

Mandala - The Original Geometry

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Abstract -The article delves into secret relationship between Mandala, Tantra, Yantra and Yoga. These concepts have profound influence human existence, healing, well-being. A Mandala is a natural expanded form of a point. It is like a hidden universal energy source or a hidden universe in an atom. Yantras were kept inside the sanctum sanctorum

Yoga is also geometry. When along with the idol of the deity and it was said that the real power of the deity lies not so much in the idol but in the yantra i.e. the geometrical pattern or the yantra. When we perform yoga asanas, we are creating geometric patterns with the body. It is a living mandala animated by our own body, breath and awareness. Each mandala is dedicated to specific deities. Mandala is a representative of the mind of the deity. Each mandala is a pictorial representation of a tantra.

Keywords : Mandala, Yantra, Tantra, Geometry and Yoga.

INTRODUCTION

As we know geometry is the science of magnitude in general. It is also science of structures. Archaeological expeditions have highlighted certain everlasting all time truths about our ancient human culture. Mantra, Yantra and Tantra were existed as heritage in all the Human civilizations.

Our ancient scriptures Vedas and Upanishads especially Atharvana Veda speaks much about sacred sounds (Mantras), sacred structures (Yantras) and sacred techniques (Tantras). Generally Yantra is a geometrical structure comprised of point, lines, triangles, squares and circles and so on.

Mandala:



When a central point got vigorously vibrated, momentum starts, various hidden energy form like, light, sound and heat will emerge to all directions. The waves travel in various forms. It has been proved by our ancient masters, when a point gets momentum, it forms straight lines, these in turn will form triangles, squares, momentum of squares will create circles. When these circles rotated 360° spheres will be formed. On the other hand these spherical structure is also called as 'Mandala'. In this way a mandala is a natural expanded form of a 'point'. Our ancient masters revealed that 'point' is an unmanifested form of energy source. Where as Mandala is an expanded form of energy source manifestation. In this way a Mandala is a hidden universal energy source or otherwise, a hidden universe in an atom. Hence a Mandala is also called as "Cosmogram".

Principles of Mandala:

- 1) Mandala acts as a 'Receiver' as well as a 'Transmitter'.
- 2) Mandala will have movement capacity.

3) Mandala has capacity to control, centralise, convert and communicate the hidden energy in it.

4) When a person or matter comes within the orbit of Mandala, or when a Mandala surrounds a person or matter, it will have influence and energy contained in mandala will be poured into it. On the other hand by its influence the hidden power of that person will be evolved.

5) Mandala is a powerful, influential sacred structure. It works consciously on all

the levels of existence.

6) Mandala works as a self empowered and self efficient powerful tool. Emergence of Energy, Thought Intention Provocation, Harmonisation of feelings, Balancing and reconciliation of internal and external forces. The existence of divine consciousness works in all the aspects of a Mandala, hence it is also called as 'psycho-cosmogram'.

Technology of Mandala:

Mandala is an inbuilt structure of all the geometrical forms. In linear dimension it looks like a circle. Whereas in three dimensional it looks like a hollow sphere, you can see all the sides of this structure. The internal intersected formation creates lotus petals. Our ancient great Rishis and Masters revealed that lotus flower is a divine structure which denotes purity and perfection of creation. Lotus structure also emphasises the creativity, multi dimensional existence of energy forms and its relative expansion of its Arena.

Mandala is a divine symbol of eternity, wholeness, perfection, timelessness, protection and so on. As a structural existence it is a divine instrument (yantra). It has many uses.

Spiritual Dimension of Mandala:

In spiritual concept we have three types of 'space' (Akasha). Literally Akasha word formed by the verbal root 'kash' denotes luminous.

1) The existence of beings and matter of this physical world - 'Bhouthika Mandala'

physical level.

2) The existence of thoughts and feelings represents the second level called as 'Mano Mandala' - Mental level.

3) Undifferentiated pure conscious level called 'Poornaprajna Mandala'.

All these levels are of 'light' and 'consciousness'. Mandala activates in all these levels. It has capacity to move from one to another level. Mandala works as a divine instrument in bringing co-ordination with hidden power of a person in 'Antharanga' (core) and different levels of power existing around them.

In the first level, the basic and natural existence of divine light and divine consciousness in a being is completely covered by ignorance and indolence (Thamas). Egoism overpowers every thing and person will be in complete darkness.

In second level active imperiousness (Rajas), beings will have little awareness and knowledge. They will experience existence of divine light and divine consciousness.

In third level due to virtuousness (Sathvik), beings will be naturally enlightened. They know and experience the existence of divine light and divine consciousness within and all around them.

The existence and activation of a Mandala will transform the state of inertia (jadatva) into state of activeness (chaitanya) and in term chaitanya will be transformed to divine consciousness, when this kind of transformation happens within and all around a being, they will get rid off ignorance and ego. They will be flourished with enlightenment of divine light and divine consciousness in all the levels of existence.

Ahtharjyothir Bahirjyothihi | Prathyagjyothihi Parathparaha hon Jyothirjyothihi Swayamjyothihi | Athmajyothihi Parabrahma.

Mantra - Yantra - Tantra Relative principle

Divine mantra emerged from the sound form of seed syllable. The divine power of mantra will be manifested as a divine tool (yantra). In the centre of every yantra it will have a Beejamantra. This Beejamantra will be the Atma of the particular divine power. In this way the relativity of seed centre, seed syllable and hidden divine power of it is explained. Similarly, mantra and yantra will have influence on the conscious level of a being in all of its existence and will act accordingly.

Mandala as an yantra will represent the mental level. Mantra in its verbal form represents sound

consciousness. The different postures (mudras) represents physical embodiment of divine consciousness. Once the Parabrahma Shakti installed in a mandala it works in unison as a self empowered 'Swayampurna Mandala'.

The existence of every being has a central point. Similarly every mandala will have a central point. These central points can be synchronized by a divine technique.

The divine thought intention of a person works in unison with the power of the mandala, accordingly thoughts will be manifested, in its true nature.

YOGA AND SACRED GEOMETRY

The secret of sacred geometry

Yoga is highly sought after for its health and wellness benefits. Yoga is the soil in which the knowledge and practice of yoga take root, blossom and bear fruit. It has profound relationship Mandala the geometry.

So how exactly does the wave unite with the ocean, so to speak? I believe the science of sacred geometry can offer some clues into the concept. We have all probably been exposed to sacred geometry through images of mandalas and yantras. Although we may not always understand these patterns, we often have an intuitive understanding of their power and importance.

Sacred geometry reflects the creative patterns of Nature and the Universal Intelligence. Apart from their beauty, sacred geometric patterns also hold profound meaning. Sacred geometry is often associated with mystical traditions across the world, perhaps because these intimate secrets of creation had to be experienced, or revealed, in some way, through an intuitive channel, before they could be translated into a visual representation.

Sacred geometry is an integral part of many ancient cultures. In the Indian tradition, it is most often associated with mandalas and yantras, which are said to have a power of their own. What is the difference between the two? Mandalas are temporary, for example drawn on paper, while yantras are permanent, for example, engraved on metal.

Yantras and Mandalas

Traditionally, in temples, yantras were kept inside the sanctum sanctorum, along with the idol of the deity, and it was said that the real power of a deity lay not so much in the idol but in the yantra, or the geometric pattern that held the shakti or the energetic vibration of that deity.

Why is this important? Because it tells us that these geometric patterns are like keys. They are specifically coded to unlock and open the door to a certain dimension of consciousness.

A mandala is not only something that is drawn on paper. It is also a living, breathing entity. The cycle of day and night is a mandala, as is the cycle of seasons in a year. When we perform a series of cyclical sequence of yoga asanas, such as the Surya Namaskar, or pranayama, such as nadi shodhana or alternate nostril breathing, that is also a mandala. And much like mandalas and yantras that are drawn, these mandalas too have the potential to connect us with universal energies which are far beyond our comprehension.

Yoga as living yantra

Yoga is geometry. When we perform yoga asanas, we are creating geometric patterns with the body. It is a living mandala, animated by our own body, breath and awareness. Think of it like a radio. When we tune the radio to a certain frequency, we are able to access a certain stream of information or knowledge. Similarly, when we practice yoga postures, we create specific geometric shapes that tune our systems to receive certain subtle energy frequencies which are coded with unique knowledge, experiences and insights. These subtle universal energies are everywhere. However, much like a radio, we must be tuned correctly and precisely to access them.

Let us take a simple example: the triangle, or trikona. The triangle is a common shape that can be seen in many yantras. Among the many things they symbolise, triangles represent balance and harmony, the coming together of distinct parts to create a coherent whole. We see the number three repeated in many concepts of vedanta, yoga, ayurveda and mythology. For example, the trinity of Brahma, Vishnu and Shiva, which represent the forces of creation, preservation and transformation/destruction in nature. For nature to be in harmony, these three forces must be in balance. The trinity of gunas, i.e. sattva (purity and clarity), rajas (action) and tamas (inertia) are another such example,

for these three gunas must be in balance to uphold harmony in nature. Similarly, the entire science of Ayurveda is based on the three doshas, i.e. vata (air), pitta (fire) and kapha (earth and water), which must be in balance for a person to have good health.

In yoga too, the triangle shape is prominent. Imagine you're sitting in a simple cross-legged position with your hands on your knees. Now, imagine a line connecting both your knees, and another two lines drawn from each of your knees to the point in the centre of your eyebrows. Do you see a triangle? Now think about adhomukha shwanasana, or the downward-facing dog position, where the body resembles

the shape of an inverted letter 'V'. Once again, do you notice the triangle? And trikonasana, or the triangle pose, in which the name itself suggests that the body is supposed to replicate the shape of a triangle. It's difficult to miss the form of a triangle there!

The triangle shape is important for the body to maintain physical balance, but at a more subtle level, it also facilitates an inner harmony and balance between all the diverse aspects of one's personality and consciousness. In the world, we find ourselves playing many roles. Our yoga practice offers us a way for all these distinct facets to come into harmony and balance, thus reconnecting us with our inherent wholeness. As this balance becomes more established, a certain tuning happens, which automatically creates a portal for us to experience higher dimensions of consciousness.

This said, it's important to note that the shapes we create with our bodies are only the surface of the sacred geometry of yoga. In truth, it is not as much about physical geometric forms as it is about a particular energetic tuning. The physical forms, or yoga asanas, are performed through one's effort. But the subtle energetic tuning cannot be brought about through exertion. It happens on its own.

The mystical, spiritual aspects of yoga are vast and unfathomable. In trying to understand these through the intellect, we might find ourselves becoming increasingly perplexed. However, the key is the experience. No amount of intellectual understanding can substitute direct experience.

CONCLUSION

Mandala is a very old concept mentioned in our Vedic literature especially Atharva vedha. It is taming the natural forces and utilized for forces. Our ancient Rishi's especially Saptarishis utilized for benevolence and worldly and cosmic well being for the entire creature. It is also utilized for healing purposes both individually and collectively apart from tackling various social problems and for harmonization and balancing the inner worldly well being and spiritual upliftment under the patronage of kings. This article may generate more research for the inquisitive minds.

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