



## Tools for Tantra

By Harish Johari

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Tantric yantras are precise geometric forms that have been used for centuries as tools for self-realization and the attainment of mystical powers. In *Tools for Tantra*, Tantric practitioner and scholar Harish Johari has re-created the exact colors and proportions of the primordial yantras along with step-by-step instructions for their accurate construction, coloring, and use.

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## Tools for Tantra By Harish Johari Bibliography

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### Editorial Review

#### Review

"This volume features a bounty of rare yogic lore." (*East West*)

#### From the Back Cover

EASTERN PHILOSOPHY / RELIGION

Tantra is a holistic approach to the study of the universal from the point of view of the individual. It draws on all the sciences to provide a practical means of realizing the highest ideals of philosophy in daily life.

Tantric yantras are precise geometric forms that have been used for centuries as tools for self-realization and the attainment of mystical powers. Until recently the actual forms and colors of yantras, as well as their practical and spiritual applications, were largely lost to the modern world.

Harish Johari, accomplished artist, sculptor, Tantric practitioner and scholar, traveled throughout India in search of ancient examples of the primordial yantras. In *Tools for Tantra* he has re-created their exact colors and proportions along with step-by-step instructions for the accurate construction, coloring, and use of yantras.

Traditional Hindu practices associated with yantras are also fully elaborated; among these are meditation and visualization techniques, as well as methods of attuning with bodily, seasonal, and astrological cycles. A physiological understanding of these disciplines and their effects on the central nervous system is discussed in detail, reaffirming the link between the Eastern Tantric explanation of phenomena and the evidence presented by Western scientific research.

Johari also includes a full description of authentic Tantric ritual as a tool for attuning with the worlds of symbol and nature. The combined powers of ritual, yantras, and the other practices delineated by the author enable us to go beyond the normal framework of consciousness to an altered state in which the experience of Tantra can be realized.

The cover painting by Harish Johari depicts the dance of the eternal pair of opposites: Shiva (the male principle) and Shakti (the female principle). Shown here in the Himalayan dress of the Kirat tribe, their dance creates the primal movement and the beginning of evolution.

#### About the Author

Harish Johari (1934-1999) was a painter, sculptor, and composer of Indian music. He authored twelve books on Eastern spirituality, including *Ayurvedic Massage*; *Ayurvedic Healing Cuisine*; *Breath, Mind, and Consciousness*; *The Birth of the Ganga*; *Dhanwantari*; and *Chakras*. He also produced several audiocassettes of mantra meditations, including *Sounds of Tantra*, *Attunements for Day and Night*, and *Sounds of the Chakras*.

Here is a hot link to a web site dedicated to Harish Johari's work that was set up by his students.  
[http://www.sanatansociety.com/artists\\_authors/aa\\_harish\\_johari.htm](http://www.sanatansociety.com/artists_authors/aa_harish_johari.htm)

### Users Review

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**Quentin Ryan:**

The book with title Tools for Tantra has lot of information that you can understand it. You can get a lot of help after read this book. This book exist new expertise the information that exist in this publication represented the condition of the world right now. That is important to you to know how the improvement of the world. This particular book will bring you throughout new era of the syndication. You can read the e-book on the smart phone, so you can read it anywhere you want.

**Lauren Barnett:**

Reading can be called imagination hangout, why? Because if you are reading a book particularly book entitled Tools for Tantra your brain will drift away through every dimension, wandering in each aspect that maybe unfamiliar for but surely can be your mind friends. Imaging every single word written in a e-book then become one web form conclusion and explanation that will maybe you never get just before. The Tools for Tantra giving you one more experience more than blown away your mind but also giving you useful details for your better life in this era. So now let us explain to you the relaxing pattern is your body and mind will likely be pleased when you are finished looking at it, like winning a. Do you want to try this extraordinary shelling out spare time activity?

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**Christopher Scoville:**

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