

# Up-level Your Performance with Tantric Meditation

Your identity is your foundation of existence. Too often we tend to identify with things that don't support the truth of what we are, our beingness. Too often we get caught up as human doings rather than human beings. Too often we equate our value on what we can do rather than the fact that we simply are.

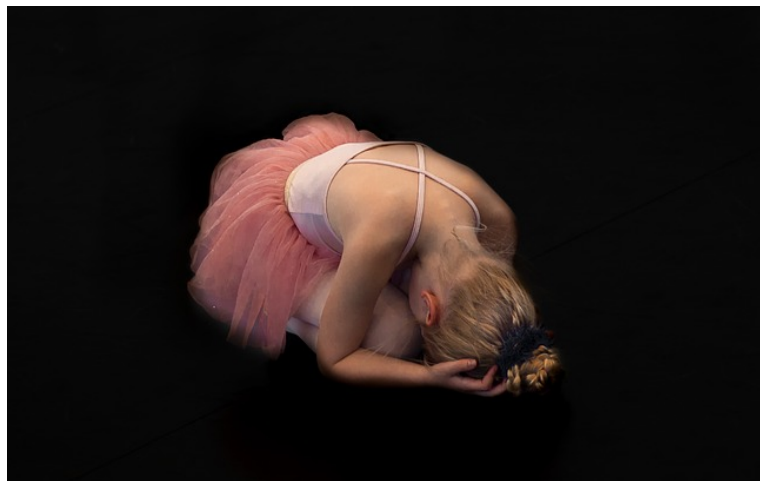


Photo by Rudy and Peter Skitterains

Tantra is a school of eastern thought. One of the many facets to Tantra is its emphasis on non-dualism or all things belonging to a larger whole. When you can expand your Awareness from being either this or that, you tap into what I call your Both And Nature. This Both And Nature speaks to your higher beingness and embraces all the elements of you for optimal expression.

Ironically, the person who doesn't know their Both And Nature,

identifies only as body or with their actions, equates their existence with only what they can do. Ability and doing is by nature volatile and changeable so their sense of identity lacks a real foundation. This lack of existential foundation invariably affects performance because each act becomes a desperate grope for identity when there's none to be had merely by performing an action.



Photo by Seneca Moore

During my career, I've taught yoga and meditation to dozens of world-class athletes and performers. Often when these performers retire, still quite young, they sometimes go into an existential crisis if their entire identity was wrapped up in solely what they could do. Now that they can no longer perform at the level they felt defined them, they have no idea who they are.

By contrast, the person who is identified as a Being rather than a doer knows their Both And Nature and can act invincibly from that place because they realize that they and each of their actions are an expression of their Being, of Source. The person connected to their Being through practices like the

Yoga Nidra, graduate from a level of merely doing an action to Being it.



Photo by David Newkirk

Yoga Nidra is a form of Tantric guided meditation that is both relaxing and very useful to reinforce your sense of your own Being. The aim in Yoga Nidra is to disidentify from anything in the realm of the changeable, like body or thoughts, and learn to identify as Awareness itself. Typically, a Yoga Nidra session will last anywhere from 15–40 minutes where you simply lie down, close your eyes, and listen to a facilitator (or recording) lead you through paying attention to things like your body, your breath, energy, thoughts, etc. This process leads you deeper and deeper both into relaxation as well as into Awareness.

Since it's also true that while you cannot identify solely as body, your body is an important (though changeable) part of who you are. It also exists as one of the greatest tools you possess to open yourself to the experience of Awareness. As you learn to inhabit your body with deeper Awareness, you tune into your Both And Nature and from that place of embodied Awareness, you can go out and perform at your best.

[Click here to hear a free Yoga Nidra recording and experience for yourself the transformative of your own Both And Nature.](#)

Scott Moore is a senior teacher of yoga and mindfulness in the US (New York, Salt Lake City, LA) and abroad and currently lives in Southern France. When he's not teaching or conducting retreats, he writes for Conscious Life News, Elephant Journal, Mantra Magazine, Medium, and his own [blog](#) at [scottmooreyoga.com](#). Scott also loves to run, play the saxophone, and travel with his wife and son. Check out his [yoga retreats to places like Tuscany and France](#), his [online Yoga Nidra Course](#) and his [Yoga Teacher Mentor Program](#)

