

Nawa Yogini Tantra

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Nawa Yogini Tantra

This book written under the guidance of Swami Satyananda Saraswati looks at 'Women and Spirituality', Special Applications and Yoga Sadhana for Women. It also looks at how yoga can be used to combat ...

Often mistaken as solely the "yoga of sex," Tantra Yoga is more accurately described as the "yoga of everything," in which the spiritual is united with every aspect of life. This book offers step-by-step instructions and illustrations to explain the practice and philosophy of Tantra Yoga — adapted to the specific physical, emotional, and spiritual concerns of women. The author explains differing methods of meditation and mantras, breathing and relaxation, yoga positions, visualization, and affirmations — demonstrating how a daily routine of meditation and yoga can bring focus and strength both physically and spiritually. More than a guide to fitness, A Woman's Guide to Tantra Yoga brilliantly adapts one of the most venerable Eastern practices to the demands of modern life.

Spiritual discipline or Yoga constitutes an inseparable partof the philosophy of every school, and especially the Tantricones, in which spiritual practices or sĒdhana kriyĒ dominate.This book opens with an account of the nature, origin anddevelopment of ' aiva- ' akta Tantras, their classification underdifferent schools, the wealth of literature available belongingto these schools, etc., and sheds light on the principal metaphysicaltenets of ' aiva and ' Ēkta Tantras. The book dealsalso with the concepts of divine Grace or aktipĒta, guru andhis different kinds, the process of initiation (d ĩ k Ē) and itsvarieties, mantra s nature and place in sĒdhana kriyĒ, etc.This book also attempts to remove the misconceptions widespreadin the academic world about the theory and practice ofTantra Yoga, which have been deliberately kept secret by thepractitioners to prevent their misuse by unscrupulous persons.Dr. Debabrata Sen Sharma is a well-known scholar of theAdvaita Shaiva thought of Kashmir.

Yogini: Unfolding the Goddess Within is a unique record of personal experiences that portray in its various fascinating episode the secrets of the magical world of Tantra. It shows how the gods and goddesses can manifest themselves within our daily lives, taking us from the mundane to the sublime and making our days and nights a dance of wonder and delight.

During those months full of ecstasy and sometimes anxiety, you need a true friend to prepare you for that special day. This reliable book with simple and easy-to-do asanas is just what you had wished for.

In Hindu theology, Divine Power is conceived as a divine woman-the Goddess. Sometimes she is wholly autonomous and sometimes she is the divine spouse of the creator God, Siva or Visnu. She is also held to be the evolving material source of every created phenomenon. Religious texts like Puranas and Tantras have thoroughly investigated the mysterious nature of the Cosmic Goddess. Tantra as a religious practice endeavoured to show how through ritual and Yoga one may achieve the realization of the mystery of the Supreme Goddess. Authors in Sanskrit and modern Indian languages have poured out their ecstatic devotion to the Goddess. She is close to the heart of the passionate devotee, who adores her as mother or daughter - a mortal emotional bond with the divine so peculiar to Hindus. She is also sovereign Power a little part of which reigning royalties covet to possess in order to be good rulers. AS the divine woman she is represented in all women. Therefore women should be holding a high position amongst Hindus. But the question is, do they? In spite of the obvious contrary evidence, women do succeed in carving out a very important position in Hindu religious practices by having their alternative religious rituals highly valued by Hindu women have a very complex interrelationship. The book focuses on the great cosmic Goddess and her ritual worship, Tantric theology and praxis in a wider sense, the attitude of her devotees towards her authority and the social character of the Tantric practitioners, and the position of Bhakti. It also figures out the position of women inside the Tantric and non-Tantric Hindu religious milieu. The Goddess symbolizes the supreme divine authority that activates the creation, protection and governance and necessary dissolution of the world in accordance with the ancient Indian concept of cyclical time. But She also discharges the divine sovereign privilege of punishing evil-doers and rewarding true devotees. Finally, the relevant forms of the Cosmic Goddess in this book are Sri/Tripurasundari/ Lalita, Goddess Kali and Her various emanations; and Laksmi and Her powers in the Pancaratra canonical texts.

Commentary on Buddhist canonical text ascribed to Asa ç nga.

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