

Shamanism And Tantra In The Himalayas

Tantra in Tibet
Tantra in Hinduism
Tantra in Practice
Yoga and Tantra in India and Tibet
Secrets of Yantra, Mantra and Tantra
The Encyclopedia of Yoga and Tantra
Transformations and Transfer of Tantra in Asia and Beyond
Meditation, Vratayana and Tantra in Buddhism
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The Origins of Yoga and Tantra
Impact of Tantra on Religion and Art
Highest Yoga Tantra
The Tantra
New Light on Tantra
The Orgins Of Yoga And Tantra(South Asian Edition)
Tantra in Bengal
The Dawn of Tantra
The Great Exposition of Secret Mantra, Volume One
Studies on Tantra in Bengal and Eastern India
Yoga-Tantra and Sensuousness in Art
Tsong-kha-pa Blo-bzang-grags-pa Dr Bhaskar Bora David Gordon White Saligrama Krishna Ramachandra Rao L. R. Chawdhri Georg Feuerstein István Keul Ranjana Rani Singhal David Gordon White Geoffrey Samuel Teja Nārāya a Miśra Daniel Cozort Victor M. Fic Sures Chandra Banerji Geoffrey Samuel Sures Chandra Banerji Herbert V. Guenther The Dalai Lama Madhu Khanna Teja Nārāya a Miśra

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tantra is tibet consists of three parts published under the auspices of the dalai lama the great exposition of secret mantra part i by tsong ka pa is one of the principal classic texts on tantra it presents the main features common to all the buddhist tantra systems as well as the difference between sutra and tantra

tantra in hinduism beyond myths and misconceptions a scholarly exploration of india s most misunderstood spiritual science for centuries tantra has been one of

the most mysterious misinterpreted and controversial aspects of hindu philosophy branded alternately as forbidden magic exotic sexuality or occult mysticism yet behind these misconceptions lies one of the most profound and sophisticated spiritual sciences ever conceived a tradition that sees the body as a temple the mind as a mantra and the world itself as a sacred revelation in this groundbreaking book dr bhaskar bora physician philosopher and seeker leads readers through a transformative journey into the authentic heart of tantric wisdom drawing from classical sources such as the kular āva tantra vijñāna bhairava Śiva sūtras and tantrāloka as well as modern scholarship and comparative philosophy this work unravels the history metaphysics ritual psychology and living relevance of tantra in today s world through 20 richly woven chapters dr bora explores the true meaning of tantra as weaving the expansion of consciousness through life itself the dynamic unity of Śiva and Śakti consciousness and energy as inseparable aspects of reality the sacred anatomy of the tantric body chakras kundalinī and subtle energies as reflections of cosmic order the misunderstood symbolism of maithuna mantra yantra and mandala spiritual technologies of transformation tantra s influence on art architecture dance ayurveda and yoga revealing the continuity between sacred science and daily life the relevance of tantric principles to psychology ecology feminism and modern spirituality a vision that unites not divides written in a lucid lyrical and humanised style tantra in hinduism beyond myths and misconceptions bridges scholarship and spiritual insight appealing equally to academics seekers and the spiritually curious it restores tantra s true dignity not as a hidden cult but as a living philosophy of consciousness a path of awakening through participation awareness and love whether you are a student of indian philosophy a practitioner of yoga and meditation or a reader seeking to understand the feminine divine and the deeper roots of spirituality this book will change the way you see the world and yourself keywords tantra in hinduism hindu tantra shakti and shiva kashmir shaivism hindu philosophy vedic spirituality indian mysticism consciousness studies shaktism tantric yoga kundalini awakening chakras and energy hindu sacred texts abhinavagupta vijñāna bhairava tantra kular āva tantra tantrāloka sri vidya goddess worship devi and shakti indian metaphysics spiritual psychology sacred sexuality eastern spirituality yoga philosophy indian esotericism non dualism advaita and tantra esoteric hinduism hindu rituals mantra and yantra meditation science spiritual feminism philosophy of consciousness hindu goddess traditions hindu theology modern spirituality comparative religion indian temple architecture tantra explained tantra philosophy book hindu studies reference spiritual awakening eastern philosophy hinduism and psychology indian spirituality books sacred energy and awareness ancient indian wisdom indian metaphysical traditions the divine feminine spiritual transformation mind body connection spiritual healing through tantra hinduism academic study tantra research spiritual science of india

as david white explains in the introduction to tantra in practice tantra is an asian body of beliefs and practices that seeks to channel the divine energy that grounds the universe in creative and liberating ways the subsequent chapters reflect the wide geographical and temporal scope of tantra by examining thirty six texts from

china india japan nepal and tibet ranging from the seventh century to the present day and representing the full range of tantric experience buddhist hindu jain and even islamic each text has been chosen and translated often for the first time by an international expert in the field who also provides detailed background material students of asian religions and general readers alike will find the book rich and informative the book includes plays transcribed interviews poetry parodies inscriptions instructional texts scriptures philosophical conjectures dreams and astronomical speculations each text illustrating one of the diverse traditions and practices of tantra thus the nineteenth century indian buddhist garland of gems a series of songs warns against the illusion of appearance by referring to bees yogurt and the fire of malaya mountain while fourteenth century chinese buddhist manuscripts detail how to prosper through the seven stars of the northern dipper by burning incense making offerings to scriptures and chanting incantations in a transcribed conversation a modern hindu priest in bengal candidly explains how he serves the black goddess kali and feeds temple skulls lentils wine or rice a seventeenth century nepalese hindu praise poem hammered into the golden doors to the temple of the goddess taleju lists a king's faults and begs her forgiveness and grace an introduction accompanies each text identifying its period and genre discussing the history and influence of the work and identifying points of particular interest or difficulty the first book to bring together texts from the entire range of tantric phenomena tantra in practice continues the princeton readings in religions series the breadth of work included geographic areas spanned and expert scholarship highlighting each piece serve to expand our understanding of what it means to practice tantra

unveiled in this book are the secrets of the occult sciences of yantra mantra and tantra to help the reader achieve worldly success and spiritual enlightenment detailed instructions are given for the preparation and application of yantras for specific purposes to win favours defeat for selecting and using mantras to attain miraculous powers and fulfilment of one's desires are explained in detail in the tantra section of the book methods of treatment of diseases by herbs are given information is provided about tantric articles and where to obtain them

the ever increasing popularity of yoga and related practices makes a desktop reference like this indispensable with over twenty five hundred entries and extensive illustrations it combines comprehensiveness with accessibility the book is arranged and written in a manner that will inform rather than overwhelm the lay reader while at the same time offering valuable references for the professional researcher and the historian of religion this new edition includes information about contemporary yoga teachers it also provides fuller descriptions and illustrations of yoga poses and features additional cross references

the essays in this volume written by specialists working in the field of tantric studies attempt to trace processes of transformation and transfer that occurred in the

history of tantra from around the seventh century and up to the present the volume gathers contributions on south asia tibet china mongolia japan north america and western europe by scholars from various academic disciplines who present ongoing research and encourage discussion on significant themes in the growing field of tantric studies in addition to the extensive geographical and temporal range the chapters of the volume cover a wide thematic area which includes modern bengali tantric practitioners tantric ritual in medieval china the south asian cults of the mother goddesses the way of buddhism into mongolia and countercultural echoes of contemporary tantric studies

tantra in practice is the eight volume of princeton readings in religions and the first substantial anthology of tantric works ever to appear in english the thirty nine contributors drawn from around the world are leading scholars of tantra each contributor has provided a translation of a key work in most cases translated here for the first time each chapter in the volume begins with an introduction in which the translator discusses the history and influence of the work identifying points of particular difficulty or interest david white has provided a general introduction to the volume that serves as an ideal guide to the riches contained between the covers of this book he has organized the volume thematically providing fascinating juxtapositions of works from different regions periods and traditions two additional tables of contents are provided organizing the works by tradition and by country of origin the range of works represented here is remarkable spanning the continent of asia and the traditions of hinduism buddhism jainism and islam over more than a millennium with the publication this volume the long disparaged and neglected tantric traditions of asia receive the attention they so rightly deserve this is a groundbreaking work

yoga tantra and other forms of asian meditation are practised in modernized forms throughout the world today but most introductions to hinduism or buddhism tell only part of the story of how they developed this book is an interpretation of the history of indic religions up to around 1200 ce with particular focus on the development of yogic and tantric traditions it assesses how much we really know about this period and asks what sense we can make of the evolution of yogic and tantric practices which were to become such central and important features of the indic religious scene its originality lies in seeking to understand these traditions in terms of the total social and religious context of south asian society during this period including the religious practices of the general population with their close engagement with family gender economic life and other pragmatic concerns

the book offers an account of tantra s evolution cultic variations culture philosophy mysticism etc and shows how tantrism has deeply influenced major indian religions and the art tradition

this book clearly outlines and discusses the methods for transforming both body and mind through the highest forms of tantric practice highest yoga tantra is the pinnacle of tantric systems found in the tibetan buddhist tradition remarkable for its definitive clarity this exposition of the stages of highest yoga tantra is the first of its kind in the english language and a must for anyone interested in these highest tantras book jacket

bibliography index the tantra is a body of theories techniques and rituals developed in india in antiquity which has two fundamental aspects the first aspect of the tantra is the theory of creation which posits that the universe has no beginning and no end and that all its manifestations are merely the projections of divine energy of its creator the second aspect of the tantra is the belief that the performance of tantrik techniques and rituals facilitates access to this divine energy enabling their practitioners to empower themselves as well as empower others associated with them in the guru disciple relationship thus the knowledge and proper application of tantrik techniques and rituals is believed to harness the creator s cosmic energies to the promotion of the mundane as well as spiritual goals of their practitioners between the vii and the xii centuries a d these theories rituals and practices spread to other parts of asia in these parts their interaction with indigenous traditions of shamanism and other magical cults resulted in potent hybrids these not only served the personal needs of their practitioners but were used by the kings to summon the cosmic forces to legitimize their right and power to rule the ancient monarchies elaborate and artistically beautiful icons were developed in sculpture painting bronze and bas relief to portray the basic concept of tantrik theories and various deities of the hindu and buddhist pantheons this book first explores the origin of the tantra in india its development and emergence of various schools of hindu and buddhist tantrism over the centuries then it explores their spread from tantrik universities in bihar and other centres of tantrik scholarship and rituals practised in west bengal orissa and south india at that time to nepal tibet mongolia china japan and indonesia the coloured plates illustrate the iconographic presentation of the basic theories and concepts of the tantra as well as various deities associated with the pantheons of hindu and buddhist tantrism drawn from different parts of the world

the book like its predecessor seeks to set forth a history of tantra in india our attention has been paid chiefly to tantric therapy a mother neglected field in it not only hindu tantras but also buddhist tantras have been dealt with and the influence of tantra on life literature music art and architecture have been described some important works both hindu and buddhist have been carefully analysed a novel feature of this book is a list of unpublished tantras in india and abroad this work has no pretention to completeness this is to some extent a pioneering work on certain aspects of tantra it is expected to be useful to readers

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westerners wanting to know about tantra particularly the buddhist tantra of tibet often find only speculation and fancy tibet has been shrouded in mystery and tantra has been called upon to name every kind of esoteric fantasy in the dawn of tantra the reader meets a tibetan meditation master and a western scholar each of whose grasp of buddhist tantra is real and unquestionable this collaboration is both true to the intent of the ancient tibetan teachings and relevant to contemporary western life

tantra in tibet is the first volume in the great exposition of secret mantra series in which the dalai lama offers illuminating commentary on tsongkhapa s seminal text on buddhist tantra it is followed by volume ii deity yoga and volume iii yoga tantra this revised work describes the differences between the mahayana and hinayana streams in the sutra tradition and between the sutra tradition and that of tantra generally it includes highly practical and compassionate explanations from h h the dalai lama on tantra for spiritual development the first part of the classic great exposition of secret mantra text and a supplement by jeffrey hopkins on the meaning of emptiness transformation and the purpose of the four classes of tantra

this book explores the tantric concept of shakti or the principal female cosmic entity and her pilgrimage sites it offers a first hand view of the multidimensional ways in which shakti asserted its supremacy over existing vaishnava and orthodox brahmanical traditions in post mediaeval bengal and india the interdisciplinary chapters pave the way to understanding the intra textual relationships between philosophical and conceptual ideas in literary texts and their oral transmission divided into three thematic sections cult inclusiveness Śakti pithas and the Śākta philosophy the book invites readers to explore a contested area of scholarship from unique perspectives offering rich insights into the nature of negotiations between diverse religious streams it also urges readers to examine the many innovative approaches and theoretical models on the goddess culture of east india the book is of interest to students and scholars of religious textual studies anthropology pilgrimage studies comparative religion sanskrit and bengali languages regional studies south asian cultures goddess traditions and cultural history

of mediaeval bengal

dr t n mishra explores the moral and philosophical meanings and significance of yoga and studies the philosophies and practices that bear reference to it abounding in illustration notes and references to scholarly treatises it explains yoga psychology its classification techniques and stages and practice and concentrating on yoga tantra and its impact on indian art and architecture

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