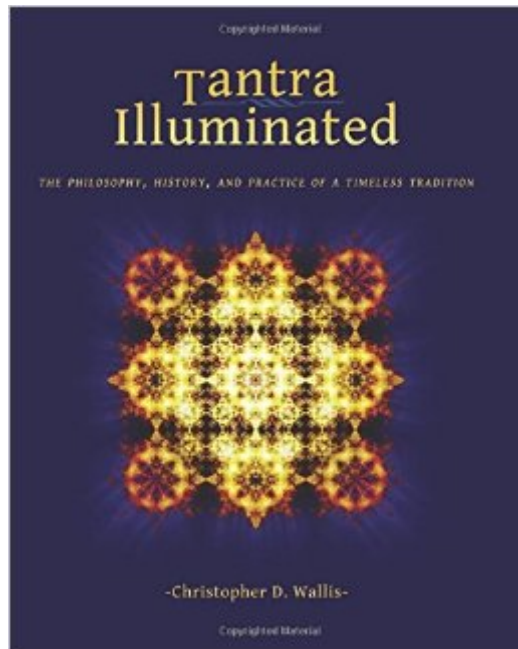


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Tantra Illuminated: The Philosophy, History, And Practice Of A Timeless Tradition



Synopsis

Tantra Illuminated takes the reader on a fascinating journey to the very heart of Tantra: its key teachings, foundational lineages, and transformative practices. Since the West's discovery of Tantra 100 years ago, there has been considerable fascination, speculation, and more than a little misinformation about this spiritual movement. Now, for the first time in the English language, Tantra Illuminated presents an accessible introduction to this sacred tradition that began 1,500 years ago in the far north of India. Using translations from primary Sanskrit sources and offering a profound look at spiritual practice, this book reveals Tantra's rich history and powerful teachings.

Book Information

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Customer Reviews

The great American zen master Philip Kapleau once said that the very best books are those that make you want to practice. This is definitely such a book. It is a profoundly well-written book, an impressive book, that is fun and exciting to read. Not only that, this book clearly transmits shaktipat to anyone with a heart that resonates with what it is saying. I have been a yogi for about 50 years now and have had the incredible good fortune to spend time with the Siddha Guru Baba Muktananda and train with him at his New York ashram, so I am somewhat familiar with what this author calls Nondual Shaiva Tantra (NST). But I am not a scholar, pundit or intellectual.

None-the-less, reading this book is a profound spiritual experience along with an in-depth education in the most life positive spiritual system known to humankind. Although it can take you to incredible intellectual and philosophical heights, the real treasure is that NST provides you with the means to realize its truth for yourself. It is a yoga. It is not something you have to believe or accept. It is

something you can actually realize for yourself as it is the truth of your being. This book has several different levels, as the title claims, in that it provides the philosophy, history and practice of a timeless tradition. The author is well aware that the reader may not be interested in every aspect, so he always lets you know where the book is going in case you want to skim through a section that may not be too relevant to your interests. The author is in a conversation with the reader and that may be another reason such a powerful transmission is possible. There is the palpable presence of Consciousness in this book. I haven't enjoyed a book this much in a long, long time.

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