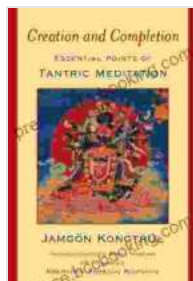


# Creation and Completion: Essential Points of Tantric Meditation



## Creation and Completion: Essential Points of Tantric Meditation by Guy Gavriel Kay

★★★★☆ 4.9 out of 5

Language : English  
File size : 9913 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 222 pages



Tantric meditation is an ancient spiritual practice that has been practiced for centuries in the East. It is a powerful and transformative practice that can lead to inner peace, spiritual awakening, and profound transformation.

Tantric meditation is based on the belief that the universe is made up of two fundamental energies: creation and completion. Creation is the energy of expansion, growth, and new beginnings. Completion is the energy of contraction, dissolution, and endings.

In Tantric meditation, we learn to harness the power of both creation and completion to create a more balanced and harmonious life. We learn to let go of the things that no longer serve us, and to embrace the new possibilities that are waiting for us.

## The Four Stages of Tantric Meditation

Tantric meditation is typically practiced in four stages:

1. **Preparation:** In the preparation stage, we relax our bodies and minds, and we bring our attention to the present moment.
2. **Creation:** In the creation stage, we visualize a deity or a symbol of creation. We focus on the qualities of the deity or symbol, and we allow ourselves to be filled with those qualities.
3. **Completion:** In the completion stage, we visualize the deity or symbol dissolving into nothingness. We release our attachment to the deity or symbol, and we allow ourselves to be open to the infinite possibilities of the universe.
4. **Integration:** In the integration stage, we bring the insights and experiences of our meditation into our daily lives. We apply the principles of creation and completion to our relationships, our work, and our entire lives.

## **The Benefits of Tantric Meditation**

Tantric meditation has many benefits, including:

- Increased inner peace and harmony
- Reduced stress and anxiety
- Improved self-awareness and self-acceptance
- Enhanced creativity and imagination
- Deepened connection to the divine
- Accelerated spiritual awakening

## How to Practice Tantric Meditation

If you are interested in learning how to practice Tantric meditation, there are many resources available to you. You can find books, DVDs, and online courses that can teach you the basics of this ancient practice.

Here are a few tips to help you get started:

- Find a quiet place where you will not be disturbed.
- Sit in a comfortable position with your spine straight.
- Close your eyes and take a few deep breaths.
- Bring your attention to your breath and notice the rise and fall of your chest.
- As you breathe in, visualize the energy of creation entering your body.
- As you breathe out, visualize the energy of completion dissolving all of your stress and tension.
- Continue to breathe in and out, visualizing the energy of creation and completion flowing through your body.
- When you are ready, open your eyes and bring the insights and experiences of your meditation into your daily life.

Tantric meditation is a powerful and transformative practice that can lead to inner peace, spiritual awakening, and profound transformation. If you are open to exploring the depths of your being, then I encourage you to give Tantric meditation a try.



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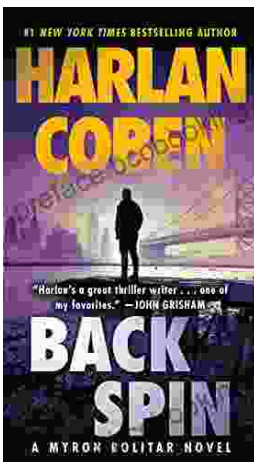
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