

9-5000 BCE	5000 BCE	5-2000 BCE	2000-1500 BCE	1500-700 BCE	300 BCE	100 CE	400-1400 CE	600 CE	800 CE	900 CE	1000 CE	1000-1500 CE	1100 CE	1271-1296 CE	1271-1296 CE	1500 CE	1500-1900 CE	1914 CE	1921-1990
Proto-Tantra	Tantra system elaborated by Shiva	Tantra-oriented civilizations in India	Transformation of the original Shiva Tantra	Krishna	Patanjali	Tirumulara	Tantra Shastra	Age of Buddhist, Hindu and Jain Tantra begins	Yoga Vashista	Abhinava Gupta	Kularnava Tantra	The Nathas develop Hatha Yoga	Mahanirvana Tantra	Jnaneshvar	Caetanya Mahaprabhu	Tantra Influences Many Spiritual Teachers and Paths	John Woodroffe	Shrii Shrii Anandamurtii	

<p>TANTRA is a spiritual path and the most ancient form of yoga. As a philosophy and spiritual practice, Tantra has influenced all the great wisdom traditions in the East—from Buddhism to Zen, from Taoism to Hinduism. In Sanskrit, TANTRA has two meanings: to expand one's consciousness, or to gain liberation. (Tan—to expand, tra—to liberate). Tantra is thus a spiritual science which, through yoga exercises and meditation, leads to spiritual union and enlightenment.</p>	<p>YOGA is more than a set of physical postures. The lifestyle of Yoga is basically the same as Tantra and consists of following various body-mind-spirit practices, such as ethics (yama and niyama) yoga postures (asana), breathing exercises (pranayama), concentration (dharana), mind-withdrawal (pratyahara), and meditation (dhyana). The goal of Yoga is self-realization, or spiritual union (samadhi).</p>	<p>YOGA means union in Sanskrit. Indeed, Shiva's original definition of Yoga (Samavaya yoga ityukto jivatma paramatmanah) means: "Yoga is the union between individual consciousness and Cosmic Consciousness."</p>	<p>TANTRA and YOGA are basically the same paths. Spiritually and historically, one cannot really separate one path from the other.</p>	<p>Brahma + Shiva + Shakti. According to Tantric philosophy, Brahma (Supreme Consciousness) has two inseparable aspects, Shiva (Cosmic Consciousness) and Shakti (Cosmic Energy).</p>	<p>Tantra and Veda. Indian civilization is a product of the co-mingling of two distinct cultural traditions, the Tantric and the Vedic. The Tantric tradition gave Indian civilization yoga exercises, meditation, and other spiritual technologies, while the Vedic tradition gave India the Vedic priests, ritual worship, mantra ceremonies, Vedic astrology, etc.</p>	<p>Tantra and Vedanta. Tantra believes this world is divine, while Vedanta believes this world is an illusion. Vedanta is termed nondualism, while Tantra is termed nondualist-dualistic-nondualism.</p>	<p>Tantra and Ayurveda. In India, Shiva is known as the "King of Yoga" as well as the "Father of Ayurvedic medicine." The main textbook on Ayurveda, The Carakasamhita (200 CE), was originally composed by Agnivesa and titled Agnivesa Tantra.</p>	<p>Most dates are approximate. Text by Ramesh Bjonnes, based on writings by Shri Srihar N. Namdaruti, Alain Daniélou, N. N. Bhattacharyya and others. Genetic findings on the Vedic Aryans based on works by Dr. Spencer Wells, Dr. Michael Bamshad and others. Text copyright by Ramesh Bjonnes. © Most Illustrations by Aaron Staengl (Ananta)</p>
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