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Yoga Spandakarika - Inner Traditions

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Neotantra, navatantra (Sanskrit: ??, nava 'new') or tantric sex, is the modern, Western variation of tantra associated with new religious movements. This includes both New Age and modern Western interpretations of traditional Hindu and Buddhist tantra. Some of its proponents refer to ancient and traditional texts and principles, and many others use tantra as a catch-all phrase for "sacred ...

Translation and commentary of one of the most important texts of the Kashmirian Shivaism tradition of Tantra • Author was a student of the late Kalu Rinpoche • Explores the transmission of Mahamudra, the Great Cosmic Gesture • Includes the Vijnanabhairava Tantra, which contains the totality of the oldest source text on Yoga The Spandakarika, the "Tantric Song of the Divine Pulsation," is said to have been transmitted directly to the sage Vasugupta from the hands of Shiva on Mount Kailas. In his commentary on these fifty-two stanzas, the sage Ksemaraja described them as the heart of the Mahamudra.

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The oldest masters of Spandakarika viewed everything in the universe, including matter, as consciousness and created a yoga practice in accordance with this realization. The sacred dance of Yoga Spandakarika, Tandava, is extremely subtle and difficult, requiring thousands of hours of practice to master, yet it surpasses any other physical practice, allowing the practitioner to touch the divine inner pulse. Once its third stage has been mastered, the yogi or yogini is able to manifest the dance of Shiva in space, a tradition visible in the statuary of Tantric temples in India and Tibet. Energy is no longer contracted by the perception of duality, and the mind and body become unbounded, forming a sphere that contains all that was formerly outside. In Yoga Spandakarika Daniel Odier passes on these vanishing teachings as he received them from his Tibetan master, Kalu Rinpoche, and Kashmiri yogi Lalita Devi.

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- Shares vivid, experiential descriptions of the author's sessions with master Lalita Devi wherein she imparted the essential principles of the Mahamudra to him physically, verbally, and energetically • Presents new translations of the most significant sacred books, including the Shiva Sutras, the Pratybhijna Hridayam Sutra, and the Spandakarika, each presented in language that preserves their spontaneous mystic flow • Pairs the author's intellectual study of the sacred texts with direct transmissions from his teacher, with each perspective shedding light on the other In 1975, in an isolated Himalayan forest, Daniel Odier met Lalita Devi, a tantric yogini who took him on a mystical journey beyond the limits of sexual experience to transcend the ego, recognize the true self, and rediscover the Divine nature of absolute love. Now, Odier shares the secret teachings and self-realization practices of the Kashmiri Mahamudra (meditation on the mind itself) and the Pratyabhijna (the School of Sudden Recognition). The author offers vivid descriptions of his sessions with Lalita Devi wherein she imparted the essential principles of the Mahamudra and the yoga of emotions to him physically, verbally, and energetically. Lalita Devi knew the principal texts of Kashmiri Shaivism by heart. New translations of the most significant sacred books, including the Shiva Sutras, the Pratyabhijnahridayam, and the Spandakarika, are provided by Odier along with chants and poems from the yogini tradition. Presented in language that preserves their spontaneous mystic flow and restores their original ancient female origins, Crazy Wisdom of the Yogini offers a profound inside look at authentic tantric teachings.

"I have prepared a trident of Wisdom in order to cut asunder their bondage." -- Abhinavagupta This is a long commentary on a short Tantra. One of the most authoritative and venerated texts in Kashmir Shaivism, it deals with the nature of Ultimate Reality and with methods of realization focusing on the theory and practice of Mantra. Abhinavagupta presents his metaphysics of language, of the Word (Vak), and its relation to consciousness. He calls it, "trikasastra-rahasya-upadesa: The teaching of the secret of the Trika doctrine."

The author reveals his passionate experiences with a female Tantric master who taught him the suppressed practices of her ancient order. In 1968 Daniel Odier left Europe for the Himalayas, searching for a master who could help him go where texts and intellectual searching could no longer take him. He wanted everything: the wisdom and spirituality gained from the life of an ascetic and the beauty, love, and sensuality of a life of passion. He found both in Shivaic Tantrism, the secret spiritual path that seeks to transcend ego and rediscover the divine by embracing the passions. In an isolated Himalayan forest Odier met Devi, a great yogini who would take him on a mystical journey like none he had ever imagined. At times taking him beyond the limits of sexual experience, at times threatening him with destruction, she taught him what it is to truly be alive and to know the divine nature of absolute love. This is the personal memoir of one of France's most honored writers. Tantrism is the only ancient philosophy to survive all historical upheavals, invasions, and influences to reach us intact by uninterrupted transmission from master to disciple, and the only one to retain the image of the Great Goddess as the ultimate source of power.

Beginning with the simple and fundamental steps necessary to prepare for meditation, the author guides the reader through the specifics of the mental disciplines and visualizations that Buddhist and Taoist masters have used for ages in their quest for illumination. Original.

"We are created in rhythm, kept alive in rhythm, evolve through rhythm. Tides, breath, and blood flow in rhythm. We are born into a universe of currents, and our heart is the great conductor of the body, orchestrating our flow." The mystical foundations of all the world's spiritual paths meet in a single, sacred place: the heart of the seeker. We have reached a time when scientific understanding mirrors the teachings of the great wisdom traditions in revealing our energetic heart as the light of consciousness, the fire of love, a field of intelligence. Tending the Heart Fire, the first book by pioneering yogini Shiva Rea, is an invitation to embody our extraordinary potential at this turning point in time, to reconnect your life to the rhythms of your body and the natural world—to live in flow with the pulse of life. Weaving together wisdom from the great world traditions—including yoga, Ayurveda, Tantra, and modern science—Shiva presents an essential resource for becoming a firekeeper of the sacred heart. This diverse treasury is filled with meditations, life guidance, seasonal rituals, and daily practices, including: Insights for harmonizing with the sacred junctures of time—the daily, weekly, lunar, and solar cycles of manifestation and renewal Aligning with the seasons—how to adapt your diet, exercise, and yoga rhythms throughout the annual cycle Ways to honor the great sacred holidays, rites, and festivals Awakening of sahaja—the natural flow at the origins and source of yoga asana and sacred embodiment at the heart of yoga and Tantra Skills for tending your inner fire in every aspect of life and healing imbalances that can support a renewable energy lifestyle A visual teaching with over a hundred full-color images, including reference charts, diagrams, illustrations, and ancient poetry for inspiration The legacy of the Heart Fire is more than eight hundred thousand years old—and in our modern world, we need more than ever to consciously reconnect to the radiant field that transcends time, space, and culture. "The direct awakening of the heart often happens when we are at a crisis point, when the armor of our heart has to crack," writes Shiva Rea. "Let us return to the power and magnificence of our hearts—as living fire, as intelligent energy and electromagnetic radiance, and as our illuminating guide toward love, creativity, and deep knowing of our true sacred nature."

The practice of Tantra Yoga is considered to be the highest and most rapid path to enlightenment. Master teacher Mukunda Stiles offers 18 lessons in Tantra Yoga, a practice of transformational self-healing in which we can deepen awareness of our bodies, their energy forces, and the connections to the natural world around you and those you love. While many movements today describe tantra as a sexual practice promising longer and better orgasms, increased stamina, and ecstasy, the real Tantra aims to awaken Kundalini, the dormant potential force in the human personality. The Tantra tradition includes a vast range of practical teachings leading to the expansion of human consciousness and the liberation of primal energy. By heightening their awareness to this connective energy, readers will learn to embrace and develop a higher level of intimacy, the heart of tantra. Stiles explains this intimate and life-changing practice with grace, structure, and clarity—an easy-to-follow Tantra Yoga workshop in book form. Tantra Yoga Secrets will empower readers to overcome emotions, gain new knowledge, and live a more fulfilling spiritual lifestyle.

Whether you are completely new to yoga, a more advanced practitioner who feels they can't see the wood for the trees or simply someone who would like to know what all these people who seem to go on about yoga are actually talking about, this is the first book you need to read. The Incomplete Guide to Yoga is a comprehensive introduction and guide to yoga, covering everything from the philosophical background and history to the nuts and bolts of how to practice - and pretty much everything in between. There are hundreds of books about yoga, covering hundreds of topics and viewpoints, many conflicting with each other. If you have ever stood in a bookshop and thought I AM JUST A NORMAL PERSON WHO WANTS TO KNOW WHAT YOGA IS AND WHAT ON EARTH I AM SUPPOSED TO DO WITH IT, then reading this book will do the job nicely. The Incomplete Guide to Yoga is a unique synthesis of the many aspects of yoga, and its relationship with modern thinking. It provides clear, unbiased explanations and will leave you with your own coherent picture of yoga and how it will work for you.

- Explains the basic techniques of the practice, detailing proper posture, breathwork exercises (pranayama), bandhas, third-eye gazing, and the use of mantra
- Presents advanced, yet simple, techniques that accelerate a contemplative practice by micro-modulations related to posture, respiration, visualization, and sound
- Includes wisdom from the author's teacher Ganesh Baba on the importance of the spine in Kriya yoga and the Cycle of Synthesis, a model of the human experience

Kriya yoga is an ancient meditation technique that focuses on breathing and the spine to unlock deep states of awareness, self-realization, and spiritual growth. Kriya can provide a fast path to awakening, yet its practice has been shrouded in secrecy, passed only from master to initiate for millennia. Introduced into Kriya 40 years ago, Keith Lowenstein, M.D., offers an accessible yet detailed guide to Kriya yoga. He explains the basic techniques of the practice step by step, detailing proper posture, breathwork exercises (pranayama), visualization practices, and mantra. He reveals how Kriya is a scientific art--if practiced consistently, it will allow you to quickly enter deep states of meditation and ultimately experience inner stillness. He also explores how the practice of Kriya leads to healing and the development of compassion and the freeing joy of the union of Nature and Spirit. Sharing the wisdom of his Kriya yoga teacher Ganesh Baba, the author adds a detailed understanding of anatomy, especially the importance of the spine in Kriya yoga and energy flow. The author explores Ganesh Baba's teachings on spirit-infused science and the integration of Vedic philosophy, quantum mechanics, prana, and spiritualization illustrated in the Cycle of Synthesis. He also discusses the relationship between the exercises of Kriya yoga and Patanjali's Yoga Sutras as well as teachings from his other teachers, including Paramahansa

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Hariharananda. With this guide, you will gain an understanding not only of the practice of Kriya yoga but also of the spiritual wealth it brings, including the ultimate self-realization of non-dual reality.

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