

Tantra: A Search for Ecstasy

Indra Sinha



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Tantra has been called "the cult of ecstasy" and is strongly associated with sexual mysticism. However, even in those Tantric systems which place the greatest emphasis on harnessing sexual energy, this is just one aspect of a complex working of meditation, mantra, yantra and yoga. Using new translations from ancient and mediaeval Sanskrit texts, this book examines the many beliefs and cultural influences which make up the Tantric tradition.



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