Tantra Illuminated

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this book takes readers 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 the book uses translations from primary sanskrit sources offers a profound look at spiritual practice and reveals tantra s rich history and powerful teachings

tsongkhapa s a lamp to illuminate the five stages 1419 is a comprehensive presentation of the highest yoga class of buddhist tantra especially the key practices the so called five stages pancakrama of the advanced phase of guhyasamaja tantra beginning with a thorough examination of the indian sources tsongkhapa draws particularly from the writings of nagarjuna aryadeva candrakirti and naropa to develop a definitive understanding of the vajrayana completion stage whereas in the generation stage meditators visualize the buddha in the form of the deity residing in a mandala palace in the completion stage discussed in the present volume meditators transcend ordinary consciousness and actualize the state of a buddha themselves among other things tsongkhapa s work covers the subtle human physiology of channels and winds along with the process of dying the bardo and rebirth this definitive statement on guhyasamaja tantra profoundly affected the course of buddhist practice in tibet

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