

# Trantric Glossary

In light of the original article submitted by Gabriele Gailli, here is a Glossary which demystifies terms used in his article named: *Tantrism Meets Modern Psychology: Emotions Are Not Enemies, But Guides!* Tantrism is a complex subject. Using a dictionary, i.e. a Glossary helps the readers and the writers, to vulgarize the ideas put forward.

## Glossary — Tantrism & Modern Psychology

This glossary supports the original article written by Gabriele Gailly from Jiva.it: “*Tantrism Meets Modern Psychology: Emotions Are Not Enemies, But Guides!*”

### Vātūlanātha-Sūtras

A short collection (traditionally 13) of aphorisms from the non-dual Śākta-Śaiva Krama lineage (Kashmir), pointing to direct recognition of one’s true nature. Often accompanied by an oral or written commentary attributed to Anantaśakti.

### Sūtra 9 (Vātūlanātha-Sūtra)

An aphorism interpreting hunger, thirst, envy, and cogitation as sacred manifestations (deities/archetypes) of consciousness, to be recognized and integrated rather than suppressed.

### Anantaśakti (Anantaśaktipāda)

Traditional commentator associated with explanations of the Vātūlanātha-Sūtras; provides the interpretive framework that makes the terse aphorisms intelligible to practitioners.

### Krama

A tantric current of non-dual Śākta-Śaivism emphasizing sequential unfolding and reabsorption of awareness. The Vātūlanātha-Sūtras are linked to this stream.

### Yoginī

In tantric traditions, an adept—often a female master—associated with transmission of experiential teachings and direct methods of realization.

### Deity Yoga

A tantric contemplative method that visualizes divine forms (peaceful or wrathful) as expressions of one’s own awakened nature, transforming emotional energies into wisdom.

# Wrathful Deities

Fierce tantric iconographies representing powerful forces of transformation; they symbolize the transmutation of intense emotions into insight and compassion.

## Kṣudhā (Hunger)

In the Sūtra 9 context, an archetype of reabsorption— the drive of the One to “consume” multiplicity and return to essential unity; a cue for contemplative recognition, not repression.

## Tṛṣṇā (Thirst)

Archetype of withdrawal/détachement menant au silence intérieur et à l’essentialité ; signale un mouvement vers l’espace de présence plutôt qu’un manque à combler compulsivement.

## Īrṣyā (Envy)

Racine de la perception duale (comparaison sujet/objet). Reconnu et intégré, ce dynamisme devient moteur d’interaction consciente au lieu de nourrir la contraction mentale.

## Cintā (Cogitation)

Flux de pensées/images/intentions compris comme vibration créatrice de la conscience. À accueillir lucidement pour ne pas confondre mouvement mental et identité.

## Radical Acceptance

Principe psychologique consistant à reconnaître et accueillir l’expérience telle qu’elle est (émotions, sensations, pensées) sans jugement, afin de cesser la lutte et de répondre avec clarté.

## MBSR (Mindfulness-Based Stress Reduction)

Programme clinique de réduction du stress fondé sur la pleine conscience (méditation, attention non-jugeante) — une méthode convergente avec l’accueil tantrique des états internes.

## DBT (Dialectical Behavior Therapy)

Thérapie validant l’acceptation et le changement (régulation émotionnelle, tolérance à la détresse, pleine conscience), utile pour observer sans réprimer puis agir de façon intentionnelle.

## Autorégulation émotionnelle

Capacité à moduler l’intensité/durée des émotions et à canaliser l’énergie affective de manière constructive — corollaire moderne de l’“établissement stable dans le Soi” évoqué par les sūtras.

# Interesting links

- [Your here](#)
  - [Tantrism Meets Modern Psychology: Emotions Are Not Enemies, But Guides](#)
- [Tantra](#)
- [Vijnana Bhairava Tantra](#)
- [White Tantra](#)
- [Ayurvedic Tantra Yoga](#)
- [The Great Nirvana Tantra](#)
- [Bouddhism is a religion and a phylosophy](#)
- [Bouddhism - Hearth Chakra](#)
- [Bouddha](#)
- [Bouddhism](#)
- [Bouddhism - The seven branches](#)

# Interresting links

- Le [Tantrisme est ses rituels](#) (FR) ([to be translated](#))
- Les [rituels](#) (FR) ([to be translated](#))
- Vijnana Bhairava [Tantra](#) (FR) ([to be translated](#))
- [Tantra Blanc](#) (FR) ([to be translated](#))
- [Tantra Ayurvédique](#) (FR) ([to be translated](#))
- Le grand [Nivrana Tantrique](#) (FR) ([to be translated](#))

Here is a "Commons" continuity pages related to articles submitted by our members

- Hatha [Tantra Yoga](#)
  - In relation to Yoga, Bouddhism and Shivaïsm, here is a [glossary about Tantra](#)
- List of articles received [not integrated or being revised](#)
  - Rejected due to [an unknown issue](#)
  - Rejected due to [Copyright issue-s](#)

# References & Further Reading

- Wallis, C. (Hareesh). "The Sūtras of the Intoxicated Lord (Vātula-nātha)." [hareesh.org](#).
- Vātūlanāthasūtra (Sanskrit text + commentary). Catalog entry: [archive.org](#).
- Overview/notes on Vātūlanātha (French): [Conscience sans objet](#).
- Deity Yoga (background & method): [Wikipedia|].
- Wrathful Deities (symbolism): [Wikipedia](#).
- Emotions & mindfulness in yoga/psychology: "Emotions and the Yoga Sūtra," [Yoga International](#).

- Conférence sur Zoom qui a eu lieu le 24 août 2025 intitulé: [Le ramayana dans la physiologie humaine](#) (FR) (troisième partie)