

Tantra

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Tantra seemingly combines sexuality, sensual pleasure, and the full range of physical experience with the religious life and has proven a key factor in the imagining of India. This book offers a critical account of how the phenomenon has come to be.

The Roots of Tantra

Among the many spiritual traditions born and developed in India, Tantra has been the most difficult to define. Almost everything about it its major characteristics, its sources, its relationships to other religions, even its practices are debated among sc

The Power of Tantra

In the West, the varied body of texts and traditions known as Tantra for more than two centuries has had the capacity to scandalize and shock. For European colonizers, Orientalist scholars and Christian missionaries of the Victorian era, Tantra was generally seen as the most degenerate and depraved example of the worst tendencies of the so-called 'Indian mind': a pathological mixture of sensuality and religion that prompted the decline of modern Hinduism. Yet for most contemporary New Age and popular writers, Tantra is celebrated as a much-needed affirmation of physical pleasure and sex: indeed as a 'cult of ecstasy' to counter the perceived hypocritical prudery of many Westerners. In recent years, Tantra has become the focus of a still larger cultural and political debate. In the eyes of many Hindus, much of the western literature on Tantra represents a form of neo-colonialism, which continues to portray India as an exotic, erotic, hyper-sexualized Orient. Which, then, is the 'real' Tantra? Focusing on one of the oldest and most important Tantric traditions, based in Assam, northeast India, Hugh B Urban shows that Tantra is less about optimal sexual pleasure than about harnessing the divine power of the goddess that flows alike through the cosmos, the human body and political society. In a fresh and vital contribution to the field, the author suggests that the 'real' meaning of Tantra lies in helping us rethink not just the history of Indian religions, but also our own modern obsessions with power, sex and the invidious legacies of cultural imperialism.

Tantra in Bengal

Tantra occupies a unique position in Western understandings of Hindu spirituality. Its carnal dimension has made its name instantly recognizable, but this popular fascination with sex has obscured its philosophical depth and ritual practices, to say nothing of its overall importance to Hinduism. This book offers a clear, well-grounded overview of Tantra that offers substantial new insights for scholars and practitioners. André Padoux opens by detailing the history of Tantra, beginning with its origins, founding texts, and major beliefs. The second part of the book delves more deeply into key concepts relating to the tantric body, mysticism, sex, mantras, sacred geography, and iconography, while the final part considers the practice of Tantra today, both in India and in the West. The result is an authoritative account of Tantra's history and present place in the world.

The Hindu Tantric World

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.

Secrets of Yantra, Mantra and Tantra

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 Tantra

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.

Tantra in Practice

A provocative study of contemporary Tantra as a dynamic living tradition. Tantra, one of the most important religious currents in South Asia, is often misrepresented as little more than ritualized sex. Through a mixture of ethnography and history, Hugh B. Urban reveals a dynamic living tradition behind the sensationalist stories. Urban shows that Tantric desire goes beyond the erotic, encompassing such quotidian experiences as childbearing and healing. He traces these holistic desires through a series of unique practices: institutional

Tantra centered on gurus and esoteric rituals; public Tantra marked by performance and festival; folk Tantra focused on magic and personal well-being; and popular Tantra imagined in fiction, film, and digital media. The result is a provocative new description of Hindu Tantra that challenges us to approach religion as something always entwined with politics and culture, thoroughly entangled with ordinary needs and desires.

The Path of Desire

A Perfect Reference Tool For The Scholar Of Hinduism And Theology.

Tantra, Its Mystic and Scientific Basis

For those who wonder what relation actual Tantric practices bear to the \"Tantric sex\" currently being marketed so successfully in the West, David Gordon White has a simple answer: there is none. Sweeping away centuries of misunderstandings and misrepresentations, White returns to original texts, images, and ritual practices to reconstruct the history of South Asian Tantra from the medieval period to the present day. *Kiss of the Yogini* focuses on what White identifies as the sole truly distinctive feature of South Asian Tantra: sexualized ritual practices, especially as expressed in the medieval Kaula rites. Such practices centered on the exchange of powerful, transformative sexual fluids between male practitioners and wild female bird and animal spirits known as Yoginis. It was only by \"drinking\" the sexual fluids of the Yoginis that men could enter the family of the supreme godhead and thereby obtain supernatural powers and transform themselves into gods. By focusing on sexual rituals, White resituates South Asian Tantra, in its precolonial form, at the center of religious, social, and political life, arguing that Tantra was the mainstream, and that in many ways it continues to influence contemporary Hinduism, even if reformist misunderstandings relegate it to a marginal position. *Kiss of the Yogini* contains White's own translations from over a dozen Tantras that have never before been translated into any European language. It will prove to be the definitive work for persons seeking to understand Tantra and the crucial role it has played in South Asian history, society, culture, and religion.

Discourses on Tantra

Tantra Is A Distinct Philosophical System Many Feel Eager To Know About It, But Few Love The Time And Energy To Understand. The Intricacies Of Tantra. So, A Short-Cut Is Necessary. In The Present Work, An Attempt Has Been Made To Set Forth The Highlights Of The Tantra Works And Their Authors. A Bibliography, Intended To Help Further Reading, Has Been Added.

Rituals and Practices of Tantra

Elucidation of eight tantric sadhanas.

A Glossary of Tantra, Mantra and Yantra

The Hindu pantheon is rich in images of the divine feminine—deities representing a wide range of symbolic, social, and meditative meanings. David Kinsley's new book documents a highly unusual group of ten Hindu tantric goddesses, the Mahavidyas, many of whom are strongly associated with sexuality and violence. What is one to make of a goddess who cuts her own head off, or one who prefers sex with a corpse? The Mahavidyas embody habits, attributes, or identities usually considered repulsive or socially subversive and can be viewed as \"antimodels\" for women. Yet it is within the context of tantric worship that devotees seek to identify themselves with these forbidding goddesses. The Mahavidyas seem to function as \"awakeners\"—symbols which help to project one's consciousness beyond the socially acceptable or predictable. Drawing on a broad range of Sanskrit and vernacular texts as well as extensive research in India, including written and oral interpretations of contemporary Hindu practitioners, Kinsley describes the unusual

qualities of each of the Mahavidyas and traces the parallels between their underlying themes. Especially valuable are the many rare and fascinating images he presents—each important to grasping the significance of the goddesses. Written in an accessible, engaging style, Kinsley's book provides a comprehensive understanding of the Mahavidyas and is also an overview of Hindu tantric practice. The Hindu pantheon is rich in images of the divine feminine—deities representing a wide range of symbolic, social, and meditative meanings. David Kinsley's new book documents a highly unusual group of ten Hindu tantric goddesses, the Mahavidyas, many of w

A Brief History of Tantra Literature

A definitive manual for completing the spiritual path through the practice of Highest Yoga Tantra. Actual Tantra, also known as "Secret Mantra" or "Vajrayana," is a special method taught by Buddha to purify our world, our self, our enjoyments and our activities. Although there is great interest in Tantra, very few people understand its real meaning. This book represents a significant milestone in revealing the profound mysteries of Tantra to the modern world. Drawing from his own experience and the works of Je Tsongkhapa and other great Yogis, Geshe Kelsang presents an authoritative and comprehensive guide to the four classes of Tantra in general, and to the generation and completion stages of Highest Yoga Tantra in particular. "The Vajrayana path is like a vehicle that takes us directly to our final destination and the common paths are like the road on which the vehicle travels. Therefore, to extract the greatest essence from this precious human life by attaining full enlightenment, we need first to train in the common paths of Lamrim, and then in the uncommon Vajrayana paths." Geshe Kelsang Gyatso

Tantra and Religion

Tantra is a family of rituals modeled on those of the Vedas and their attendant texts and lineages. These rituals typically involve the visualization of a deity, offerings, and the chanting of his or her mantra. Common variations include visualizing the deity in the act of sexual union with a consort, visualizing oneself as the deity, and "transgressive" acts such as token consumption of meat or alcohol. Most notoriously, non-standard or ritualized sex is sometimes practiced. This accounts for Tantra's negative reputation in some quarters and its reception in the West primarily as a collection of sexual practices. Although some today extol Tantra's liberating qualities, the role of women remains controversial. Traditionally there are two views of women and Tantra. Either the feminine is a metaphor and actual women are altogether absent, or Tantra involves the transgressive use of women's bodies to serve male interests. Loriliai Biernacki presents an alternative view, in which women are revered, worshipped, and considered worthy of spiritual attainment. Her primary sources are a collection of eight relatively modern Tantric texts written in Sanskrit from the 15th through the 18th century. Her analysis of these texts reveals a view of women that is generally positive and empowering. She focuses on four topics: 1) the "Kali Practice," in which women appear not only as objects of reverence but as practitioners and gurus; 2) the Tantric sex rite, especially in the case that, contrary to other Tantric texts, the preference is for wives as ritual consorts; 3) feminine language and the gendered implications of mantra; and 4) images of male violence towards women in tantric myths. Biernacki, by choosing to analyse eight particular Sanskrit texts, argues that within the tradition of Tantra there exists a representation of women in which the female is an authoritative, powerful, equal participant in the Tantric ritual practice.

Kiss of the Yogini

Making Sense of Tantric Buddhism fundamentally rethinks the nature of the transgressive theories and practices of the Buddhist Tantric traditions, challenging the notion that the Tantras were "marginal" or primitive and situating them instead—both ideologically and institutionally—within larger trends in mainstream Buddhist and Indian culture. Critically surveying prior scholarship, Wedemeyer exposes the fallacies of attributing Tantric transgression to either the passions of lusty monks, primitive tribal rites, or slavish imitation of Saiva traditions. Through comparative analysis of modern historical narratives—that

depict Tantrism as a degenerate form of Buddhism, a primal religious undercurrent, or medieval ritualism—he likewise demonstrates these to be stock patterns in the European historical imagination. Through close analysis of primary sources, Wedemeyer reveals the lived world of Tantric Buddhism as largely continuous with the Indian religious mainstream and deploys contemporary methods of semiotic and structural analysis to make sense of its seemingly repellent and immoral injunctions. Innovative, semiological readings of the influential Guhyasamaja Tantra underscore the text's overriding concern with purity, pollution, and transcendent insight—issues shared by all Indic religions—and a large-scale, quantitative study of Tantric literature shows its radical antinomianism to be a highly managed ritual observance restricted to a sacerdotal elite. These insights into Tantric scripture and ritual clarify the continuities between South Asian Tantrism and broader currents in Indian religion, illustrating how thoroughly these \"radical\" communities were integrated into the intellectual, institutional, and social structures of South Asian Buddhism.

Tantra

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.

A Companion to Tantra

Advanced text discusses the inherent quadrality of the Gods and Goddesses, and how creation systems work. Through a series of meditations and visualizations, the authors show how kundalini energy can be safely activated and cycled, bringing you through a psychic loop that empowers you to discover new knowledge, and bring it back into consciousness with you.

The Power of Tantra

In the vast tapestry of spiritual traditions, Tantra stands out as a profound and transformative path that weaves together the threads of body, mind, and spirit. Often misunderstood and misrepresented, Tantra is not merely a practice of physical intimacy but a comprehensive system of spiritual development that embraces all aspects of life. Tantra: The Ultimate Knowledge delves into the depths of this ancient wisdom, exploring its origins, philosophies, and practices. This book aims to demystify Tantra, presenting it as a holistic approach to achieving self-realization and liberation. Through the integration of various techniques such as mantras, mudras, visualization, and breathwork, Tantra offers a unique path to expand consciousness and connect with the divine. Central to the practice of Tantra is the understanding and manipulation of energy within the body. This energy, often referred to as prana or life force, flows through a network of channels known as nadis. The convergence points of these nadis are the chakras, or energy centers, which play a crucial role in maintaining physical, emotional, and spiritual well-being. In this journey, you will discover how Tantra celebrates the unity of the physical and spiritual realms, teaching that every experience, every sensation, is a gateway to the divine. By working with the chakras, practitioners can awaken and harmonize their inner energy, leading to profound states of awareness and bliss. Techniques such as kundalini awakening focus on activating the dormant energy at the base of the spine, allowing it to rise through the chakras and bring about transformative experiences. Join us as we unravel the mysteries of Tantra, exploring its rich history, its profound teachings, and its practical applications in daily life. Whether you are a seasoned practitioner or a curious seeker, this book will provide you with the insights and tools needed to embark on your own Tantric journey towards enlightenment. *All chapters in this book were originally part of our earlier work; 'Kundalini Science' series' 'Spiritual Psychology' books. If you enjoyed these, you'll find more in the full compilation.*

Tantric Visions of the Divine Feminine

Edited by Girisha Chandra Vedantatirtha. With an introduction by Akshaya Kumara Maitra

Tantric Grounds and Paths

This Book Deals Mainly With Tantra Sadhana With The Help Of Illustrations Of The Important Yantras That Are Commonly Used In The Spiritual Practices By The Tantrikas.

Encyclopaedia Of Tantra (vols.5 Set) (pb)

This book entitled 'Tantra its relevance to modern times' which is a record of Tantras's long journey, presents an analytical and exhaustive study of the salient features of Tantra and all the elements of the Tantric Cult such as Guru, Sisya, Diksa, Mantra, Yantra, Pratima Puja, Cakra Puja, Pancamakara, Satkarma and Bali. The present work contains the names of Tantra works and their literary value, the names of the Saktapithas and their impact, comparisons of the Vedas, Buddhist Tantras, Islam and Marxism with Tantra, brief introductions of some legendary figures of Tantrika Sadhakas like Sri Ramkrishna, Vamakhyaapa, Barada charan etc.

Tantra

For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

Renowned Goddess of Desire

The author presents a rich and variegated picture of the sakta/ tantra art of Orissa, highlighting the evolving iconography of individual images. He focuses on different forms and depictions of the goddess as Sakti, painstakingly analyzing the architecture of a number of temples and their images.

Making Sense of Tantric Buddhism

This extraordinary new book shows us how to connect with the Devatas, the Divine powers of the universe to develop our deeper Yoga practice. It features special chapters on the Shiva Linga, meditations on Shakti in nature and in the human body, Shakti in the practice of Yoga, special knowledge of the chakras (including the spiritual heart and the crown chakra), the four internal energy centers of Fire (Agni), Sun (Surya), Moon (Soma) and Lightning (Vidyut), the practice of Drishti Yoga (Yoga of perception), Shambhavi Mudra, and important mantras to Shiva, Kali, Bhairavi and Sundari. It contains a wealth of deep yogic knowledge not easily available today and based upon traditional Sanskrit sources.

Discourses on Tantra

The Indian Tantras, which are numerous, constitute the scripture (Sastra) of the Kaliyuga, and as such is a voluminous source of present and practical orthodox "Hinduism". The Tantra Shastra is, in fact, whatever be its historical origin, a development of the Karmakanda (using that term in the general sense of ritual section of the scripture), promulgated to meet the needs of that age. Siva says: "For the benefit of men of the Kali age, men bereft of energy and dependent for existence on the food they eat, the Kaula doctrine, O auspicious one! is given" (Ch. IX, verse 12). To the Tantras, we must therefore look if we would understand aright both ritual, yoga, and sadhana of all kinds as they exist today, as also the general principles of which

these practices are but the objective expression.

The Encyclopedia of Yoga and Tantra

This Is A Cultural-Anthropological Study Exploring Those Hedonistic Aspects Of The Pan-Indian Heritage Which Affirm That The Pleasurable, Especially The Sexually Pleasurable, Is Natural As A Means To Achieve The Highest Mystical Experience.

Tantric Yoga

Tantra

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