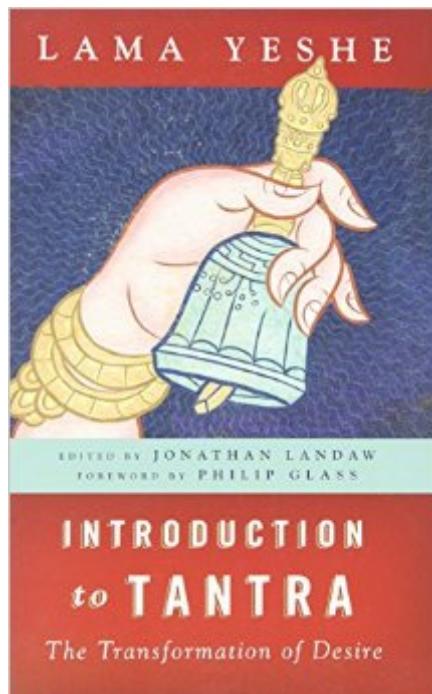


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# Introduction To Tantra: The Transformation Of Desire



## Synopsis

New edition of this perennial classic. "The best introductory work on Tibetan Buddhist tantra available today." Janet Gyatso, Harvard University What is tantra? Who is qualified to practice it? How should it be practiced? What are the results? According to Buddhism, every human being has the potential to achieve profound and lasting happiness. And according to the tantric teachings of Buddhism, this remarkable transformation can be realized very quickly if we utilize all aspects of our human energy—especially the energy of our desires. *Introduction to Tantra* is the best available clarification of a subject that is often misunderstood. Tantra recognizes that the powerful energy aroused by our desire is an indispensable resource for the spiritual path. It is precisely because our lives are so inseparably linked with desire that we must make use of desire's tremendous energy not just for pleasure, but to transform our lives. Lama Yeshe presents tantra as a practice leading to joy and self-discovery, with a vision of reality that is simple, clear, and relevant to 21st-century life.

## Book Information

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## Customer Reviews

I bought this book thinking that it would be something to teach me the beginnings of Tantra as a path. It did a good job of explaining what Tantra was but no practical information about how to start on the path. Stuff like "we have steps" and then not giving them to me isn't very helpful. People say "you have to find a teacher" but apparently have no idea how hard it is to find an instructor that is actually a Tantric guide rather than some skeevy dude just trying to have sex with as many women as possible. If I had it to do over again, I wouldn't have purchased it.

It is only an introduction, but it gives a good flavor and allows to understand the concepts of Tantric philosophy. There is an effort to make it simple and clear, devoid of cultural traditionalism. Obviously written with westerners in mind, this is a rational mapping of Tantra that avoids intimidation and, above all, naïve misinterpretations and stereotypes. It points to a deeper meaning that is universal and transcendent.

I read this book almost 20 years ago, and decided to reread it as the planets went retrograde and it seemed everyone around me was losing their minds to mundane stresses. And I felt the need to just go within once again I'm reminded to find the sacredness in the mundane, to tap into the fountain of bliss that awaits us, if we can only quiet the never satisfied ego and its chasing after empty desires. I have had these moments of bliss and while I do not desire to live in bliss 24/7 365. as I quite enjoy some of the other human emotions not attributed to bliss, this should be a required read for every human on planet earth, the section on death was quite fascinating, in embracing death to transcend into blissful nothingness. I wish a course was taught in high school it would certainly help a lot of folks deal with the mundane, instead of going beserk Lama Yeshe has put forth a manual to guide you to realize your inner guru, fortunately I'm one of the lucky ones that strove a long time ago to cultivate my inner guru. if only we as humans can shut out the chatter of the never satisfied mind, we can tune into the fountain of bliss at our disposal that really is our spiritual birthright as humans having a spiritual experience, the words in this book if taken in the spirit it was meant to be shared, will have you tuning in and tuning out, sitting in with your higher self and just be, if even only for a few to just breathe.

This was my first introduction to Buddhist tantra, and it covered all the bases. Although it doesn't go into specific techniques in detail, which are beyond the scope of this book, it provides a good foundation. I enjoyed Lama Yeshe's writing style... It felt like we were having a conversation

I knew nothing about Tantra. This book is so down to earth, it's like Lama Yeshe is talking to you personally. It's easy to understand and just a joy to read. But it is an introduction. I gave it 4 instead of 5 stars because some may think they can buy this book and it's all they need to practice Tantra. Not so. There's a lot to it. But if you're interested in learning what it's all about, this is the perfect book!

For me, an (ex)atheist, westerner, (ex)career driven dude, this book presented a new, interesting view/perspective on life and the meaning of it. This was exactly what I was looking for, something that I always felt with my heart but never understood. I recommend this book to all interested in understanding what true happiness is all about.

Amazing. 100% worth the read. Get your highlighter out and focus. I have been a Buddhist since I was a kid and this is the best book I have seen on the subject. I buy it and give it to friends. Get it!

This is an easy to read explanation of Tantra for those who are new to it. The book clearly outlines the purpose of Tantra and why it is practiced. You won't find in-depth detail about the actual practices in this introductory text but it serves to provide an easy to understand background to the practices.

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