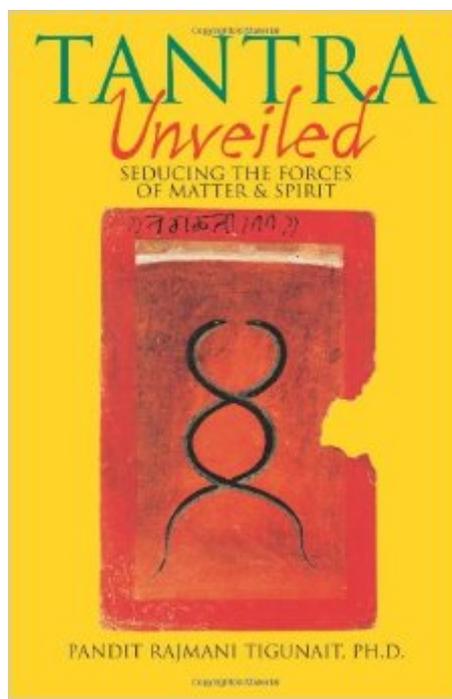


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# Tantra Unveiled



## Synopsis

Describes authentic tantra, the different spiritual paths and how tantra combines yoga, meditation, ayurveda and other disciplines.

## Book Information

Paperback: 138 pages

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## Customer Reviews

This book is very easy to read. It is also very interesting and you'll probably read it in one breath, or rather in a day - without putting the book down. I am delighted that this book was written. It brings to light Tantra which is very different than the kind popularized in the West. The author shares a few stories about the powers developed by genuine tantrik masters. Not that one has go after any powers - the powers simply unfold even spontaneously in an individual who is practicing "merging" or rather "at-one-ment" with the Infinite, whatever form It may take. Few practices are mentioned and what is mentioned is more for the purpose of giving the reader a taste of it, rather than as a means of complete practice. On the other hand, even though methods, techniques and rituals in their fullness are not disclosed and the authors states that they are transmitted directly from teacher to student - those who are familiar even with Western esoteric tradition, with cultivation of Sexual Energy from Taoist tradition, and have been practicing meditation for the purpose of experiencing Oneness with the Infinite - will find similarities. The author appropriately mentions that nothing gets an individual so interested to explore further than having an actual experience of "power". I fully agree - but the example which is offered in this book as something that is supposed to provide the reader with the "speedy" experience of power (as a remedy for calming phobia, nightmares or disturbed sleep) takes about 120 days to complete - the first 3 steps of this method are each to be

done for 40 days.

When an Eastern philosophy is transmitted to the West it is usually corrupted and changed from how it was to something barely recognizable. This happens with Yoga, Buddhism, and Tantra to name a few. A ghastly interpretation of 'tantra' shows up in books talking about sex magic which become comedic like *Urban Tantra: Sacred Sex for the Twenty-First Century*. But in this book you have a purer transmission as to what tantra really is. Pandit Rajmani Tigunait, current head of the Himalayan Institute, certainly knows his stuff. He was a core disciple of Swami Rama. In this book you get a survey of very important tantra sites with temples in India. You also get a starter version of approaching tantra through understanding what tantra is and then by being introduced to the tantric practices of mantra, yantra, and chakra puja. So if you are curious about tantra then there are few better places to start. Of course you should keep in mind David Frawley and works such as *Tantric Yoga and the Wisdom Goddesses*. My primary concerns with this book and its conveyance is in the subtitle 'Seducing The Forces Of Matter and Spirit.' While tantra claims to be a path to overcome duality there are quite a few aspects of tantra as presented in this book that do fall back into that old dualistic paradigm. If you are a realized a-dualist/non-dualist, then what 'other' exists that you feel you have to seduce?

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