

Tantra

HISTORY / ORIGINS

DEFINITIONS

Tantra / Vajrayana / Secret Mantra

kriya (action)	those concerned with external purity, precision	brahmans	eliminate a few negative emotions	one sees the deity as a being with much higher status than oneself
carya (performance)	concerned with internal yoga and external purity	learned persons, government ministers	eliminate medium amount of negativity	one sees the deity more as a friend
yoga	unconcerned with external appearances; intent in internal yogic development	ruling caste with political power	great deal is countered	one meditates on the non-dual heart or essence deity.
highest yoga	intent on meditating in a state where method and wisdom are indistinguishable	lower castes	completely eliminate mental afflictions	one fully realizes or comprehends the meaning behind the non-duality of the deity being in front or being oneself. Distinction between merely meditating in that manner and actually understanding non-duality

TOOLS FOR PRACTICE

Empowerment
wang / jenang

<i>vase</i>	<i>body</i>	<i>nirmanakaya</i>	<i>nectar</i>	<i>authorized to visualize self as deity</i>
<i>secret</i>	<i>speech</i>	<i>sambhogakaya</i>	<i>mantra</i>	<i>authorized to meditate on winds and channels</i>
<i>wisdom</i>	<i>mental obscurations</i>	<i>dharamakaya</i>	<i>teachings</i>	<i>authorized to meditate on drops, wisdom of emptiness</i>
<i>4th or word</i>	<i>subtle obscurations</i>	<i>svabhavikakaya</i>	<i>meditation</i>	<i>authorized to practice union of clarity and emptiness</i>

lung
tri
samaya

Sadhana (“means for accomplishment”) - Deity Yoga Liturgy

- Generation stage
 - clarity (of the visualized image)
 - purity (of understanding the meaning)
 - divine pride (confidence that one is actually the deity)
- Completion / Perfection stage
 - with signs (e.g., mantra recitation)
 - without signs (e.g., meditation on emptiness, Mahamudra)