

---

# Tools For Tantra Harish Johari

---

Coloring Yantras

Chakras

Tantric Yoga and the Wisdom Goddesses

Nine Designs for Inner Peace

Awakening the Chakras

Chakras

Modern Tantra

Dhanwantari

Ayurvedic Healing Cuisine

The Yantras of Deities and Their Numerological Foundations

The Power of Tantra Meditation

Secrets of Yantra, Mantra and Tantra

Tantra

Little Krishna

The Yoga of Snakes and Arrows

Tools for Tantra

Love Your Ego

Tantra

The Birth of the Ganga

How Parvati Won the Heart of Shiva

Breath, Mind, and Consciousness

The Book of Chakras

Layayoga

The Yoga of the Nine Emotions

Numerology

The Yoga of Truth

Yantra

Sri Chakra

The Yoga of the Nine Emotions

The Wisdom Teachings of Harish Johari on the Mahabharata

Breath, Mind, and Consciousness

Ayurvedic Massage

The Monkeys and the Mango Tree

The Healing Power of Gemstones

Tantra Unveiled

Leela

Energies of Transformation

Charaka Samhita  
Leela  
Shakti Rising

*Downloaded from*  
*Tools For Tantra Harish* [dev.gamersdecide.com](http://dev.gamersdecide.com) *by*  
*Johari* *guest*

---

## **NORMAN HINTON**

---

*Coloring Yantras* Bear Cub Books  
These twenty-five beautifully illustrated tales capture the mystery, the enchantment, and the profound spiritual learning that is India. Drawn from the great Indian epics the Puranas, the Upanishads, and the Mahabharata, these tales put ageless Indian wisdom into the form of stories to delight young and old alike.

Chakras Llewellyn Worldwide  
Modern Tantra shows how to practice

the ancient Pagan spiritual system of Tantra for greater freedom, health, and happiness. Correcting the many misconceptions that surround Tantra, author Donald Michael Kraig shows that its wisdom can be experienced today, helping you access your natural energy for healing and spiritual advancement. Encouraging growth, experimentation, and personal evolution through exercises and meditations, Modern Tantra is a new look at a time-honored spiritual path. With a non-dogmatic approach, this book shows you how to work with Tantric: • Chakras • Mythology • Herbalism • Healing • Astrology •

Divination • Mudras and mantras • Sexuality • Ritual magick • Festivals • Spells • The three gunas and three doshas • Goddesses and gods • Sacred images • And much more

*Tantric Yoga and the Wisdom Goddesses*  
Inner Traditions / Bear & Co

The Book, Highlights The Essential Import Of The Innocuous-Looking, Yet Enigmatic, Diagrams Called Yantras Surfacing From The Occult Practices Of The Tantrics. It Examines A Range Of Tantric Yantras, With Their Varieties, Applications, Modes Of Construction And Above All Their Iconographic Features.

*Nine Designs for Inner Peace* Simon and Schuster

Winner of the 2017 Nautilus Gold Book Award! The wisdom of the Mahavidyas, the ten wisdom goddesses who

represent the interconnected darkness and light within all of us, has been steeped in esoteric and mystical descriptions that made them seem irrelevant to ordinary life. But with this book, written by a respected cardiologist who found herself on a spiritual search for the highest truth, you're invited to explore this ancient knowledge and learn how it can be applied to daily struggles and triumphs—and how it can help you find unreserved self-love and acceptance. The pursuit of contentment is an innate part of the human experience, arising from a fundamental sense of lack or inadequacy—all the things we believe to be wrong with us when we compare or judge ourselves. In our search for peace and happiness, we may find ourselves fighting the shadows

within us, trying to repress or disown certain qualities, especially our anger, violence, discomfort, craving, and disappointment. But in order to stop this fight, we must expand our understanding beyond the dualities of good versus bad, right versus wrong, and beautiful versus ugly, and accept the parts of ourselves we've tried to deny. Pulling from Eastern traditions including tantra and yoga, and focusing on the feminine principle of divine energy also known as Shakti, this book bridges the divide between dualistic concepts and non-dual philosophy. By exploring the symbolism of the Mahavidyas (Kali, Tara, Tripurasundari, Bhuvaneshwari, Tripura Bhairavi, Chinnamasta, Dhumavati, Baglamukhi, Matangi, and Kamalatmika)—each with a

veiled face representing a destructive quality that perpetuates ignorance and suffering, and a true face representing the wisdom that stimulates profound transformation and liberation—you'll learn to embrace and incorporate every aspect of who you are. With practices, self-inquiry prompts, and stories from the author's own spiritual seeking, this exploration of the divine feminine will gently reveal the source of your fear, pain, and suffering, showing you that when you allow those parts of yourself to arise and simply be, you can finally begin to heal, overcome your limitations, and open to the light and beauty of your true nature.

*Awakening the Chakras Inner Traditions /*  
Bear & Co

The author describes how to use the

power of gemstones, using ancient Hindu disciplines, to heal and increase a sense of well-being.

Chakras Inner Traditions / Bear & Co

This book is about the subtle energy of the life force, the pure consciousness beyond mind and the ecstatic experience of spiritual awakening. It also tells of physical collapse, psychic chaos, and personality upheaval, those elements of human transformation that uproot individuals to the core. It tells the stories of people, both ancient and modern, who have discovered and integrated an experience that pushes the edges of their sanity and their divinity. And it is a guide for survival and transformation. It appears that when people pray, meditate, or turn inward with great intensity to find God, what

they may ultimately experience is the sat-chit-ananda of the ancient Indian scriptures. Sat is existence or beingness, the substance or essence that is all things. Chit is cosmic intelligence or knowledge that fills everything, a consciousness without personal identity. Ananda is ecstatic bliss. Indian pandits identify these three qualities as the essential nature of existence. Direct intuition of them becomes possible following the eruption of Kundalini energy, which is latent in each of us. This book is to help you recognize and support a unique, universal and ageless process related to spiritual experience and psychological wholeness and identified in ancient times as Kundalini awakening.

*Modern Tantra* Simon and Schuster

Translated for the first time into English, "The Birth of the Ganga" will delight readers young and old with its wonderful story and exquisite hand-painted silk illustrations that bring to life the beautiful goddess Ganga and many other saints and gods from Hindu scripture. For children ages 8-12.

**Dhanwantari** books catalog

The entertaining and instructive tales of young Lord Krishna, enjoyed for centuries by Indian children, are now available for Western children, who will delight in the magical journeys taken by young Krishna in a land full of mysterious gods and unusual animals, as they learn Indian lore and the importance of kindness, the boundless nature of wisdom, and other values of Hinduism.

*Ayurvedic Healing Cuisine* Motilal Banarsidass Publishe

Describes authentic tantra, the different spiritual paths and how tantra combines yoga, meditation, ayurveda and other disciplines.

The Yantras of Deities and Their Numerological Foundations New Harbinger Publications

Unveiled in this book are the secrets of the occult sciences of Yantra, Mantra and Tantra to help the reader achieve worldly success and spiritual enlightenment. Detailed instructions are given for the preparation and application of Yantras for specific purposes: to win favours, defeat for selecting and using Mantras to attain miraculous powers, and fulfilment of one's desires, are explained in detail. In the Tantra section

of the book, methods of treatment of diseases by herbs are given. Information is provided about Tantric articles and where to obtain them.

The Power of Tantra Meditation Simon and Schuster

Understanding chakras is an effective first step in harnessing every human being's hidden life-changing energies and employing inner powers for spiritual and physical healing. The word chakra originated with the Vedic teachings of ancient India. It comes from the Sanskrit word for "wheel of light," and denotes the energy centers that exist in every man and woman. The Book of Chakras explores the nature of these energy sources, explains where they dwell in each of us, and instructs on how to use them. The author identifies seven energy

centers in the human body. The Root Chakra, located in the lower torso, anchors us in life. From that point on the rising ladder of love and healing, we become aware of the Sacral Chakra, the Solar Plexus Chakra, the Heart Chakra, the Throat Chakra, the Brow or Third Eye Chakra, and the Crown Chakra. The last, the Crown Chakra, located in the head, is the most refined and spiritual center in the human energy system. Chakra teachings describe seven bodies that make up every person's aura. They are the Physical, Etheric, Astral, Mental, Divine, Spiritual, and Soul bodies. Chakra teachings say that each of these bodies vibrates in ways that are allied to the colors of the universe. However, only one of these bodies, the Physical, is visible. When we understand these



bodies in detail, we become able to correct chakra imbalances and harness our powers for peaceful and productive living. The author advises on ways of restoring balances, healing through the power of thought, and employing colors, sounds, crystals, acupuncture, and other means. More than 300 color illustrations.  
*Secrets of Yantra, Mantra and Tantra*  
Shambhala Publications

Modern scientists are just now beginning to understand what yogis have known for centuries--that the life force animating our physical bodies is regulated by breath, and that the breath energy is controlled by the mind. The esoteric and practical science of Swar Yoga--presented in this book for the first time in English--teaches conscious observation and control of breathing

patterns to maximize energy and vitality. Tantric Scholar and author of *Tools for Tantra, Chakras, and The Healing Power of Gemstones*, Harish Johari brings an in-depth knowledge of ancient Hindu sciences to this discussion of breath and the yoga of balanced living. His is the first guidebook for Westerners to offer a comprehensive treatment of the subject, providing information from Sanskrit texts otherwise unavailable in the English Language. He explains the sensory network of the nose and its effect on the subtle channels of energy throughout the body, showing the direct link between the practice of conscious breathing and the electrochemical balance of the brain and nervous system. He also shows how the breath,

alternating between left and right nostrils, is influenced by solar and lunar forces and how one can attune to these natural rhythms and universal laws for greater health and well-being. Johari's mastery of Swar Yoga techniques is apparent in the broad scope of *Breath, Mind and Consciousness*: included are a discussion of the phases of the five elements in the breathing cycle, exercises for physical and psychic healing, the means for determining which nostril is active, and instructions for conceiving a son or a daughter.

**Tantra** B.E.S. Publishing

This is the first guidebook for Westerners to explain the teachings of Swar Yoga--the conscious observation and control of breathing to maximize physical and psychic energy.

*Little Krishna* Simon and Schuster  
*Ayurvedic Massage* is the first book on the subject, and the first new massage therapy introduced to the West since shiatsu. One of the oldest systems of medicine in the world, Ayurveda views the human being as intimately connected with the environment and all other life forms. Ayurvedic massage works on both the physical and mental levels, transmitting a life-giving energy that assists all systems of the body to repair and renew themselves. Practitioners concentrate on the marmas, subtle energy points that respond to gentle physical manipulation, and work with the needs of the different body types. The author guides both the novice and experienced practitioner through each step in the full body

massage and explains which oils work best for particular body types. • Includes massage techniques for expectant mothers and their babies. • Outlines techniques and natural remedies for treating specific disorders, including arthritis, rheumatism, sciatica, and insomnia. • Offers a complete guide to the traditional forty-day beauty treatment as practiced in India, and includes recipes for massage oils, facial creams, and beautifying clay baths.

*The Yoga of Snakes and Arrows* Sterling Publishers Pvt. Ltd

The magical story of how the princess Parvati opens the heart of her eternal husband Shiva • The courtship story of one of the central couples in Indian lore, Parvati and Shiva, made accessible for Western children • Illustrated throughout

with paintings from the classic Indian tradition In the Hindu pantheon the great mother goddess Adishakti is the heavenly wife of Shiva, Lord of All Gods. Whenever Shiva or Adishakti come to Earth in human form, they are fated to marry each other again--but that's no guarantee that all will go smoothly with their courtship. In this story Adishakti comes to Earth as the mountain princess Parvati, who has her work cut out for her when she tries to win the affections of Shiva. Shiva spends all his time meditating on a remote mountainside in the Himalayas and has no interest in marriage. Parvati washes his feet, wipes his brow, and lays sixteen offerings before him, but he won't even look at her. Sage Narada advises her to invoke Shiva's name--Om Namah Shivaya--over

and over again as a mantra. So in the heat of the sun, in the driving rain, in snow up to her neck Parvati sits and repeats her beloved's name until the focused power of her intent opens his heart and persuades him to ask for her hand in marriage. Parvati's timeless story teaches children that with enough love and perseverance even the seemingly impossible can be achieved. Accompanied by rich, color illustrations prepared according to the traditional Hindu canon, *How Parvati Won the Heart of Shiva* will transport children to a magical world filled with ancient wisdom. *Tools for Tantra* Lotus Press

Author, artist, and scholar of Tantra and Ayurveda, Johari was also an inspired cook who shared his culinary wisdom in this treasury of vegetarian cooking

based upon ancient Ayurvedic principles of healing.

*Love Your Ego* Himalayan Institute Press

Tantra—often associated with Kundalini Yoga—is a fundamental dimension of Hinduism, emphasizing the cultivation of "divine power" (shakti) as a path to infinite bliss. Tantra has been widely misunderstood in the West, however, where its practices are often confused with eroticism and licentious morality. *Tantra: The Path of Ecstasy* dispels many common misconceptions, providing an accessible introduction to the history, philosophy, and practice of this extraordinary spiritual tradition. The Tantric teachings are geared toward the attainment of enlightenment as well as spiritual power and are present not only in Hinduism but also Jainism and

Vajrayana Buddhism. In this book, Georg Feuerstein offers readers a clear understanding of authentic Tantra, as well as appropriate guidance for spiritual practice and the attainment of higher consciousness.

#### Tantra Inner Traditions

- Revised and expanded edition of the classic work on chakras by the renowned Indian scholar and tantra practitioner.
- Over 35,000 copies of the original edition sold.
- Includes full-color illustrations of the chakras to be used with the meditation exercises in the book and provides the tools necessary to activate these centers of transformative energy. In the ancient science of tantra, the human body is viewed as the most perfect instrument for the expression of consciousness, a perfection realized

through the development of psychic centers known as chakras. Located within the cerebrospinal system, the chakras are the stage upon which the interaction between higher consciousness and desire is played out. Consequently, it is through understanding and utilizing the energies of the chakras that we ultimately reach an enlightened state of being. In *Chakras*, Indian scholar and tantra practitioner Harish Johari introduces the classical principles of the chakras as well as their practical application for today. In this expanded edition, complete with new art and text, he unfolds the mysteries of these subtle centers of transformation with visualization techniques essential to a fully realized tantric practice. Unlike other books in its

field, Chakras provides the tools to activate these centers of transformative energy and elevate one's intellectual knowledge to an experience of spiritual growth. Meditating on the beautiful, full-color illustrations of each chakra vitalizes the cerebrospinal centers and harmonizes the entire system both physically and psychically. Explanations of each chakra elaborate on the chakra's connection to elements, colors, sounds, sense and work organs, desires, planets and deities, as well as on behavioral characteristics and particular effects of meditation. For scholars and spiritual aspirants of every level, Chakras is an invaluable, practical source of information and techniques.

The Birth of the Ganga Inner Traditions

- Revised and expanded edition of the

classic work on chakras by the renowned Indian scholar and tantra practitioner. • Over 35,000 copies of the original edition sold. • Includes full-color illustrations of the chakras to be used with the meditation exercises in the book and provides the tools necessary to activate these centers of transformative energy. In the ancient science of tantra, the human body is viewed as the most perfect instrument for the expression of consciousness, a perfection realized through the development of psychic centers known as chakras. Located within the cerebrospinal system, the chakras are the stage upon which the interaction between higher consciousness and desire is played out. Consequently, it is through understanding and utilizing the energies

of the chakras that we ultimately reach an enlightened state of being. In *Chakras*, Indian scholar and tantra practitioner Harish Johari introduces the classical principles of the chakras as well as their practical application for today. In this expanded edition, complete with new art and text, he unfolds the mysteries of these subtle centers of transformation with visualization techniques essential to a fully realized tantric practice. Unlike other books in its field, *Chakras* provides the tools to activate these centers of transformative energy and elevate one's intellectual knowledge to an experience of spiritual growth. Meditating on the beautiful, full-color illustrations of each chakra vitalizes the cerebrospinal centers and harmonizes the entire system both

physically and psychically. Explanations of each chakra elaborate on the chakra's connection to elements, colors, sounds, sense and work organs, desires, planets and deities, as well as on behavioral characteristics and particular effects of meditation. For scholars and spiritual aspirants of every level, *Chakras* is an invaluable, practical source of information and techniques.

**How Parvati Won the Heart of Shiva**  
Simon and Schuster

Harish Johari's revelations on the lessons and predictions in this classic Indian epic

- Examines the lessons of the main characters in the Mahabharata and how each symbolizes an aspect of human consciousness
- Explains dharma in modern terms, shedding light on major events in our time
- Contains a modern

retelling of the Bhagavad Gita, the essence of Indian philosophy • Includes teachings on the relationship between energy, the elements, and the chakras and on the causes for war in this epic story • Compiled and Edited by Wil Geraets Harish Johari (1934-1999), the distinguished North Indian author and Tantric scholar, spent a lifetime studying the Mahabharata and the lessons it contains. Known the world over for its famous chapters on the story of the hero Arjuna and the Bhagavad Gita, this ancient epic is more than just stories. As Johari reveals, the Mahabharata's teaching tales contain insight on justice and injustice, individual and cosmic consciousness, Indian philosophy, and the four eras of humankind, including our current era, the Kali Yuga. Based on

numerous talks given by Johari, this book presents the deeper layers of the Mahabharata, revealing its wisdom and teachings in a contemporary and often entertaining way. Examining the lessons of the main characters and how each symbolizes an aspect of human consciousness, Johari explores the lives of Bhishma and Arjuna, the events in the Pandava and Kaurava families leading up to their battle at Kurukshetra, lesser-known stories such as the tale of Karna's previous life as a demon, and a modern retelling of the Bhagavad Gita. Johari explains the complex concept of dharma in present-day language, shedding light on events unfolding in our current age, the Kali Yuga, and offers insights on the relationship between energy, the elements, and the chakras and on the



causes for war in this epic story.