



Swami Hamsa Jnanananda Saraswati

Founder / Director

Tantrica Ashram Sadhana Hall, Himachal Pradesh, India.

Swami Hamsa is an elder from an archaic Himalayan Tantrica Lineage that currently holds its seat in Lithuania. She completed a ten year apprenticeship with the lineage in its more contemporary form. Continued to train with them a further eight years, to deepen her practice. Later she took Sannyas whilst living Uk Ashram Life, and was given the name Saraswati. She has written a book "Knowledge of Origin" that is about the history of this lineage.

"The union of practical physicality and the esoteric, within the Tantrica way of life, well describes her natural adept dexterity as a teacher, and brings to her instruction a specific accord as well as a mothers presents. Her resolute illumination of the practices bring a conviviality of the animating principle, which feels personal, and this in turn provokes an inner exertion of each students spiritual capacity. Her loyalty to the work of the sacred is enigmatic and filled with grace. Tantrica-Swami Hamsa supports as she challenges, and challenges as she supports. Her work that spans over twenty years, is of gold standard"

Prem Devi Murti -Tantrica Over 50 years experience

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