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LYONS ANGELO

Luce dei tantra. Tantraloka Motilal Banarsidass Publishe Traditions of asceticism, yoga, and devotion (bhakti), including dance and music, developed in Hinduism over long periods of time. Some of these practices, notably those denoted by the term yoga, are orientated towards salvation from the cycle of reincarnation and go back several thousand years. These practices, borne witness to in ancient texts called Upaniṣads, as well as in other traditions, notably early Buddhism and Jainism, are the subject of this volume in the Oxford History of Hinduism.

Practices of meditation are also linked to asceticism (tapas) and its institutional articulation in renunciation (saṃnyāsa). There is a range of practices or disciplines from ascetic fasting to taking a vow (vrata) for a deity in return for a favour. There are also devotional practices that might involve ritual, making an offering to a deity and receiving a blessing, dancing, or visualization of the master (guru). The overall theme--the history of religious practices--might even be seen as being within a broader intellectual trajectory of cultural history. In the substantial introduction by the editor this broad history is sketched, paying particular attention to what we might call the

medieval period (post-Gupta) through to modernity when traditions had significantly developed in relation to each other. The chapters in the book chart the history of Hindu practice, paying particular attention to indigenous terms and recognizing indigenous distinctions such as between the ritual life of the householder and the renouncer seeking liberation, between 'inner' practices of and 'external' practices of ritual, and between those desirous of liberation (mumukṣu) and those desirous of pleasure and worldly success (bubhukṣu). This whole range of meditative and devotional practices that have developed in the history of Hinduism are represented in this book.

Desideri, passioni & spiritualità Editora Appris
 This book explores one of the most explicit and sophisticated theoretical formulations of tantric yoga. It explains Abhinavagupta's teaching about the nature of ultimate reality, about the methods for experiencing this ultimate reality, and about the nature of the state of realization, a condition of embodied enlightenment. The author uncovers the conceptual matrix surrounding the practices of the Kaula lineage of Kashmir Shaivism. The primary textual basis for the book is provided by Abhinavagupta's *Parātrīśikā-laghuvṛtti*, a short meditation manual that centers on the symbolism of the Heart-mantra, SAUḤ.
Hinduismo Franz Steiner Verlag Wiesbaden gmbh
 Cutting across distinctions of schools and types, the author explains the central feature of Kashmir Saivism: the creative pulse of the all-pervasive Consciousness called Siva. This is also the central theme of the Hindu Tantras, and Dyczkowski provides new insight into the most literate and extensive interpretations of the Tantras. This book is

significant from four points of view. First, it breaks new ground in Indian philosophy. According to the Spanda Doctrine, the self is not simply witnessing consciousness as maintained by Sankhya and Vedanta, but is an active force. Second, the ultimate reality is not simply a logical system of abstract categories, but is living, pulsating energy, the source of all manifestation. Third, the work elaborates the dynamic aspect of consciousness. It supplies an excellent introduction to the texts and scriptures of Kashmir Saivism. Fourth, it suggests a Yoga for the realization of self.
Encyclopedia of Indian Philosophies Motilal Banarsidass Publ.
 • Explains how the primal energy generated by physical desire can be used to achieve enlightenment • Reveals the techniques used by Tantric adepts to attain mastery over breath, thought, and all physical processes Nothing can match the explosive energy created in the body by pure desire. For millennia, Tantric adepts have harnessed this force as a means of attaining the summits of the mystical life. The energies

fueled by passion are used to nourish the inner flame that burns away the egotistical perception of the mind. Desire explores the subtle techniques of Tantra that enable the seeker to attain the triple mastery of the breath, thought, and the natural processes of the body. Tantrics believe that the body is the temple and divinity lies at its heart. In order to arrive at profound awareness, the body needs to be perfectly tuned and working toward a state of perfect fluidity. Desire reveals many of the secret practices intended for this purpose that have been passed down in the major Tantric treatises such as the *Vijnanabhariva Tantra* and Ch'an master Chinul's treatise on the *Secrets of Cultivating the Mind*, including the important techniques of the ritual sexual observances known as Maithuna.
Kiss of the Yogini University of Chicago Press
 Neste livro, Carlos Alberto Tinoco traz, aos amantes e curiosos do Yoga, breve histórias sobre grandes Mestres, do oriente ao ocidente. Com técnica impressionante, o autor deixa-nos embarcar pela vida e conversão de

peessoas que foram movidas pela força e pelo poder transformador do Yoga.

Catalogo dei libri in commercio

Motilal Banarsidass

Questo libro nasce dal desiderio di scrivere degli appunti per coloro che mi seguono

nell'apprendimento dello Yoga, appunti su argomenti di cui si parla durante le lezioni. Spesso infatti mi viene chiesto quali libri consultare, quali guide, quali autori... Ciò mi induce a ritenere fondata l'esigenza di un piccolo trattato che illustri i primi elementi dello Yoga ed i principi su cui si fonda. E così ho iniziato a mettere insieme i miei appunti, cercando di dar loro una veste uniforme. Ed allora eccolo qui.

Rediscovering God with Transcendental Argument
Brill

Kundalini's power lies dormant in humans until it is awakened. The awakened Kundalini expresses the primal divine impulse and ultimately joins the individual with the divine. The development of the book parallels the development of the Kundalini within. Part One exposes the awakening and unfolding of the Kundalini; Part Two

describes the piercing of the energy centers and the stages of ascent through the body; and Part Three examines Kundalini's relation to sexual expression. The book provides a deep understanding of Tantra and of the underlying purpose of Tantracism. The author carefully considers the Caryakrama practices of sexual expression as a means of awakening and controlling Kundalini. Silburn draws together passages from the Trika, Krama, and Kaula systems ranging through Abhinavagupta and Lalla and provides both translation and commentary for them. Chapters on the Chakras, the Nadis, and on mantras further elucidate the topic and lead to a forceful conclusion: Kundalini is the source of ultimate human knowledge and power.

Supplemento ... agli

Annali Simon and Schuster

Featuring chapters by an international team of leading scholars in the field, this is a comprehensive reference guide to Hindu Studies.

Bibliografia nazionale italiana

BRILL
The chapters in this book explore important aspects of ma alas and yantras in

the Sm?rta, P?ncar?tra, ?aiva and kta traditions through investigations by renowned specialists in the field. An essay on the v?stupuru?ama ala and its relationship to architecture is also included. With colour illustrations.

The Continuum

Companion to Hindu Studies University of Chicago Press

Desideri, passioni & spiritualità esplora in profondità come il desiderio e la passione facciano parte della via del tantrismo kashmiro. Daniel Odier si basa sui testi classici dei grandi maestri storici e sulla tradizione di cui ha ricevuto trasmissione dalla yogini Lalita Devi. L'approccio unico del tantrismo kashmiro mira all'unione e all'esplorazione di tutte le emozioni umane e della via spirituale. Nel libro Daniel Odier offre anche preziosi consigli pratici e alcuni esercizi di yoga che permettono di comprendere che non esiste contraddizione tra piacere e yoga. Il corpo liberato diviene così lo strumento ideale della realizzazione mistica.

Desire

Edizioni Mediterranee
The Paratrisika (or Paratrimika) is a short

Tantra that has been held in the highest esteem by Kashmir Saivism or Trika. After Somananda, Abhinavagupta has written two commentaries on it, a short one (Laghuvrtti) and an extensive one the present Vivarana which is presented here for the first time in an English translation. The Paratrisika Vivarana is one of the most fascinating but also most difficult texts of the Kashmir Saiva School, and of the mystical philosophical literature of India as a whole. It deals with Ultimate Reality (anuttara or para) and with the methods of realization, centred above all in the theory and practice of the mantra. Abhinavagupta displays here his great exegetical genius and presents a penetrating metaphysics of language, of the Word (vak) and its various stages in relation to consciousness. His language reflects in a luminous fashion the mystical experience contained in this text. The present translation of Abhinavagupta's masterpiece will not only be a milestone in the study of Kashmir Saivism, but it also makes available one of the major mystical texts of the

Indian tradition to readers interested in philosophy and spirituality
Theory and Practice of Yoga : 'Essays in Honour of Gerald James Larson
 Anima Srl
 Aborde la connaissance et la compréhension des conceptions et des usages du corps dans la culture hindoue, depuis les origines védiques jusqu'à nos jours. Souligne les différences avec le modèle occidental du corps et la complexité des divers types de représentations qui coexistent dans la culture indienne (védique, tantrique et yogique).
Vienna journal of South Asian studies Gli Adelphi
 • 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. Abhinavagupta's Philosophy of Revelation Edizioni Mediterranee This book is the first consistent theological treatment of the subject of Hindu thought known to itself as Trika or Triadism and popularly as Kashmir Saivism. Few Indic theologies equal it in architectonic power and mystical profundity. Its highest category and goal is consciousness or Light whose foremost characteristic is Freedom. This goal can be attained through four ways (upayas). The theology of these ways pertains to Gnostic or knowledge oriented Triadism whose prime theologian is Ahhinavagupta the emperor of Indic speculation. The Cult of the Goddess Kubjika Motilal Banarsidass Publ. This Inspirational Guide To An Open, Critical Exchange Between India And The West Is Framed As A Tribute To Dr. Bettina Baumer, An Eminent Scholar Of Indology. Comprising 32 Essays, Segregated Into Three Sections Indian Philosophy And

Spirituality, Indian Arts And Aesthetics, And Interreligious And Intercultural Dialogue. *The Cult of Khaḍgarāvaṇa* FrancoAngeli The term hindu is referred to the religious life of the people of India, and Spirituality understood as wisdom about the way back into the ground of pluralism of religious forms. These two volumes are structured along the division between the classical and the postclassical. Twenty seven scholars from around the world shed light on the spiritual beauty of Hinduisms poetry art and temples, festivals and music, as well as the contributions of modern pioneers such as Swami Vivekananda Sri Aurobindo, Mahatma Gandhi and others. **Crazy Wisdom of the Yogini** State University of New York Press This essay is about the goddess Kubjika. The cult of this obscure goddess compared with that of the much better known goddess Kali, and references are occasionally provided to the goddess Tripura. The latter, like Kubjika, figures prominently right from the start of her history in the Sakta Kaula Tantras, the former emerges initially in

the Bhairava Tantras but soon becomes a member of the Kaula pantheon. For those interested in Nepalese studies an important common feature of these three goddesses and their ectypes is the central position they have held for several centuries in the esoteric Tantrism of high-caste Hindu Newars as their lineage (kula) deities. Thus the aim of this paper is twofold. One is to present a general overview of some salient features of the typology of these forms of the sacred. The other is to present a brief introduction to Newar Saktism as the context in which the goddess Kubjika has been worshipped for most of her history. "Mark S. G. Dyczkowski ist es gelungen, mit dieser zunächst kurz gehaltenen Arbeit eine erste, grundlegende Darstellung des esoterischen Kubijika-Kults vorzulegen." Indo-Iranian Journal. **Samarasya** State University of New York Press Beginning with an introduction to the scriptural background of the Śaiva religion, this volume presents a translation accompanied by a re-edition of the Sanskrit text with the help

of two manuscripts not consulted before, and a running commentary. A fragment of the Śrīkaṇṭī is transcribed in an appendix.

Hindu Spirituality State University of New York Press

Contributed articles on criticism of Hindu tantric literatures.

Os Mestres do Yoga

A&C Black

A richly illustrated tapestry of interwoven studies spanning some six thousand years of history, *Dæmons Are Forever* is at once a record of archaic contacts and transactions between humans and

protean spirit beings—dæmons—and an account of exchanges, among human populations, of the science of spirit beings: dæmonology. Since the time of the Indo-European migrations, and especially following the opening of the Silk Road, a common dæmonological vernacular has been shared among populations ranging from East and South Asia to Northern Europe. In this virtuoso work of historical sleuthing, David Gordon White recovers the trajectories of both the “inner demons” cohabiting the bodies of their human hosts and the

“outer dæmons” that those same humans recognized each time they encountered them in their enchanted haunts: sylvan pools, sites of geothermal eruptions, and dark forest groves. Along the way, he invites his readers to reconsider the potential and promise of the historical method in religious studies, suggesting that a “connected histories” approach to Eurasian dæmonology may serve as a model for restoring history to its proper place at the heart of the discipline of the history of religions.