

TANTRA

Meaning: Tantra is a spiritual tradition that emphasizes the integration of the divine into everyday life through mindful practices and rituals, often associated with yoga and meditation.

1. Tantra teaches that the divine can be experienced in everyday life through mindful practices.
2. Many yoga practitioners incorporate elements of tantra to enhance their spiritual connection.
3. The philosophy of tantra emphasizes the importance of energy and intention in relationships.
4. In some traditions, tantra is seen as a path to enlightenment through the integration of body and spirit.
5. The rituals associated with tantra often focus on awakening the inner self and achieving spiritual balance.

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