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Tantra leading

to the mystic

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within the
individual,
which is the
essence and goal
of Vijnayana.
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The Kalacakra

Tantra

(Kalacakra means
"wheel of time")

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is a tradition
of Buddhist
theory and
practice whose
root text treats
a fantastic
expanse of
knowledge
ranging from 1st
observations of
the cosmos to
investigations
of meditative
states and vital

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discipline or

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Yoga constitutes

an inseparable

part of the

philosophy of

every school,

and especially

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the Tantricones,
in which
spiritual
practices or
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dominate. This
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these schools,
etc., and sheds
light on the
principal metaph
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'aiva and 'Èkta
Tantras. The
book deals also

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with the
concepts of
divine Grace or
aktipÈta, guru
and his different
kinds, the
process of
initiation (dīk
È) and
its varieties,
mantra s nature
and place in
sÈdhana kriyÈ,
etc. This book

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unscrupulous

persons. Dr.

Debabrata Sen

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Shaiva thought

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at Oxford
University,
gives an
overview of the
history, theory
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Tantra. He
explores aspects
from the ?aiva
Siddh?nta

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tradition to the

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He gives an

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developments in

thought,

cosmologies and

the varied and

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practices that

have emerged

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over the centuries. •

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that can help us

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wisdom, balance,
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health.

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Practice, Tantra
is an Asian body
of beliefs and
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the divine
energy that
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creative and
liberating ways.
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chapters reflect
the wide

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to expand our
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regions such as
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Indic
individuality;
the concept of
bhoga;
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wellbeing;
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individuality
that conduces to
mystical
experience; a
positive

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gender-mutuality
and
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as neatly
encapsulated in
the icon of
Shiva as
Ardhanariswara.
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as captured by
the Tantric
mandalas of
deities in
intimate union,
leads to his
compelling
metathesis that
Tantra serves as
a permanent
counterculture
within the Indic
civilization.
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