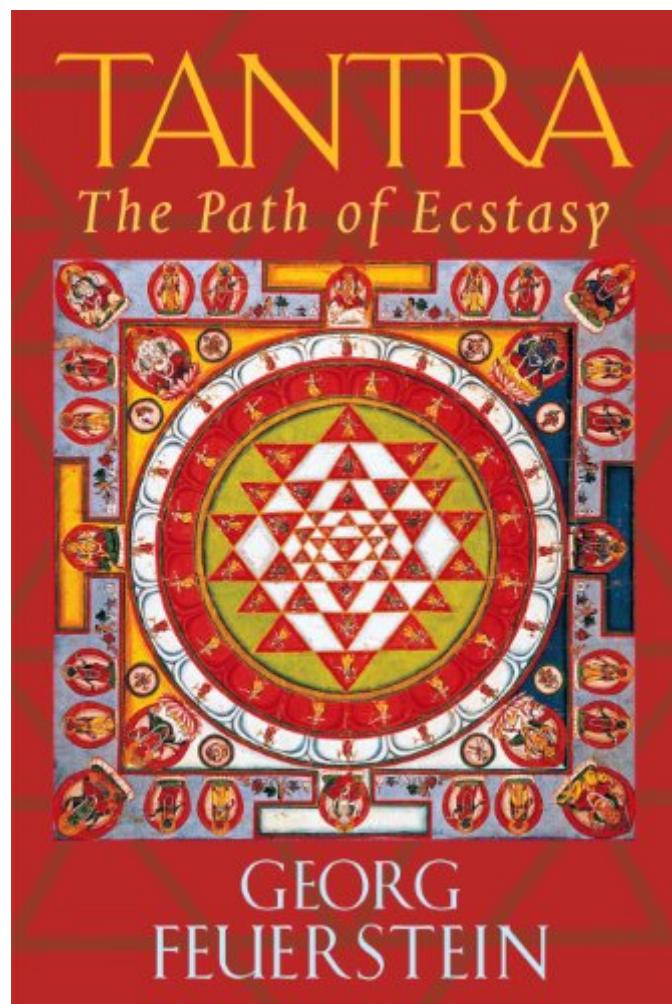


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Tantra: The Path Of Ecstasy



Synopsis

Tantra "often associated with Kundalini Yoga " is a fundamental dimension of Hinduism, emphasizing the cultivation of "divine power" (shakti) as a path to infinite bliss. Tantra has been widely misunderstood in the West, however, where its practices are often confused with eroticism and licentious morality. *Tantra: The Path of Ecstasy* dispels many common misconceptions, providing an accessible introduction to the history, philosophy, and practice of this extraordinary spiritual tradition. The Tantric teachings are geared toward the attainment of enlightenment as well as spiritual power and are present not only in Hinduism but also Jainism and Vajrayana Buddhism. In this book, Georg Feuerstein offers readers a clear understanding of authentic Tantra, as well as appropriate guidance for spiritual practice and the attainment of higher consciousness.

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Customer Reviews

Georg Feuerstein is a respected author of a number of works on esoteric traditions of India and here attempts a guide to a notoriously difficult subject. Tantra is so difficult because of the number of different traditions, the multitude of various texts, many of which remain untranslated, and the subject matter itself, which has many pitfalls for the unwary student. This book, however, is written

by someone with an understanding of the subject matter, and is organised in a way which gradually draws the reader into the essentials of tantra, including the often neglected ritual aspect, including mantra, yantra, mudra and nyasa. Feuerstein draws on a number of texts, some translated and others not, to explain the essentials of the tantrik tradition. He relies particularly heavily on the Kularnava Tantra (available in an English translation) which is, we feel, one of the more accessible of the texts. The author stresses the importance of initiation and of the guru, and also spends some time examining those forms of tantra which have sprung up in the Western World. "Many are attracted to Neo-Tantrism because it promises sexual excitement or fulfillment while clothing purely genital impulses or neurotic emotional needs in an aura of spirituality... Today translations of several major Tantras are readily available in book form, and many formerly secret practices are now, in the language of the texts, 'like common harlots'. This gives would-be Tantrics the opportunity to concoct their own idiosyncratic ceremonies and philosophies, which they can then promote as Tantra." (Tantra, page 271). While Feuerstein warns that some tantrik practices are dangerous in the wrong hands, we feel that in many ways the tradition protects itself.

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