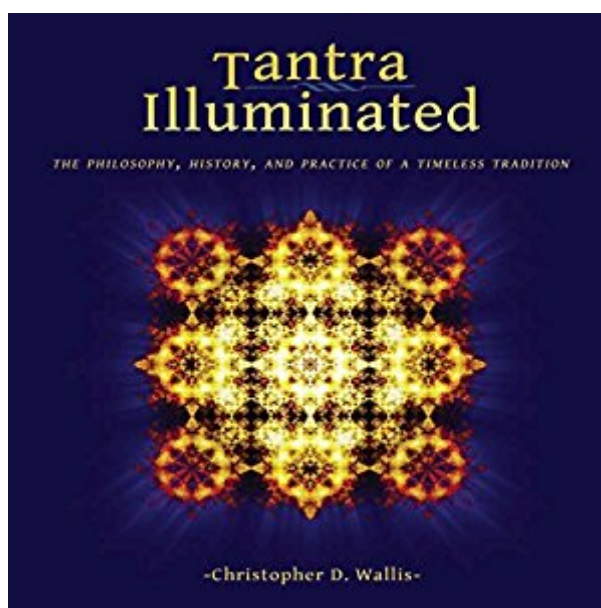


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# Tantra Illuminated: The Philosophy, History, And Practice Of A Timeless Tradition



## Synopsis

Tantra Illuminated takes the listener on a fascinating journey to the very heart of original 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. Using translations from primary Sanskrit sources and offering a profound look at spiritual practice, this book reveals Tantra's rich history and powerful teachings.

## Book Information

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## Customer Reviews

This is a fantastic and thick book nicely written and easily understood, about non-dual Kashmir shaivism, one of the highest philosophies of Hindu thought. As Theos Bernard writes in his long out of print Hindu Philosophy, Kashmir Shaivism is a system of idealistic monism based on the Shiva Sutra. In understanding Tantra not just as a western sexual tool, which is an incredibly small part of tantra, this book deals from the top down rather than from the bottom up, presenting its non-dual monism that differs from Advaita Vedanta in that it postulates that all things are consciousness but that reality exists, in a manner consistent with the Samkhya - the oldest philosophy of India which begins with a dualism of consciousness and matter/energy - the Shiva and Shakti. This system of thought as propounded by this book understands both but considers all things as dwelling in an ultimate unity of consciousness. An outstanding effort in circumventing extremely difficult concepts.

Heavy going but very interesting. It was assigned for Yoga Teacher Training -- but I was glad to find it and spend some time with it.

Wonderful book for those interested in the foundations of Yoga practice.

THE definitive text on the practices of Tantra, which are largely misunderstood these days. It's quite academic in parts, but mostly very accessible.

This book is profound, groundbreaking and well-written. It clears a misconception about Tantric teaching for western readers. For yoga practitioners this book gives a deeper understanding of yoga and meditation and leads you to a beautiful journey.

This is the book you've been seeking. Excellent. If you are interested in studying Tantra, this book presents the discussion in a profound, comprehensive, and extremely readable format, It is a joy to read.

Great book. Difficult spiritual concepts explained in simple language.

If you've "seen through" the myths and dogmas of organized religion but still declare yourself "spiritual," you may well be asking...How can I understand and navigate the world in a way that is free of dogma and belief, sophisticated, powerful and perfectly aligned with the core insights of modern science and Yoga? What are the infinite depths within the practice of Yoga asana, contemplation and meditation? Well the non-dual "View" of Shaivite Tantra is the answer. It's outlined masterfully by Christopher Wallis in this book, "Tantra Illuminated," which is a foundational text to answer these questions and to dispel the mis-understandings around Yoga and Tantra. This book is a breath-taking View from the Himalayan heights where great masters of Consciousness share their cryptic and super-charged insights into the mystery of the Universe with Christopher's expert explanation and inspired ways to practice and embody this transformative understanding. As well, it provides beautiful, authentic illustrations of the ways the "powers within Consciousness" are traditionally depicted and visualized in Tantric practice. I have found the Shaivite Tantric "View" outlined in this book to be the highest, most powerful, most core expression of the whole Indic tradition and that in generations to come, people will look back at the dark ages of religious dogma

and see that books like this were the ground-breaking, volcanic upsurge of the "new View," that outlined the gracious, clear, and experiential path to the most exalted goals of human life. Whatever life-goals you have, you will find the insights and practices in this book wire you into the powerhouse of supreme Consciousness that will guide and support you. You'll feel that you've climbed the mountain of legend, superstition, dogma surrounding the "mystery of life" and now - you've finally arrived at the top where the air is crystalline and the View is stupendous!

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