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Tantra Unveiled: Seducing the Forces of Matter & Spirit.

Tantra Unveiled is essential reading for those who wish to live the essence of tantra—practicing spirituality while experiencing a rich outer life. This powerful book describes authentic tantra, what distinguishes tantra from other spiritual paths, and how the tantric way combines hatha yoga, meditation, visualization, ayurveda, and other disciplines. In this gripping exposition, Pandit Tigunait will take you back to ancient times by sharing his experiences with tantric masters and the techniques they taught him.

About the Author.

Pandit Rajmani Tigunait, PhD, is a modern-day master and living link to the unbroken Himalayan Tradition. He is the successor to Sri Swami Rama, Himalayan yogic master and the founder of the Himalayan Institute. As a leading voice of YogaInternational.com and the author of 15 books, Pandit Tigunait offers practical guidance on applying yogic and tantric wisdom to modern life. Over the past 35 years he has touched innumerable lives around the world as a teacher, humanitarian, and visionary spiritual leader. You can view more of his teaching on the Himalayan Institute Wisdom Library.

Reviews.

Head of the Himalayan International Institute, Tigunait offers a clear, calm, open guide to Tantric practices that are often shrouded in mysterious language; mantras, chakras, and symbolic hand-gestures are all clearly explained and illustrated. This primer is perhaps as good a printed guide to esoteric Hindu practice as the uninitiated Western seeker can hope to find. --Library Journal.

Tantra Unveiled. shows the reader the keys to mind-body transformation, to a personal and spiritual unfoldment. The book contains both wonderful stories and powerful teachings on many levels that gives it a special appeal. It shows the magic of Tantra as a living tradition, a current of blissful shakti that can renew and revitalize our lives. --David Frawley, Author of Yoga and Ayurveda and Ayurveda and the Mind , Director, American Institute of Vedic Studies.

Tantra Unveiled is a most valuable addition to the literature on Tantra. It combines excellent scholarship with an initiate's firsthand knowledge of the subject. Through many colorful anecdotes of his own encounters with Tantric adepts, Pandit Rajmani Tigunait affords his readers a unique glimpse into the living heart of real Tantra. --Georg Feuerstein, PhD Author, The Yoga Tradition and The Shambala Encyclopedia of Yoga ; Director, Yoga Research Center.

Tantra. has for too long been portrayed as a religion of sexual excess. Pandit Tigunait clarifies these and other misconceptions in Tantra Unveiled. [His] level of erudition. hold[s] the reader's attention from beginning to end as he portrays Tantra. as an experiential path. The book is chock full of detailed information. a worthy addition to any numinous bookshelf. --Dr Robert E. Svoboda, BAMS Author, Aghora: At the Left Hand of God , Faculty, The Ayurvedic Institute.

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"Wonderfully done. Tantra Unveiled is a riveting narrative. this book at once engages us, aids us, inspires us, and illumines us. Herein lies the quest and a read par excellence." Professor John Grimes Department of Religious Studies, Michigan State University.