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Awareness Of Tantra And Yantraart In Meditation

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ABSTRACT

Meditation is an approach that involves focusing or clearing your mind through a mix of mental and physical methods. Relying on meditation style people select, some might meditate for relaxation, to help anxiety or stress, and other purposes. Meditation has so many advantages like reduces signs of anxiety, depression, capacity of thinking clearly, concentrate etc. Since mental health positively influences physical well-being, these benefits often lead to enhancement in sleep quality, blood pressure, heart functions and other aspects.

Tantra and Yantra artwork significantly contribute to meditation by acting as strong visual and spiritual tools that improve concentration, energy alignment, and self-awareness. The word "Tantra" translates to "loom" or "weave" in Sanskrit. The basis of tantric paintings, is a mix of unique spiritual, metaphysics and art forms. Yantra paintings are enchanting and ancient art forms that are heavily implanted in Indian spiritual heritage. It combines geometry, spirituality, and artistic creativity, resulting in powerful symbols believed to have mystical properties. The patterns and lines found in Yantra are not simply ornamented but they signify different phases of reality and consciousness. The detailed designs typically emphasize triangles, circles, and lotus petals, each representing various universal energies. Using these sacred paintings in meditation has great impact in mental health.

KEY WORDS -Art, Meditation, Paintings, Tantra, Yantra

1. INTRODUCTION

Meditation is an ancient practice which focuses on helping to improve mental clarity, emotional balance and overall health and well-being. It originated in ancient India and it is noted in Vedic texts. Meditation involves training the mind to focus, relax, and develop self-awareness (Nandakumar, P.2020). If it's practiced regularly, even for just 15 minutes daily, it can have meaningful physical or psychological benefits. (Manocha, R.2000)

The term "Meditation" includes many different techniques, each working at different levels on the mind, body and emotions. Some common types are, concentration-based meditation which focuses on a single object, thought or breath. Contemplative meditation which is reflecting deeply on a subject or question.

Guided meditation is following a teacher or an audio guide, it includes Meditation with nature sounds, using sound like ocean waves to relax the mind. Breathing exercises practicing controlled breathing to calm the body and mind. Movement-based meditation includes using yoga, tai chi etc. (Sharma, H.2015).

Meditation is thought to activate the parasympathetic nervous system, which helps the body to relax and regain from stress. It trains attention, increase self-awareness, and creates a state of emotional calmness. The practice strengthens the connection between the brain and body, leading to improved mental health and physical health.

What is Tantra?

Tantra is a spiritual element that searches the connection between the self and the universe. It has been practiced since the 5th or 6th century. Tantra is not about ethics or societal norms but it is about accepting reality as it is. It is a path of self-discovery that helps individual understand their inner power and connection to cosmic energy. Tantric texts often contain symbolic paintings and rituals used for meditation. Deities such as a Shiva, Kali, and Tara are central to these practices. Some rituals involve deep concentration on images or symbols to invoke spiritual energy. (Butler, L. 2013)

What is Yantra?

A Yantra is a sacred geometric design used for meditation and spiritual development. The word “Yantra” comes from Sanskrit and it means “instruments” or “supports.” It represents cosmic energy and helps focus the mind. Yantra are made up of simple shapes like dots, triangles, squares, and circles. These symbols represent different divine forces and help the meditator connect with higher states of consciousness (McKnight, J.2024). Yantras are not just spiritual tools but they also reflect deep mathematical and cosmic principles. They enhance physical, mental, and spiritual awareness.

2. REVIEW OF LITERATURE

1. Khanna M (2016), Explores complex role of Yantras within the Srividya school of Hindu Sakta Tantra. This work looks into the symbolic and practical applications of these tools in meditation practices.
2. Bhandari A and Dr. Panwar P (2022), Explores the integration of art, meditation, and spirituality through Yantras- sacred geometric diagrams used for meditation and concentration.
3. Martins PN (2021). Inspects the historical and cultural significance of Yantras, highlighting their role in expanding human understanding and their integration into contemporary computational art.
4. Nandakumar P (2020), in the article “The psychology effects of meditation” synthesizes findings from various studies and article to explore how meditation influences mental health.
5. Rutledge (2019), Explored Tantric practices improve attentional control, enhancing cognitive performance compared to conventional meditation techniques.
6. Kiran U (2023), Investigates the use of Yantra-based paintings in contemporary Indian art, linking traditional sacred geometries to modern artistic interpretations.
7. Gupta (2024), in the article Frontiers mentioned the neurological effects of meditating on Yantra paintings, showing their impact on mindfulness and emotional regulation.

3. RESEARCH METHODOLOGY

1. AIM -

- To analyze whether the use of Tantra and Yantra paintings during meditation enhances focus and relaxation.

2. OBJECTIVES -

- To identify how familiar people are with Tantra and Yantra paintings.
- To evaluate the impact of Tantra painting on focus and relaxation during meditation based on people's experiences.
- To determine which Tantra paintings people, prefer the most.
- To determine which Yantra paintings people, prefer the most.

- To evaluate the impact of Yantra painting on focus and relaxation during meditation based on people's experiences.

3. HYPOTHESIS –

- The use of Tantra and Yantra paintings in meditation does not lead to an improvement in focus and relaxation.

4. DATA COLLECTION –

Quantitative and Analytical Research with closed survey-based questions. Questions are designed to assess awareness, experience, and the benefits of Tantra and Yantra paintings in meditation as noticed by them. The data for this study was collected using convenient sampling method with the sample size of 35 participants.

The participants were informed about the purpose of the study. All data collected remains confidential and will be used solely for research purposes

5. INTERPRETATION OF DATA

- To identify how familiar people are with Tantra and Yantra paintings.

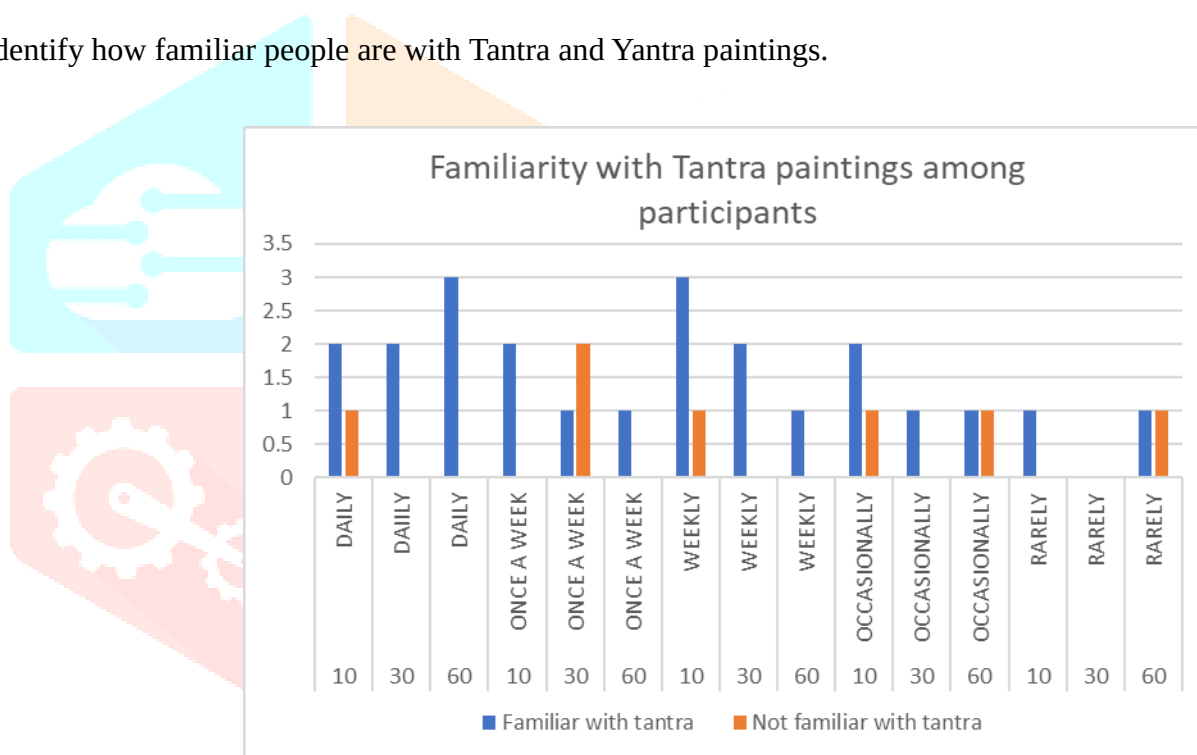


fig 4.1.1

In Figure 4.1.1, it is discussed whether people who meditate are familiar with Tantra paintings. It is evaluated that 40% Meditators who practice daily or weekly for 30+ minutes are more familiar with Tantra paintings, while 20% occasional and rare meditators have lower recognition.

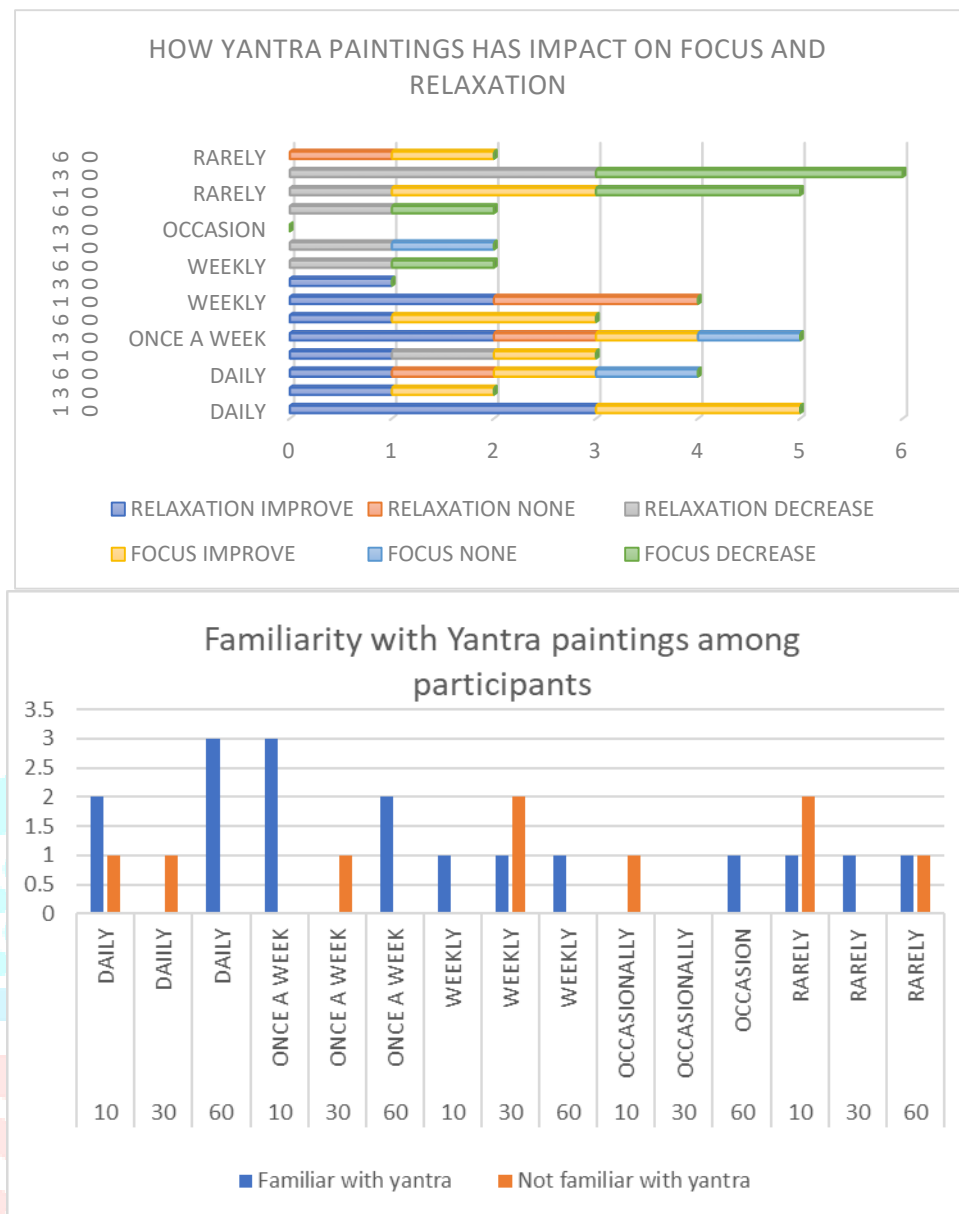


fig. 4.1.2

In Figure 4.1.2, it is discussed whether people who meditate are familiar with Yantra paintings. It is evaluated that 34% meditators who practice daily or weekly for 30+ minutes are more familiar with Yantra paintings, while 17% occasional and rare meditators have lower recognition.

- To determine which Tantra paintings people, prefer the most.

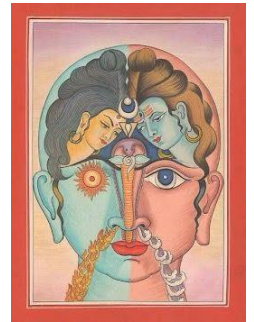
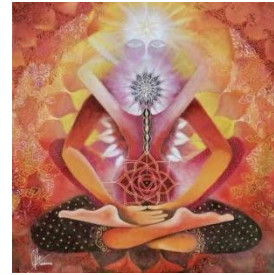
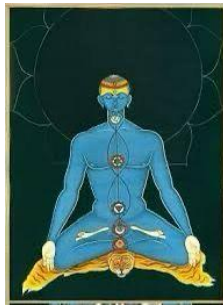
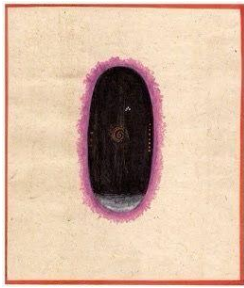


fig 4.2.1 option 1 fig. 4.2.2 option 2 fig 4.2.3 option 3

fig. 4.2.4 option 4

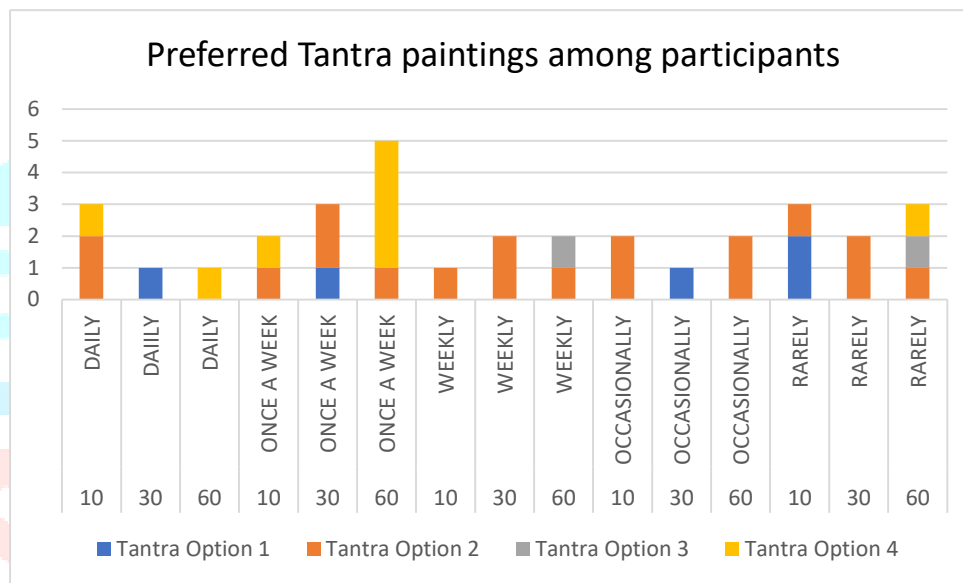


fig 4.2.5

In Figure 4.2.5, it is discussed as to which Tantra painting is preferable. It is evaluated that Tantra paintings Option 3 is the most popular, especially among those practicing meditation daily for 60 minutes.

- To determine which Yantra paintings people, prefer the most.



fig 4.3.1 option 1 fig 4.3.2 option 2



fig 4.3.3 option 3



fig 4.3.4 option 4

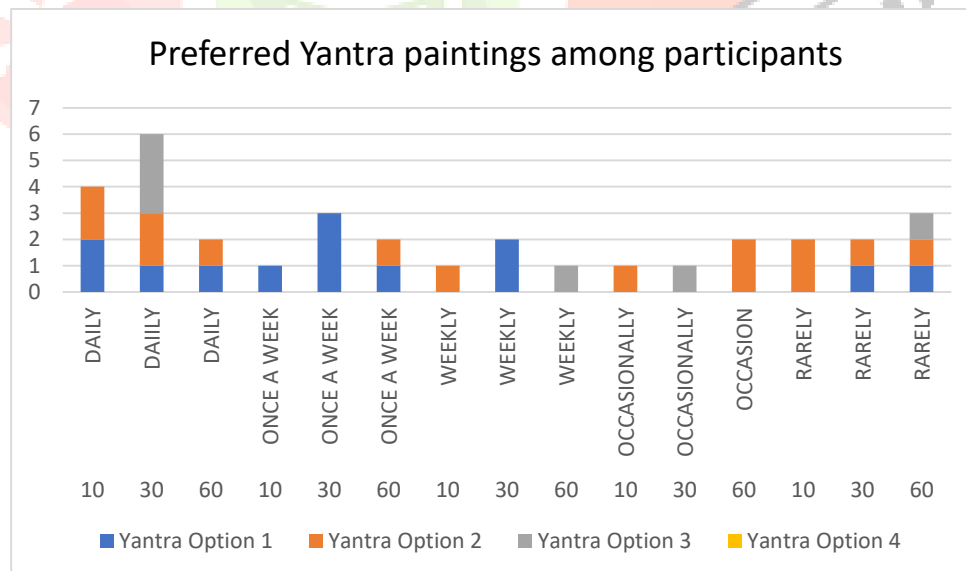


fig 4.3.5

In the Figure 4.3.5, it is discussed as to which Yantra painting is preferable. It is evaluated that Yantra Option 4 is the most popular, especially among those practicing meditation once a week for 60 minutes.

- To evaluate the impact of Tantra painting on focus and relaxation during meditation based on people's experiences.

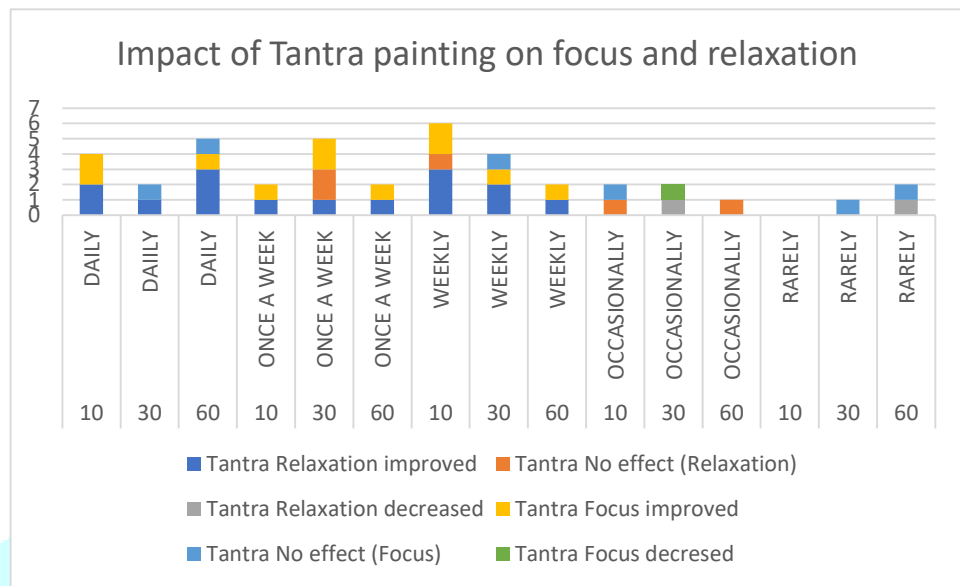


fig. 4.4

In Figure 4.4, it is discussed whether Tantra paintings has an impact on focus and relaxation of the meditator. It is evaluated that People who meditate with Tantra paintings daily or once a week for 60 minutes report improved relaxation and focus.

- To evaluate the impact of Yantra painting on focus and relaxation during meditation based on people's experiences

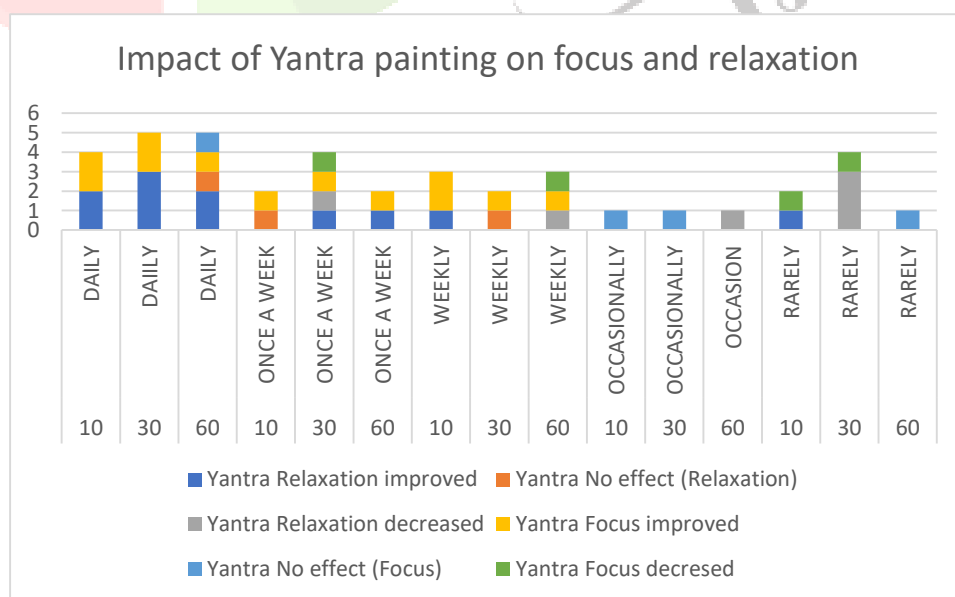


fig. 4.5

It is discussed whether Yantra paintings has an impact on focus and relaxation of the meditator. It is evaluated that people who meditate daily or once a week with Yantra painting for 60 minutes show improved relaxation and focus.

CONCLUSION

The study evaluates familiarity of participants who meditate with Tantra (46%) and Yantra (29%) paintings. These paintings seem to play an important role in meditation because of their symbolic and visual appeal.

It also found that regular meditators who use Tantra (68%) and Yantra (54%) paintings experience greater relaxation and focus. This is especially true for those who meditate daily or weekly. This suggests that such paintings can make meditation more effective.

The findings highlight the potential value of using Tantra and Yantra paintings in meditation to improve overall well-being. This could be an area for further study and practical use in meditation practices.

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