

# KALI YANTRA

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The **Yantra** is a geometric symbol existing in the external world as well as a subject to be internalized within human consciousness. **Kali** is the Hindu Goddess of time, of change. She is the power of action, of the breath and of transformation (**kriya-shakti**). **Kali's** essence is Divine Love. Through time, breath and Divine Love all things are accomplished. If we surrender to Her essence, She creates the energy and all is possible. The **Kali Yantra**, then, contains within it the transformative energy of change. When we internalize this energy and surrender to its sweet transformative power of love, we begin our inward journey toward healing and spiritual growth.

According to the **Tantric** tradition, the 36 corners of the **Yantra** represent the 36 principles (**tattvas**) of creation, from the Most Transcendent to the most minute expression of Materiality.

The **bindu** is the central point, the seat of the soul, the **Atman**; the internal link with **Brahman** the Absolute. The **bindu** is also **Kali**, and all the phenomenal world emanates out from Her. In the **Tantric** tradition, **Kali** as the energy (**Shakti**) aspect of material nature is united with the Absolute (**Shiva**) for the sake of creation.

**Five (5) inverted concentric triangles, 2 circles and 8 lotus petals** enclose the **bindu**.

The **5 inverted concentric triangles** represent the **5 kosas** or sheaths of the human condition, with soul (**bindu**) in the middle: **Annamayakosa** (physical), **Pranamayakosa** (life force), **Manomayakosa** (mental/emotional), **Vijnanamayakosa** (wisdom) and **Anandamayakosa** (bliss). The **15 corners of the 5 inverted concentric triangles** represent the 15 principles of experience (**tattvas**); the 5 organs of sense – smell, taste, sight, touch, hearing; 5 organs of action – procreation, excretion, locomotion, handling, speaking; and 5 **tanmatras** – odour, flavour, colour, feeling, sound. The **inverted position** of the triangle represents the female regenerative power.

The **2 circles** symbolize the cycle of birth and death, which we must pierce through the **bindu** in the centre in order to reach the Absolute Reality.

The **8 lotus petals** are symbols of **Prakriti**, the cause of the manifesting universe. The **8 lotus petals** refer to the 8 principles (**tattvas**) of **Prakriti** – The 5 principles of materiality or nature (**Prakriti**) are Earth, Water, Fire, Air, and Ether. And with the 3 principles of the inner instrument (**antahkarana**), the Lower Mind (**manas**), the Higher Mind (**buddhi**) and the Ego-sense (**ahamkara**), these **8 tattvas** compose the phenomenal or relative world.

**Kali** as the power of action is inherent in the element air or wind, **Vayu**. In human body **Kali** exists as **Prana**, the breath or life-force. **Kali** holds the five vital airs: **prana** (upward air); **apana** (downward air); **vyana** (air within the body); **udana** (air leaving the body); and **samana** (air at the navel which helps to digest food). **Kali** emphasizes inner action, which generates the internalizing force of **so' ham**, the rhythm of the breath, the sound of the breath: I am that, I am Spirit, I am **Kali**. Like the wind, she is mobile, subtle and transformative. **Kali** relates to lightning (**vidyut-shakti**), the electrical force that pervades the universe as the power of transformation. Like the electrical storm, She acts quickly. **Kali** grants a lightning-like illumination and transformation. She is located in the spiritual heart, the **anahata chakra**. She is the pulsating of the physical heart, the blood that gives us life; in this action She is called **Rakta-Kali** or the **Red Kali**.

**Red** in the **Kali Yantra** is the **colour** of the heart's lifeblood, filling us with vitality. **Black** is the colour of the night; but as we approach **Kali**, She becomes as bright as the sun. **Grey** is the emerging light into the black, the midworld existing between the earthly plane and the realm of heaven. **Kali** as **Prakriti** or **Shakti** exists in all three realms. **Bronze** is the colour of the earth, the sphere of normal consciousness. **Gold** is the colour of the alchemist, the colour of transformation moving us into Higher Consciousness. The **red** and **yellow** flames are the transformative fires gently cooking us, making us more palatable for Spirit.

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## Meditation on The Kali Yantra:

- 1) Gaze with eyes open at the **bindu** of the **Kali Yantra**;
- 2) Gaze also as if seeing with the mind's eye, the Spiritual Eye, the **Ajna Chakra**;
- 3) Gaze with the heart - feel the flow of reverence from your heart centre (the internal seat of **Kali**) moving towards the **bindu** (the external seat of **Kali**) of the **Yantra**;
- 4) Internalize the colours of the **Yantra** - let them wash over you;
- 5) Allow the regenerative power of the **Kali Yantra** to internalize and transform you;
- 6) When you are ready, continue your meditation with eyes closed, seeing the **Kali Yantra** in your mind's eye. Mentally chant **So' Ham (Hum)**, the breath of **Kali** – **So** with the in-breath, **Hum** with the out-breath. Remain relaxed. Don't strain. Enjoy.