

# New Year's Immersion: Tantric Rituals & Tantric Meditation 64 Yoginis

The practice of 64 Yoginis is one of the most esoteric and potent of all tantric practices. *Yogini* means “power of union” or “the power that facilitates union”. In tantric mythology, yoginis are described as fertility goddesses. They are numberless—some yoginis are benevolent and others, fierce; some rule over our negative tendencies and others over our positive ones. Together, they create a condition both inside and outside us conducive to finding lasting fulfillment. These pervasive forces shape our thoughts, speech, and actions. Our likes and dislikes are influenced by them. They cloud our consciousness as well as clear it. Thus, either we find ourselves fully empowered or we remain entangled in hopelessness.

To a tantric practitioner, life is an ongoing process of self-transformation. Self-transformation is dependent on eliminating undesirable circumstances and replacing them with desirable ones. Tantrics accomplish this process by establishing an intimate relationship with the yoginis—the forces of self-empowerment and disempowerment. The infinitely vast range of yoginis is viewed in 64 groups, hence 64 Yoginis.

In our tradition, we recognize and propitiate the 64 Yoginis while following the injunctions of right-hand tantra. We invoke the 64 Yoginis in barley sprouts. By doing so, we invoke and embrace the goddess of fertility in an aspect of nature that is about to blossom and reward the practitioners with life's abundance. In the samaya tradition, which is our tradition, the goddess is internalized and worshipped at the navel center as *Jatavedasi*, the goddess of inner richness and brilliance.