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Tantrathe Untold Story

By Razzab Ali Shaikh

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Tantra has been described by many prominent writers on spiritualityone of the world s most influential and remarkable spiritual traditions. Tantra, perhaps better than no other spiritual path, epitomizes the very soul and spirit of Yoga. As my essay will show, most forms of Yoga-from Hatha Yoga to Asthanga Yoga-have their physical and spiritual roots in the ancient soil of Tantra, not in the Vedas, as most yoga scholars in the West wants us to believe. In fact, it was Tantra that first influenced the Vedas, then-during the time of the Upanishads and the Brahmanas (700 BCE and onwards)-the Tantric esprit influenced all the traditions of Indian philosophy, including Vedanta and Samkhya. All of the practices known to be Yogic in nature-asanas (physical yoga exercises), pranayama (breathing exercises), mantra meditation, kundalini awakening, samadhi (spiritual ecstasy), are Tantric, not Vedic. Hence, Tantra and Yoga are synonymous paths that have had great influence among the great sacred traditions of the East-from Buddhism to Zen, from Jainism to Hinduism. This essay has also been written, in part, as a response to...



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