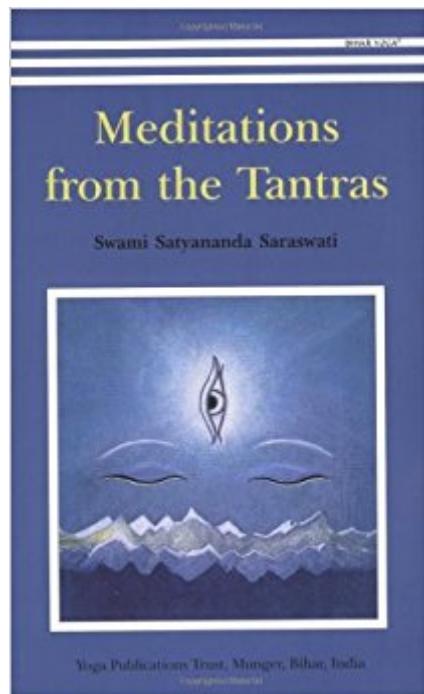


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# Meditations From The Tantras



## **Synopsis**

Tantra is an ancient science dealing with many different systems for increasing the speed of human evolution. It predates all of the world's existing religions, and thus provides the esoteric basis on which many of these religions were later based. Tantra provides practical techniques applicable by men and women of every temperament and spiritual level, and aims at turning every action of life into an act of sadhana, or spiritual practice. It is the aim of this book to provide a practical glimpse into the most important meditation techniques which have their original basis in tantra, so that they may be practiced in their original and correct form.

## **Book Information**

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## **Customer Reviews**

Swami Satyananda Saraswati is a very popular Author especially to .com visitors as many of his Books like Asanapranayama Mudra bandha,Kundalini Tantra etc., are best sellers. Disciple of Swami Sivananda he formed the International Fellowship for yoga and also started The Bihar School Of Yoga.

This is one the best books on yogic meditation that you'll find anywhere (and I have read a LOT of books on meditation). There is a truly remarkable amount of information in this book. In fact, there are enough meditation techniques to practice for years to come. Not only are many practices described, they are laid out in enough detail that they can easily be done at home. Included in this book are the following:Background on yoga philosophyDiscussion of meditation as part of the yogic systemYogic postures for meditationShort but complete descriptions of the major

pranayamas Descriptions of the yoga bandhas and mudras Then it turns to meditation practices: Japa Mantra Siddha Yoga Ajapa Japa Yoga Nidra Antar Mounalnner Visualization Chidakasha Trataka Nada Yoga Miscellaneous meditations (which include a short prana vidya method and all 20 of the kriya yoga exercises from Satyananda's Kundalini Tantra). Seriously, this book is outstanding in every respect.

Meditations from the Tantras is written in a practical manner. This book is an amazing resource of knowledge on various techniques of meditation that vary to fit individual practice, not necessarily as though listed to be practiced upon mastery of the previous. It discusses the theory and philosophy of meditation expressing its value to a person's health, spirit, and mind. The techniques are in depth and realistic. As for the talk about preparation for practice, it touches on asanas, mudras and bandhas as well as pranayama which are standard discussions for most of the Bihar books. The actual practices described include; Japa yoga, Mantra Siddhi yoga, Ajapa Japa, Yoga Nidra, Antar Mouna, Visualization, Chidakasha Dharana, Trataka and Antar Trataka among others. It would be helpful to record yourself reading the meditations if you don't have someone available to read them for you. I've tried a few of the mediation methods to get an idea of works best for me and feel like I've only scratched the surface. Practicing mediation with the guidance of this book has made me aware that reaching the inner light is completely attainable with effort. The clouds just need to float on so the rays can shine through.

The subject of this book as well the way the author write it is very serious and reasonable easy to understand. I deeply respect the Bihar School of Yoga. Until now they did not allow the "globalisation", money and so much more from modern times to corrupt they ideas and respect for Yoga. All the masters authors from this school are very committed to delivery a contemporary understand of the different aspects of Yoga. And couldn't be different with Meditations from the Tantras. While reading this book I felt was receiving a direct transmission from a true master and felt many times an alignment between my mind, heart and soul. Something one feels only when you are in front of a presence of genuine master. Clear as crystal! Thank you so much Swami Satyananda Saraswati! You really helped me to understand clearly the power and importance to commit myself with meditation and its roots! Thank you so much!

Hands down one of the best sources on ways to meditate. Includes lots of class transcriptions. Shiva teaches in the Tantras there are 112 ways to meditate. The right one must be chosen

according to your temperament in order to succeed in meditation. SATYANANDA is the real deal and has authored many extremely important books on the yogic sciences. This is one of the best.

This book is a must for those suffering from depression, anxiety, over intoxication (of any sort) and a general disconnection from life, city or country life, or just life... For me this book is truly a revelation. Having read many of the Bihar School of Yoga's works before this, I felt I was taking a big chance on purchasing this book, thinking that I might already have enough of the information on the art of meditation. But alas, I was proved wrong, Happily... When the Bihar School of Yoga mentions one of their works in other books, I get a need to know what they mean, fully. Every one of their books take the reader on a journey of knowledge sharing with us the full practices, the full meaning, etc. of everyone of their subjects. They begin with the new found scientific proof and research, scientific text on how each of our body systems react to whatever the practice may be ie: Surya Namaskara; Pranayama; Asana and all else. This book on meditations is no different. Satyananda dispels the myths of meditating and gives reasons why we should take up the practice of meditation. These are endless. To become a fully rounded being meditation should be a daily part of our lives. For a good night's sleep, to start the day off right, to rest and reboot in the middle of a long day, meditation helps. There are many Yogic practices presented here from many of the belief systems of the world including everyone from around the world. No one should be without a moment to regroup themselves. This text helps you find the time and space to do so. I highly recommend this book.

If you are into meditation then I feel that this will be an added benefit.

A deeper look at these powerful practices and well written. Important to have for any yogi's library.

This is a well written book. Very deep on the subject of meditation and Tantra. It offers clear guidelines, posters, mudras and so forth. It also has many meditation scripts and detailed methods of practice throughout.

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