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~~However, I have used the term 'Yoga Tantra' to refer to the Vajrayanic theory and praxis of Anuttarayoga Tantra leading to the mystic union (yoga), of polarities within the individual, which is the essence and goal of Vijarayana. Yogic practices existed long before the advent of Tantric Buddhism.~~

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~~The Kalacakra Tantra (Kalacakra means "wheel of time") is a tradition of Buddhist theory and practice whose root text treats a fantastic expanse of knowledge ranging from observations of the cosmos to investigations of meditative states and vital bodily energies.~~

This collection of original essays on Yoga in honour of Professor Gerald James Larson provides fascinating new insights into the yoga traditions of India as a historical and pluralistic phenomenon flourishing in a variety of religious and philosophical contexts.

Spiritual discipline or Yoga constitutes an inseparable partof the philosophy of every school, and especially the Tantricones, in which spiritual practices or sēdhana kriyÈ dominate.This book opens with an account of the nature, origin anddevelopment of 'aiva-'akta Tantras, their classification underdifferent schools, the wealth of literature available belongingto these schools, etc., and sheds light on the principal metaphysicaltenets of 'aiva and 'Ekta Tantras. The book dealsalso with the concepts of divine Grace or aktipēta, guru andhis different kinds, the process of initiation (dīk È) and itsvarieties, mantra s nature and place in sēdhana kriyÈ, etc.This book also attempts to remove the misconceptions widespreadin the academic world about the theory and practice ofTantra Yoga, which have been deliberately kept secret by thepractitioners to prevent their misuse by unscrupulous persons.Dr. Debabrata Sen Sharma is a well-known scholar of theAdvaita Shaiva thought of Kashmir.

"Here is a comprehensive survey of the full breadth and depth of the 5,000-year-old Yoga tradition, emphasizing its potent philosophy and spiritual vision. Georg Feuerstein demonstrates that Yoga is much more than a system of physical exercises—it is a profound path of self-transformation that encompasses a range of teachings, practices, and sacred texts that can help us cultivate wisdom, balance, and inner freedom, as well as physical health. Feuerstein is one of the few Western scholar-teachers of Yoga whose writing and teaching penetrate the full richness and depth of this ancient tradition. Here he offers a collection of essays touching on all facets of the discipline. Topics include: • The different branches and styles of Yoga • The ethical teachings of Yoga • Yoga and vegetarianism • Meditation and mantras • Choosing a teacher • Tantric Yoga • The experience of ecstasy

Over five lectures, Gavin Flood, professor of Hindu Studies and Comparative Religion in the Theology and Religion Faculty at Campion Hall at Oxford University, gives an overview of the history, theory and practice of Tantra. He explores aspects from the ?aiva Siddh?nta tradition to the Non-Saiddh?ntika, to Buddhist tantra. He gives an overview of the many developments in thought, cosmologies and the varied and fascinating practices that have emerged over the centuries. • Session 1 - Tantra in history, an overview • Session 2 - The ?aiva Siddh?nta tradition, rituals, cosmology, initiation and liberation • Session 3 - The Non-Saiddh?ntika traditions including the path of purity and the path of power • Session 4 - Tantric ?aiva views of the self, the porous self & the gnostic self, Tantric meditation • Session 5 - Buddhist Tantra - Vajray?na and the influence of ?aivism best tantra books tantric yoga christopher wallis books shakti hindu god tantric texts kriyas yoga books techniques body tantra definition osho philosophy meditation sex shiva shakti yoga best books on kashmir shaivism

The Kalachakra spiritual legacy is a vital and central part of Tibetan Buddhism. Presented here is a detailed and practical overview of this unique spiritual path. In Part One, the author discusses the tantric path to enlightenment by drawing on the writings of great scholar-practitioners of the past. He describes the sutrayana and vajrayana paths, outlines the four classes of tantras, compares the Kalachakra generation and completion stage yogas to those of the mainstream tantras and details the unique Kalachakra methods for attaining enlightenment in this lifetime. Part Two contains translations for seven texts for the pratice of Kalachakra, including a sadhana selected by the Dalai Lama for this book. Glenn Mullin's perceptive and very readable discussion of the theory and practice of this profound tantric system is an excellent addition to the literature on this subject.

This extraordinary 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. Part One discusses the practices common to sutra and tantra. Part Two presents the generation stage of Highest Yoga Tantra. Part Three covers the entirety of the completion stage yogas (i.e., physical isolation, verbal isolation, mental isolation, illusory body, clear light, and union). Part Four compares the Kalachakra and Guhyasamaja stages of completion. 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.

"Revised and expanded edition of The Shambhala Encyclopedia of Yoga, previously published in 1997."