



Tantra: the Play of Awakening (Paperback)

By Shambhavi Sarasvati

Jaya Kula Press, United Kingdom, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.How can you stay motivated in your spiritual practice from day-to-day? What is the most fruitful way to work with your teachers? What detours and obstacles might slow you down? How do spiritual communities function as a core practice? What roles do grace and devotion, longing and loneliness play as you walk your path? How can you both live and die well? Tantra: the Play of Awakening is a tour guide, a map and a good friend to anyone on a conscious path of awakening. Shambhavi Sarasvati is a beloved teacher and decades-long practitioner of direct realization Tantra (Kashmir Shaivism) and Dzogchen. In this, her second book of pith teachings, she offers loving advice, straight from her heart to yours, about the day-to-day practice of waking up. Known for her ability to convey the subtlest teachings in simple, compelling and beautiful language, Shambhavi powerfully affirms that, no matter what your situation, you do have the capacity to discover greater ease, spontaneity, compassion, wonder and delight.

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