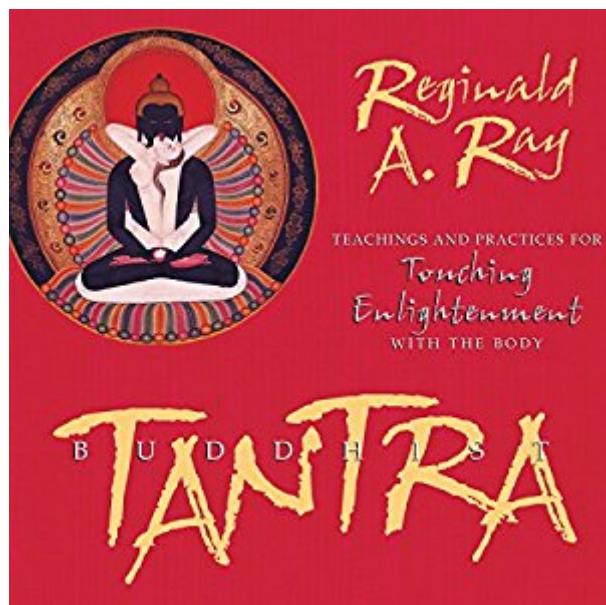


The book was found

Buddhist Tantra: Teachings And Practices For Touching Enlightenment With The Body



Synopsis

"Within my body are all the sacred places of the world," the Buddhist saint Saraha once said, "and the most profound pilgrimage that I can ever make is within my own body." For 15 centuries the realized masters of the tantric path used the crucible of their own lives to develop a powerful and accelerated means to enlightenment. Today these teachings remain alive within the usually hidden inner courtyard of the Vajrayana vehicle of Tibetan Buddhism, a tradition that requires the courage to engage your body, your human desires, and your most challenging life obstacles as the basic fuel for insight. Now, with Buddhist Tantra, esteemed teacher Reggie Ray introduces you to these precious teachings and invites you to explore the path to naked and unprecedented experience. The popular or exoteric teachings of Buddhism are known to many, yet its esoteric teachings remain relatively unknown in the West. If you have been seeking a gateway to this potent tradition, Buddhist Tantra is an unsurpassed opportunity to enter into the temple of its deepest truths. Entering the Vajra World Through the Vehicle of Your Body The word tantra means "to weave through", a metaphor that points to the vibrant fabric of intelligent and living energies that make up the essence of every cell of your body, every fleeting thought you have, and every particle of the universe. Entering this undefiled and ever-renewing vajra world is the promise of the tantric path.

Book Information

Audible Audio Edition

Listening Length: 11 hours and 11 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Sounds True

Audible.com Release Date: October 7, 2015

Language: English

ASIN: B016924VKW

Best Sellers Rank: #93 in Books > Audible Audiobooks > Religion & Spirituality > Buddhism & Eastern Religions #407 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism #2185 in Books > Religion & Spirituality > New Age & Spirituality

Customer Reviews

This is a very good work from an excellent teacher, Dr. Reginald Ray. The problem is that it is an earlier work (2002) that has been largely duplicated in later more comprehensive media packages. The newer works thereby tend to supersede this work and render it largely redundant. There are

stories and tidbits that may not be found in the later works, so the avid student may want to listen to this material - I have listened to it more than once and still appreciate its excellent quality. It also reviews Buddhist Tantra from Hinayana, Mahayana, and Vajrayana levels of teachings, but that can also be found elsewhere. All or most of the guided meditation practices are repeated in the later works, though one can garner small insights by listening to two versions of the same instruction. For audio format, I recommend that one starts off with Your Breathing Body Volume 1: and Your Breathing Body Vol. 2, followed by Mahamudra for the Modern World: An Unprecedented Training Course in the Pinnacle Teachings of Tibetan Buddhism (note my 5-star reviews). This media product may still well serve you as a shorter (9 CD) standalone review of Buddhist Tantra, if one is not ready to dive into the 53 CDs contained in the 3 packages mentioned above. This remains a concise survey of the teachings on its own merit. It's just that you will hear much of it again if you proceed to the more comprehensive teachings.

Written by Reginald A. Ray (Professor of Buddhist Studies at Naropa University, and an Acharya in the lineage of Chogyam Trungpa), Buddhist Tantra: Teachings And Practices For Touching Enlightenment With The Body is an audio CD book that informatively explores the path to enlightenment through corporeal awareness. Offering six guided meditations, 18 sessions of guidance, as well as insight into unifying masculine and feminine channels, the role of sexuality in tantric practice, connecting with the Earth as a source of calm and wellness, and much, much more, Buddhist Tantra is a unique, insightful, and inclusive resource which is highly recommended for personal, academic, and community library Buddhist Studies collections. 9 CDS, 11 1/4 hours.

Ray provides a clear and concise introduction to Tantric practice. His inclusion of guided meditations provide a full experience to the novice and provide a clear direction for further exploration and learning. I highly recommend these teachings to anyone who is interested in bringing the power of Buddhism into their life.

Reggie Ray has to be one of the most genuine teachers I've ever encountered. It's clear he has done a tremendous amount of work over the last few decades with this practice. Tantra has long been associated with sex & while some people are drawn to Tantra for that reason, Reggie Ray makes it clear that Tantra is so much more. This is a tremendously complex subject but this CD set is a great way to learn the basics of what Tantra is about.

The product was just as I expected. Reginald Ray's teachings are clear and practical especially for a Western mind. Excellent.

[Download to continue reading...](#)

Buddhist Tantra: Teachings and Practices for Touching Enlightenment with the Body Meditating with the Body: Six Tibetan Buddhist Meditations for Touching Enlightenment with the Body Touching Enlightenment: Finding Realization in the Body The Crystal and the Way of Light: Sutra, Tantra, and Dzogchen (Tibetan Buddhist Philosophy) From Here to Enlightenment: An Introduction to Tsong-kha-pa's Classic Text The Great Treatise of the Stages of the Path to Enlightenment A New Buddhist Path: Enlightenment, Evolution, and Ethics in the Modern World Entering the Stream to Enlightenment: Experiences of the Stages of the Buddhist Path in Contemporary Sri Lanka Jewels of Enlightenment: Wisdom Teachings from the Great Tibetan Masters The Enlightenment Teachings of Jesus: The Gospel of Thomas Chinese Buddhist Monasteries: Their Plan and Its Function as a Setting for Buddhist Monastic Life Happiness, Love, and Liberation: Insights and Teachings from Buddhist Psychology The Wise Heart: A Guide to the Universal Teachings of Buddhist Psychology The Good Heart: A Buddhist Perspective on the Teachings of Jesus The Secret Oral Teachings in Tibetan Buddhist Sects The Buddha's Teachings on Social and Communal Harmony: An Anthology of Discourses from the Pali Canon (Teachings of the Buddha) A Faith for the Future: Church's Teachings for a Changing World: Volume 3 (Church Teachings for Changing the World) Heaven Touching Earth: True Stories of Angels, Miracles, and Heavenly Encounters Walton Ford: Pancha Tantra Touching Spirit Bear Touching (The Five Senses)

[Dmca](#)