

A Bloom for the World

What causes a living being to go on a search? Sometimes perhaps to enable pure survival due to changes in environmental conditions, to find food, or to connect with other fellow beings of the species. At other times possibly to improve the present life situation a little, whatever this “improvement” may correspond to. As far as humans are concerned, again and again we try to find possible answers to questions that go beyond those of everyday life. Questions of meaning, or questions whose answers, according to our current state of knowledge, can only be found in the area of speculation, beliefs, or individual, personal experience. But what could one say with certainty about special experiences? What would their reality be? Regardless of this, I would like to speak here of a spiritual search that has always inspired, guided and possibly enriched people in their actions.

Without a doubt, Tantra in all its shades can be seen as one of the many paths of spiritual development, of personal growth. And in a previous text I have tried to frame my own view of Tantra into a limited number of words. Even though words will never be sufficient to comprehensively describe the world, or to fully understand it. Nonetheless, language as a messenger, a mediator of ideas or abstractions is a significant achievement of humankind. According to what is known of its origins, Tantra probably emerged as a secret doctrine that required initiation, and the transmission of texts, practices and rituals by teachers who already had walked the ascending path a little further, perhaps even reached the summit, and were ready to descend again from greater heights to assist others in their ascent. Though it should always be kept in mind that the path of others does not necessarily have to point the direction for oneself. And the final cleft cannot be bridged intentionally. If anything, intention is obstructive. Like climbing a mountain whose summit is covered in fog, and one may choose ones steps in such a way that they lead uphill with a feeling. To see the summit in its entirety, however, a lucky coincidence of fate is required to blow away the fog completely. In this respect it is not surprising that Tantra has led a rather niche existence. In addition, with its natural acceptance and integration of the physical, it must have appeared as an adversary to the more ascetic ideas of other spiritual traditions or religions that wanted to overcome the body. But how could everything be perceived as One if something is to be discarded?

The image of a beautiful, rare flower that has bloomed in a remote, hidden location also comes to mind. Why only lead selected people to the blossom? When the lives of many could be enriched by its beauty. If there is a willingness, a wish, to immerse oneself in new impressions, experiences. Since every additional viewer might observe the flower from a unique perspective. To gain new aspects, possibly different facets. That let our existence appear even more wonderful. The daughter of friends who are Tantra teachers that I value much once told me that when she was asked at school what her parents did

for a living, she would say: “They make people happy.” What a simple, beautiful and at the same time profound answer. That is precisely how I also feel: Tantra has the ability to make people happier. But what might be the origin of this happiness?

Thinkers have always investigated the question of what can positively influence the subjective feeling of happiness in humans. In modern times, besides philosophy, also other sciences such as sociology, psychology, or contemporary brain research have delved into these studies, and again and again a handful of factors emerged. Probably the most frequently mentioned aspect are social contacts, friendships, relationships. Enriching, nurturing connection with other thinking, feeling beings. The next aspect completely reflects the second Noble Truth of the Buddha: People who are able to formulate wishes without clinging to fixed expectations describe themselves as happier. A frequently mentioned further point is that giving also contributes to perceived satisfaction. In this respect, the well-known saying “It is more blessed to give than to receive” is certainly justified. Whereby to me personally a situation in which giving and receiving are in balance, seems to be the most desirable ideal. And, according to studies, the ability to recognise the uniqueness in oneself, but also in others, contributes to happiness as well. To see, so to speak, the divine in every being. All of the aspects just mentioned are gently implemented by the Tantric path. The loving contact to oneself and others in mindful, contemplative, meditative encounters and touches. In which a balance of giving and receiving without intent is aspired to. And the veneration of the divine in the other, but also in oneself. Whereby the divine is to be understood less in a religious sense, but more in a spiritual. As parts that can recognise and realise the whole in their connection, their union.

The ability of Tantra to give people greater satisfaction, perhaps even feelings of happiness, as outlined above, leads me to the conclusion that it is worthwhile to lead Tantra out of its niche, to make the flower accessible to the world, and to share and spread the joy of it further and further. So that the love may grow.