

## **DANCE OF THE INNER GODDESS**

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## ***INTRODUCTION***

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The words in this book flow from the intuitive wisdom of an exceptional clairvoyant, teacher and mystic, Ferdie Rossi. He was born in South Africa in 1961, and achieved a rare degree of spiritual integration and insight at a very young age. His knowledge of the ways of Tantra originates in past experience, as he only speaks of what he *knows* without a shadow of a doubt, because he has been there himself, and made this knowledge his own.

The keynote of this book is *practical* experience for the reader. The course was originally given in South Africa, and because he 'flows with the force', tuning into the needs of his audience, it is reproduced here in his own unique style.

Tantra underlies the whole of creation, and the emphasis here is to achieve a union or Tantra with your own potential 'higher self', which lies scattered all around you. You can begin 'pulling yourself together' by practicing the suggested meditations and exercises - and persistence and perseverance can eventually lead to a totally blissful and ecstatic experience of inner wholeness and fulfilment.

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## **1. WHAT IS TANTRA YOGA?**

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Tantra Yoga as a whole is extremely profound as it forms the foundation of Kundalini Yoga. The one cannot exist without the other. We will be exploring Tantra Yoga as Kundalini Yoga, because the latter cannot be understood for what it really is, unless one comprehends the deeper principles of Tantra. The basic concepts of Tantra are actually very simple, but problems arise as far as attitude is concerned, because of pre-conceived ideas - what we have so far learned as to what is right or wrong.

As a whole, Tantra comes from the Mahayama, the greatest vehicle in Buddhism. There are two schools in Buddhism. One adheres only to the Buddha's teaching, while the other states that there must be a broader basis than that of the Buddha's teachings alone. Both vehicles are worthwhile - one is the greater vehicle, the other the lesser vehicle, the Mahayama and the Miyayama. An old Zen Buddhist master was once asked which of the two vehicles was the pathway to God. He thought a little while, and then said: "Miyayama, Mahayama, all vehicles will be towed away at owners cost!" From that basis, we will probe this problem of duality so as to gain a better understanding. This is a wonderful yoga, as it is specifically concerned with the bringing together of one's 'self'. It is important to know that consciousness cannot expand in the sense that it starts from one point and then grows bigger by itself. Everything already exists, and whatever a yoga may represent, the principle is always that one merely *draws oneself together*.

This reminds me of a story. The path to God is like Pedro and Fedro, two Mexicans who are extremely lazy, and they are sitting by a river representing time and the flow of things. Pedro, who represents Fedro's 'higher self', digs him in the ribs with his elbow, because he is fast asleep, and says: 'Hey, Fedro, isn't that your wife's head drifting down the river?' The wife here represents Mind. Fedro looks up, and just says 'hmmm,' before dropping off to sleep again. He represents *you* in one lifetime. So one lifetime passes. Eventually in another lifetime, Pedro again says to Fedro, 'Aren't those your wife's legs drifting down the river?' Fedro just says 'hmm'. Another few lifetimes pass. Then Pedro again nudges Fedro - 'Hey Fedro, aren't those your wife's arms drifting down the river?' Again

Fedro can hardly lift up his head and he just says 'hmm'. Eventually Pedro the 'higher self' becomes very impatient and creates all kinds of problems for Fedro on earth to try to wake him up. Pedro says 'Hey Fedro, your wife's head, your wife's legs, and your wife's arms, all drifting down the river. Aren't you going to *do* something about it?' After a few thousand lifetimes, Fedro finally raises his sombrero and says 'Maria, pull yourself together!!'

This is the essence of the spiritual Path - the bringing together of the self. For there is a 'joining' that one can encounter mindwise, that does not already exist. Tantra Yoga means 'union', the bringing together of the many poles within the self. Where will this Yoga take you? What can it do for you? What is the reason for existing here on earth? There is only one reason - to reach perfection, whatever that may be - other than that, we have no reason to be here. That which expresses one will try over and over and over again, and you will return lifetime after lifetime, until one day you are able to express perfection here on earth. The issue becomes diverted today because we are living in a strange world, in a strange time - when these truths are not generally known, and a great deal of time goes wasted.

A yoga is a way in which one is able to become perfect. There are three stages in any yoga or path to God.

- The man who knows about God, whatever that may be (the thinking aspect).
- The man who is the friend of God (who practices assiduously).
- The man who becomes ONE with God. Because of that, he becomes God on earth.

### **A long time ago**

God is obviously a *man!* It must be so! We have a Trinity: God the Father who is the Highest, God the Son, who is somewhere inbetween, and then there is something called the Holy Spirit! But this has not always been the case: a long time ago our roles on this earth were different. In the days before the flood, men were not the dominant species on earth. Women occupied the positions men now occupy. They were the rulers, lawmakers, initiators and governors. It was a very interesting time, as the Mother Goddess was worshipped, and there was enough power

everywhere. As a rule, the feminine aspect is always linked to power, whatever that may be. The masculine aspect is a directive force, whereas the feminine power is like a whirlwind that has no direction. Only the male energy can give direction to the female power, and because these two principles mingle and become one, the Christ is symbolically born, meaning that it contains both the power of the Mother and the direction of the Father. These are two cosmic forces we will be discussing more fully at a later stage.

As that Era drew to an end, the Female archetypal force started showing her negative faces - those of destruction and obliteration. It was a time when black magicians walked the earth, and everyone was obsessed with power. The flood ended that timephase, and swept everything away. In the Bible we find the story of Noah and the Ark, in which the white dove is symbolical of the Mother or Holy Spirit. In the days before the flood, a few people found within themselves the direction-giving qualities of the Father, and were able to control the rampant power of the Mother. They lived through the flood, and directly afterwards everything went well, because there was a balance between Father and Mother - they were equal.

Before the flood we were not intellectually developed, but we were intuitively extremely well developed. Therefore, things worked intuitively before the flood whereas nowadays things are made to work intellectually. Intuition links with the feminine power or the Mother, and intellect links with the masculine power or Father. As intellect began to develop, the worst thing that could have happened to man was possibly the Greek philosophers, as in those days the Female power was still rampant and a scheme had to be devised to control it - the scheme of the intellect was successful, and eventually the Female force was completely suppressed.

In the Middle Ages, or Dark Ages, the male became dominant, and the female was relegated to the kitchen for the raising of children and wearing masks. This time-phase continued, and spiritually very few people were able to make much progress. Only one in every three million were able to become perfect, because of this great imbalance.

Now we have reached the end of another great Yuga or Age, and the negative face of the Father is showing itself. What is that face? The narrow-mindedness of men (direction without power). 'My way is the only way! Your way is wrong!' The intellect is a force that splits apart. The Father force gives direction, but as it does so, it takes away all the other possible directions, and wants one path alone. When this is taken too far, everything is split apart and narrow-mindedness manifests. That is today's problem. In truth, there is nothing that is right or wrong - things simply *are*.

### **Using both energies**

Tantra is the study in which one utilizes *both* these forces - for the problem of this world today, is that we must work so very hard. If we really want to achieve something in life, we have to work and push so as to achieve, and really put everything into it. If a business is started, it does not manifest by itself. We have to throw our energies into it - whereas the truth is that our own power is very limited. The male is direction-giving, and the Father as an archetypal force has very little power, as this belongs to the Mother. Because we identify with only *one* side of ourselves we must work hard - or else it does not manifest on earth. This imbalance has brought us into our present situation where there is no natural flow. We all have direction, but very very few of us have the power to take it through, to give power to that direction and make something manifest in the future. That is what Tantra is all about. It is the way in which you are able to bring together both male and female as ONE within your own psyche. Direction is given from the source of power, to bring something into being that manifests in the future, without the self becoming burnt out.

The idea is to generate within oneself *a carefree attitude, where it does not really matter. It is only then that you will remember.* If you keep telling yourself that you must remember, you will *always forget!* Life is like that! The truth about Tantra Yoga is that it forms the underlying basis of all power yogas. These yogas are the easiest way of taking one to that point, but it is also one of the most difficult paths.

### **What is power?**

The first thing of importance is that *power is an illusion*. It is like the world, which only *seems* to be real. We all know that it is real and that in its roots it is also a dream as well - but because we see, we believe, and therefore this is a reality. Power in itself is capable of taking one somewhere, but the moment that one starts over-indulging in power as such, one soon strays. That is the reason why so many old friends are gathered to learn about Tantra!

Why are we here? What is power? There are two types of power, that which is *static* or latent, and that which is *motion*. From a spiritual point of view, true power is that which can change one within the self - meaning that in ordinary life it takes about ten years to become a different person. If you look back at yourself ten years ago, something is different, because we are constantly changing. But *true power* changes one *instantly*. We all have a specific amount of power within us, and if there is sufficient, you can hear just one sentence, or even one word - then because of that latent power within, you can immediately change and become altogether different. That is the highest of the powers - to change one within. It is logical that if you can change fast enough, you can achieve a goal. For what reason? Why are we all on a spiritual path? What will we attain? To where does it lead? It leads to perfection. There is no other reason for living. What is perfection? It is becoming a God, and where will you become a God? Here! The world is like Dracula's den, for in the beginning there was one way in, and now there is *no way out*.

The wheel of karma turns, and many lifetimes pass. Sooner or later we realize the true reason for being here, because things are very difficult here on earth. If you as a God can reach perfection now, you can express your Godhood. The way to achieve that state is by means of a Yoga. The reason why you live, is that somewhere your soul is contemplating perfection. It is hoping that as the wheel turns, somewhere along the line, you will somehow awaken to your true destiny – or else you will endlessly die, be reborn, and die again. That is the reason why we try, and the effort is a very hard one. A power yoga is one of the easiest ways of arriving at perfection, and Tantra is the underlying truth, as it forms the basis of all power yogas.

## Gathering Power

It all boils down to the fact that if you can gather power within yourself in a specific way, you can change more quickly in order to reach perfection. This path is governed by the amount of power you can gather. Power is something very subtle. It is difficult to say precisely what it is, because the moment that I tell you that it is *this or that*, I am *limiting power*. Our intellects always limit everything.

If you understand Tantra Yoga, you understand everything that exists. You understand the world and all the planes of existence. Everything in the here and the now is formed because of Tantra - it is the *underlying principle in Nature, which governs all*, a path that has no end. Remember that the moment you reach total perfection, you will have a sexual union with the *totality of yourself*, as a way of speaking - with the stars and the sun, the wind and everything around you. That moment is known as having '*an orgasm with the Whole*'. It is quite an event! In the Bible it is spoken of as the 'Kiss of the Shekinah'. One is taken by this ferocious force into the Totality of Oneself. But that moment is fleeting - it soon passes.

## The beginning and the end

Tantra is very vast, which means that what I will be saying is very condensed and simplistic. Let us start at the very beginning, which will also be the very end! Our universe started at a point known as the 'Big Bang', out of which came forth dust and gases condensing into universes and galaxies. We know that sooner or later in the future, the whole universe will be gathered together and made ONE. In our world, there will eventually be enough gravity on this lower plane of existence to start pulling the whole universe together to one-pointedness. That will happen mostly at the very end. By that time, you will be a perfected and Godly being, but presently there is a big scientific question - that of the 'hidden mass'. We know from scientific calculations, that there is not enough mass in our universe to bring it all together again. If it continues in the

same way, the universe will explode indefinitely and disappear. Where will we find the hidden mass? To speak of mass, is to speak of *gravity*.

In one's dream there are many symbols, so what is symbolical of God? If such a thing exists, we must have a symbol for it. Everything has a symbol. The sun sustains all life on earth, and if the sun symbolises God, what is the symbol for love? How can I perceive love in this reality? If I'm an energy of yours, what can bring the two of us together? Love or gravity. Here we have a problem with gravity. All the stars and universes will be lost, because there is not enough gravity to bring the whole universe back into oneness again. It is the question of the hidden mass. The secret here, is that when we all achieve that point of unity and oneness in the future, you will become a heavenly body. That is your ultimate destiny as a conscious unit. You will become a star - a star in a Tantra with the rest of the body of God and with all the other stars. Because of that, there will one day be enough mass to pull the universe together again. Then the point of the very end will come - when all the black and white holes and dust and gases will draw together in one body - and then there will suddenly be *nothingness*.

A way of speaking is to say that in that one point, or gravity, a very old Man will contemplate the universe as it once was. Outside His body there will be nothingness and loneliness. The truth of the matter is, that it will be *you* that will sit there - and you will reflect back. You will look at your body, because it will have once existed. But outside of you there will be a void, an emptiness - something that logic cannot determine. One cannot speak about the void - it can only be experienced and seen. The void will be pressing on your body, but your mind will be somewhere else - it will be beyond the void. One may say that the old Man will be sleeping and dreaming about Himself.

Another creation will then manifest in front of Him because of His dream. He will start creating something new, and dream a totally innocent young male God. In His dream the old body will fade away, and take shape in the new, dancing in nothingness. Then this young male God will look very deeply into nothingness, and realise it to be a state of Mind, because of His body. For nothingness came forth out of His body, which He will recognize as his *own female counterpart*. Yet He knows that His true

essence is beyond the body and beyond nothingness that is pressing on His body - that the true Being or the real Thing is the Self beyond Light and Darkness.

Then he will move into a Tantra. That young male God, in the very beginning will *laugh*, and subdivide within the Self - His own seminal vitality will leave him and his body will die. Another way of speaking, is to say that his body will separate into countless many fractions - each will take a portion of the nothingness as a way of speaking, and each fraction will be a young male god, surrounded by a womb or a female. Then the universal Dance will begin all over again, and the laughter which was heard in the very beginning will be something like '**Jahweh**', which is an explosion, and another universe will again start anew. It will be in a tantra, or a union, for the two forces will then have been born. The male directional force, and the female power, for power is totally a female affair. Power moves in chaos and darkness. Light gives direction to the female power, or else it is merely a whirlwind, or destructiveness. A womb, a portion of the nothingness that takes shape, will surround each little particle of the body of God, and this shape will *seem to be* a world or a reality.