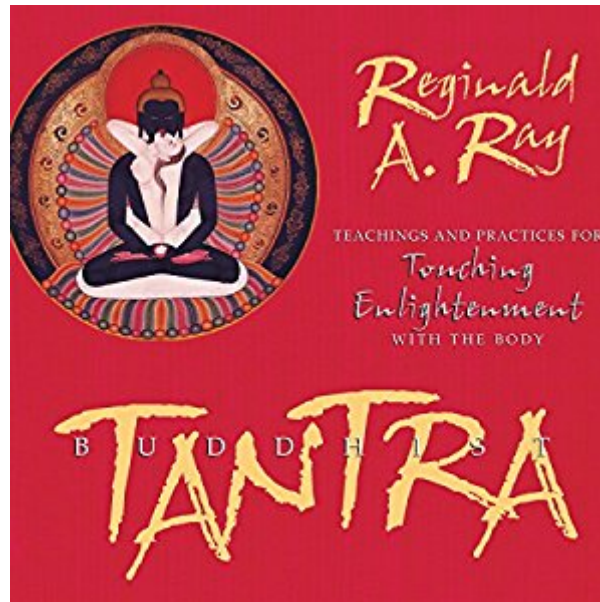


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# Buddhist Tantra: Teachings And Practices For Touching Enlightenment With The Body



## 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

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## 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 be 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.

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