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Vasugupta from the hands of Shiva
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Yoga Spandakarika - Inner
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Yoga Spandakarika. The Sacred
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Daniel Odier. \$14.99. \$14.99.

Publisher Description. Translation

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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.

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Origins 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

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Others use tantra as a catch-all phrase for "sacred ...

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Origin. 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,

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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

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Origins, 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

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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

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Origins 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.

- Shares vivid, experiential

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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

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Origins, 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

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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

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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

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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

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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

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Originals preserve 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.

The author reveals his passionate

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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

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Origins
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

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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

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Origins
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,

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Origins 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.

"We are created in rhythm, kept

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Origins 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

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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

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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.

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Origins 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.

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renewal Aligning with the
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tending your inner fire in every

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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

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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

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Origins 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

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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

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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

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Original 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

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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

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Origins, 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.

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- 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-

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Originals 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

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Origins 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

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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

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(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

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Origins 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

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Origins 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

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discusses the relationship between the exercises of Kriya yoga and Patanjali ' s Yoga Sutras as well as teachings from his other teachers, including Paramahansa Hariharananda. With this guide, you will gain an understanding not only of the practice of Kriya yoga

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Origins but also of the spiritual wealth it brings, including the ultimate self-realization of non-dual reality.

Teaching Yoga is an essential resource for new and experienced teachers as well as a guide for all yoga students interested in

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Refining their skills and knowledge. Addressing 100% of the teacher training curriculum standards set by Yoga Alliance, the world's leading registry and accreditation source for yoga teachers and schools, Teaching Yoga is also ideal for use as a core textbook in

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Original yoga teacher training programs. Drawing on a wide spectrum of perspectives, and featuring more than 150 photographs and illustrations, the book covers fundamental topics of yoga philosophy and history, including a historical presentation of classical

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Original literature: the Vedas, Upanishads, Bhagavad Gita, Yoga Sutras of Pataljali, and the main historical sources on tantra and early hatha yoga. Each of the eleven major styles of contemporary yoga is described, with a brief history of its

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Origins development and the distinguishing elements of its teachings.

Exploring traditional and modern aspects of anatomy and physiology, the book provides extensive support and tools for teaching 108 yoga poses (asanas), breathing techniques (pranayama),

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and meditation. Teaching Yoga offers practical advice for classroom setup, planning and sequencing classes, as well as the process involved in becoming a teacher and sustaining oneself in the profession. The book has over 200 bibliographic sources, a

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Comprehensive index, and a useful appendix that lists associations, institutes, organizations, and professional resources for yoga teachers. From the Trade Paperback edition.

Whether you are completely new

Page 89/100

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Origins, 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

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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,

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Origins 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

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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

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A guide to the mental disciplines and visualizations that Masters have used for ages in their quest for illumination. * An insider's view of specific meditation techniques and the steps necessary for a wide

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Origins of * Buddhist and Taoist
meditation practices. * By the
author of Tantric Quest (15,000
sold) and Desire: The Tantric Path
to Awakening. The esoteric
practices followed in the quest for
divinity generally remain a secret
to the world--kept cloistered away

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Origins for only the most ascetic practitioners. Now Daniel Odier, having immersed himself in the life and spiritual practices of Buddhist and Taoist monasteries throughout India, Nepal, Sri Lanka, Thailand, and Japan, reveals actual teachings passed on by the sages who are

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Original expressions of their tradition. Looking beyond doctrine, dogma, and philosophical treatises that ignore direct experiences of the practice, Odier provides a direct path to the heart of the religious experience that can be discovered through meditation.

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Beginning with the simple and fundamental steps necessary to prepare for meditation, Odier 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.

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To devote oneself to meditation, in the sense understood by Buddhists and Taoists, is to realize the understanding of how every fiber of our being converges with all creation. Meditation Techniques of the Buddhist and Taoist Masters is a valuable guide to all who are in

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Origins of that realization.

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