

Psychology Of Buddhist Tantra

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Psychology Of Buddhist Tantra

The Psychology Of Buddhist Tantra. This book masterfully clarifies the nature of tantric practice. In contrast to the approaches of conventional religion, tantra does not attempt to soothe the turmoil of existence with consoling promises of heaven and salvation.

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"The Psychology of Buddhist Tantra succeeds in clarifying the nature of tantric practice. He does not seek to explain away the undeniably evocative and darkly potent language and imagery of tantra but to recognize them as transformative symbols of the rich complexity of our own inner lives."

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Tantra—often associated with Kundalini Yoga—is a fundamental dimension of Hinduism, emphasizing the cultivation of "divine power" (shakti) as a path to infinite bliss. Tantra has been widely misunderstood in the West, however, where its practices are often confused with eroticism and licentious morality.

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Psychology Of Buddhist Tantra

He is the author of "The Psychology of Buddhist Tantra", "The Wisdom of Imperfection", "The Courage to Feel" and "Preparing for Tantra". Addeddate 2014-05-13 03:15:16.389257

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Preece has been working as a psychotherapist since 1987 and gives workshops on comparative Jungian and Buddhist psychology. An experienced meditation teacher and thangka painter, he lives in London and is the author of The Wisdom of Imperfection and The Psychology of Buddhist Tantra.

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The Psychology Of Buddhist Tantra by Rob Preece, The Psychology Of Buddhist Tantra Books available in PDF, EPUB, Mobi Format. Download The Psychology Of Buddhist Tantra books , Seeks to clarify popular beliefs about the nature of tantric practice, explaining how tantra practitioners confront and work with strong emotions in order to promote more creative, loving, and healthier lifestyles.

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Session 1 "The Psychology of Transformation: Understanding Buddhist Tantra" with Ven. Robina Courtin Jamyang Buddhist Centre London, June 2-3, 2012

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Excerpts from article - "From the mahayana buddhist point of view, all sentient beings possess Buddha nature, the potential to become a Buddha, just naturally. This potential defines us. For the Tibetan Buddhist, every practice—from the most basic: harnessing the energy of our behaviour; to the most advanced: tantric meditation—is for the purpose of achieving Buddhahood, enlightenment.

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