantra
2) Bija Mantra – Seed letters
   a) Vāg bīja – AIM
   b) Hāyā bīja – HRĪM
   c) Lakṣmi bīja – SRĪM
   d) Kāma bīja – KLIŚM
   e) Tāyā bīja – KRĪM
   g) The thought form of fifteen syllables – Pancadasi

C Japa

1) Kinds of Japa
2) Therapeutic aspect of Japa

D Therapeutic aspect of Mantra

Appendix

1) Yantras from Saundraya Lahrī
2) Yantras from Kalpaciṁūqah
3) Mantras prescribed by Tantra for different purposes
4) Mantras for health and long life
Chapter - 7  Therapeutic aspect of Tantra

Introduction

A  Purification of physical body

1) Hatha yogic way of purification of body
   a) Dhauti
   b) Neti
   c) Trātaka
   d) Kapalbhatī
   e) Nauli
   f) Basti

2) Tantric way of Nādi purification

3) Theory of Rasa - A Tantric way of rejuvenation

B  Various Tantric ways of healing

1) Sat karma
   a) Urdhvacakri
   b) Madhya cakri
   c) Adha cakri
   d) Trātaka
   e) Kas'a
   f) Netrikarana
2) S'iva Swarodaya - A science of breathing

3) Mudra - Gestures
   a) Prāna Mudrā
   b) S'unya Mudrā
   c) S'unya Mudrā
   d) Gyāna Mudrā

Chapter 8 Conclusion

Charts

Bibliography