

What Is A Yantra?

By Reverend Jaganath Carrera

WHAT IS A YANTRA?

A yantra is a sacred diagram - an interlocking matrix of geometric figures, and of various colors - that serves as a receptacle for various subtle energies. Literally meaning, "device," a yantra holds, sustains, or supports these energies. Although usually represented in a two dimensional form, all yantras are in reality three dimensional in nature. A yantra is the visual form of a mantra.

The energy of a yantra exists both on the cosmic and the individual levels. In other words, the external yantra and the qualities and energies it represents, exist both outside the individual as universal cosmic principles and within the individual as part of one's inner being. With this in mind, it is easy to understand that a yantra is an instrument that helps attune the individual consciousness to the cosmic consciousness.

There are essentially two categories of yantras: those connected with a particular deity and used in worship, and those used to facilitate meditation.

Yantras are used in many ways, including to:

- Facilitate meditation. As an object of meditation, the yantra has the power to help calm, clear, and focus the mind. Even simply putting it on a meditation altar helps encourage deeper meditation.
- Invoke the protective energy represented by the yantra.
- Promote healing and well being.
- Increase prosperity.

Yantras may be placed on an altar, in a temple, above a door, kept at the workplace, or worn around the neck.

THE INTEGRAL YOGA YANTRA



This yantra was developed by Sri Swami Satchidananda, the founder and spiritual head of the Integral Yoga Institutes and Satchidananda Ashrams. Used in their logo and on their altars, it is also on all Yoga Life Society altars, reflecting the Yoga lineage of Reverend Jaganath