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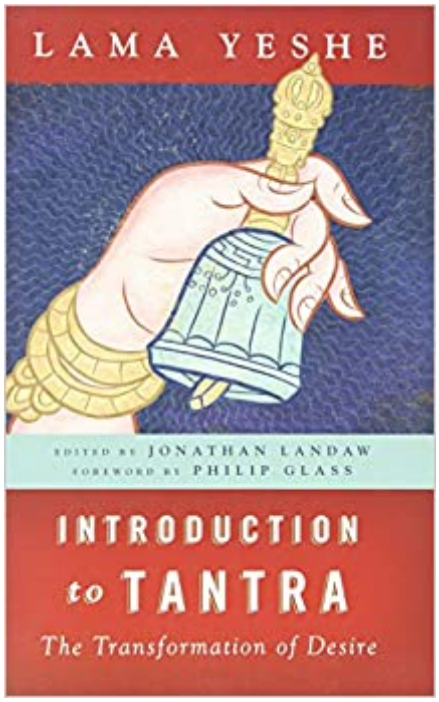
Introduction To Tantra: The Transformation Of Desire



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Synopsis

New edition of this perennial classic. Ã¢â ¬Å“The best introductory work on Tibetan Buddhist tantra available today.Ã¢â ¬Â•Ã¢â ¬â •Janet Gyatso, Harvard UniversityWhat 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 energyÃ¢â ¬â •Ã¢â ¬â •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

">, with its foreword by Philip Glass, deserves to be widely distributedÃ¢â ¬â •it will be very helpful to lots of people." (Prof. Robert Thurman, Jey Tsong Khapa Chair in Indo-Tibetan Buddhist Studies at Columbia University)"No one has summarized the essence of tantra as well as Thubten Yeshe does here." (Religious Studies Review)"The best introductory work on Tibetan Buddhist tantra available today." (Professor Janet Gyatso, Hershey Chair of Buddhist Studies, Harvard

University)"Lama Yeshe was one of the forefathers capable of translating Tibetan Buddhist thought not only through language, but by his presence, gestures and way of life. He was a wonderful person who had the unique quality of conveying the true message of the union of compassion and wisdom." (Gehlek Rimpoche, author of Good Life, Good Death)"A lucid explanation of Buddhist tantra... a classic." (Phillip Glass, composer, from the foreword)"Many years ago I heard a Dharma talk by Lama Yeshe. I was very impressed with his ability to communicate deep truths in very ordinary language, with a hilarious sense of humor that helped deliver such wisdom. But he died, so my attention eventually went elsewhere. Recently, I discovered his books--some very technical Tantra; some down-to-earth wisdom. Lama Yeshe's same gift was present in both modes. Although, my many years of Dharma training is in Theravadin Buddhism, especially the practice of vipassana meditation, I found his teaching once again to be of great value--so direct, so clear. Granted, some of his technical Tantra seemed to me, at first, of limited relevance to my interests. But upon closer reading, and in his hands, these teachings proved equally valuable. Lama Yeshe has given us a body of teaching of immense significance for practitioners of all schools of Buddhadharma." (Larry Rosenberg, senior teacher and founder of Cambridge Insight Meditation Center; Senior and guiding teacher, Insight Meditation Society, and author of Living in the Light of Death and Breath by Breath)

Lama Thubten Yeshe (1935-1984) was born in Tibet and educated at the great Sera Monastic University. He fled the Chinese oppression in 1959 and in the late 1960s, with his chief disciple, Lama Thubten Zopa Rinpoche, began teaching Buddhism to Westerners at their Kopan Monastery, Kathmandu, Nepal. In 1975 they founded the international Buddhist organization, the Foundation for the Preservation of the Mahayana Tradition (FPMT), which now has more than 160 centers, projects and services worldwide.Jonathan Landaw was born in New Jersey and has traveled the world since 1970. He spent six years living in northern India studying Tibetan Buddhism and is the editor and author of a number of Buddhist books, including Wisdom Energy and Buddhism for Dummies. He lives in Santa Cruz, California.

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 Yeshes writing style.. It felt like we were having a conversation

I wish I would have read years ago

Clariffies a lot of questions as to what Tantra really is.

just read it

This is an awesome book..

Just as described.

This is a very helpful book for anyone entering or considering entry to the Vajrayana Tantric path. Not too complicated but thorough in essential explanations especially regarding guru-student relationships.

Great introduction to Tantra. I was looking for an introduction to Buddhism, and was referred to this book by a friend. I really enjoyed it. It explains things in an easy to understand way. I would also recommend it to anyone wanting an introduction to Tantra and Buddhism.

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