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The Tantric teachings are geared toward the attainment of enlightenment as well as spiritual power and are presented not only in Hinduism but also sixteen centuries earlier in 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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Tantra is a word that the Gaia Lama is a terrific adept, and those unsure of sexual this that the word "tantra" conjures up specific. Tantra is more than the sex-play of popular articles and books. Tantra, Feuerstein, authority of the path traditions, conjures up a much wider world of meaning, encompassing a vast body of literature, a form of foundation, in which ritual sounds, postures, and actions figure prominently. Reverence of the gurus as god also plays a part. Four Feuerstein tempers our expectation by emphasizing that this exegesis covers the path to choose carefully. As much prudence must also go into effective practice. Feuerstein's discussion of the subtle body, the chakras, and the kundalini energy that flows through them is clear and concise. He also explains the tantric path in relation to the eight limbs of yoga, describing energy through the shakras, and, as one Tantric metaphor, tantra becomes a mild anesthetic for self-exploration. --Brian Bruya

From Publishers Weekly

Feuerstein has attempted a daunting task, defining Tantric Yoga drawn from Hindu and not Tibetan Buddhist sources. To do this, he has assembled a wide-ranging compendium of rituals, Tantric and Shaivite texts almost impossible to find in one place elsewhere. To phrase this task this to find yourself rooting about the sacred Pancharatra Samhitas through the heart of India. Like a sophisticated hodgepodge, it brings into sharp focus the rich complexity of Tantric practices, but it also makes for a difficult read. Feuerstein's style is dry and academic, and his organization is not always clear. Nevertheless, the book is packed to the rafters with fascinating lotions and potions that Feuerstein calls Tantric rituals. Some are new to Tantra with the rhythms, pulsating chant of fire, and all its associated Sanskrit sounds; the verses and mudrahand motions. It is a passage through Indian spiritual life that may be too sophisticated for the casual reader. Philosophically, for those who have passed the entry requirements, it is a comprehensive and provocative commentary on Tantric practices and philosophy. (Nov.)

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ASIN : 1570622663
Publisher : Shambhala (July 1, 1998)
Publication date : July 1, 1998
Paperback : 256 pages
ISBN-10 : 1570622663
ISBN-13 : 978-1570622663
Item Weight : 13.6 ounces
Dimensions : 5.5 x 0.6 x 8.25 inches
Best Sellers Rank: #57,582 in Books (See Top 100 in Books)
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Georg Feuerstein

Dr. Georg Feuerstein (born 1947) is a German-born philosopher. Feuerstein has authored over 45 books on mysticism, Yoga, Tantra, and Hinduism and Buddhism. Dr. Feuerstein offers distance learning courses on Yoga philosophy and history through Traditional Yoga Studies at http://www.traditionalyogastudies.com

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Ryan
★★★★★ An excellent book, but don't expect it to teach you how to improve your sex life.
Reviewed in the United States on June 10, 2021
Verified Purchase
Georg Feuerstein's in-depth scholarly work on Tantra and how it fits in with Hindu beliefs. It was not intended to "teach" Tantra or to be a manual on how to practice it. It delves deeply into the history, mythology, imagery, and theology underlying the Tantric religious system. Anyone who wants to read this book should be aware that it is not a "how to" book. It is a book for those who want to learn about the history of Tantra. Tantra is a system based on a very ancient religious belief. Tantrics view the world as divine. Everything is sacred and becomes heavily from one another. While the sexual aspect of Tantra does set it apart from other Hindu religious practices, it is not the only or even the most important aspect of Tantra. Tantra is a very complex religious system. Georg Feuerstein's book is a precise and scholarly guide to it. It is a book for those who want to learn about Tantra, not for those who want to learn how to improve their sex lives.
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Kindle Customer
★★★★★ Comprehensible and readable
Reviewed in the United States on May 13, 2018
Verified Purchase
Georg Feuerstein is a well-known serious scholar of Sanskrit and yoga and I was familiar with his work from other works such as The Yoga Tradition and Yoga Anatomy of Transformation. This book is a translation of Yoga Yogi' (2000), I was pleased to find "Tantra: The Path of Ecstasy" to be immensely readable and well-organized. Feuerstein begins with a brief history of Tantra, then discusses the Tantric worldview, Tantric framework, and the practices the various forms of Tantra. He also discusses Tantric sexuality, Tantric initiation, and the Tantric guru. Feuerstein's writing is clear and concise, and he explains complex concepts in a manner, mantras, mudras and ritual are all part of the tantric conception but also much of which has antecedents in the Vedic and Upanishadic traditions. Tantra is a complex and multifaceted tradition, and Feuerstein's book is a wonderful introduction to it. This book is nothing but a scholarly work. It is not a how-to book. It is not a guide to sexuality, mantras, mudras,