Hindu Tantra-Yoga

Hindu Tantra envisions Ultimate Reality as intertwined aspects of Shiva and Shakti. We study contemplative theory and practices from Tantric texts and commentaries, including sacred ritual, deity forms, mantra, yantra (sacred geometry), nyasa (sacred energetic placements), chakras, and visualizations. We also explore Kashmir Shaivism, a non-dualistic monism, and the Srividya Goddess tradition. Tantric influences in Indian poetry, art, and dance/music forms are shared whenever possible. The last class features a culminating class worship ritual (puja) incorporating many Tantric contemplative tools studied all semester. Offered alternate years. Cross-listed as REL334.

Course Number: REL634
Unit: 3.0
Program: Religious Studies