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

- How to liberate yourself of bad habits
- 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)