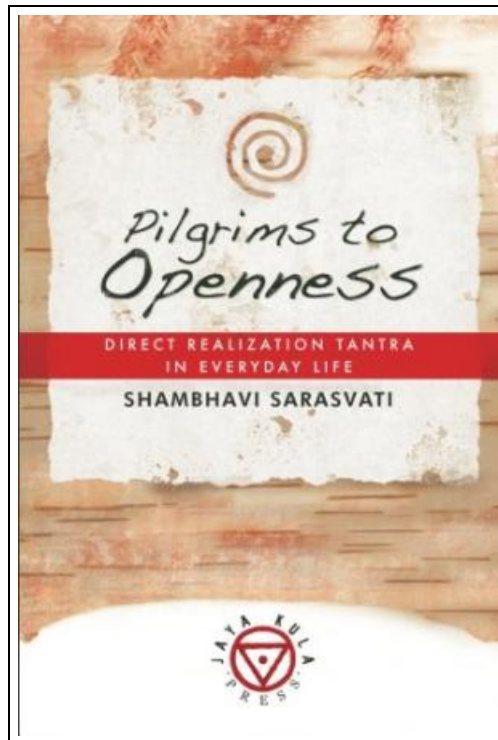


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Jaya Kula Press, United Kingdom, 2009. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Pilgrims to Openness introduces the heart of authentic Indian Tantra in a series of lyrical, readable essays that speak with warmth, intelligence and compassion to the curious beginner and more adept practitioner alike. The essays follow the path from the first fleeting recognition of one s real nature to integration of the fruits of spiritual practice with every moment of life. Many of the essays were prompted by queries from students to the author. Heartfelt questions, such as Do I need a Guru, and more philosophical topics are addressed in a simple, lucid, gutsy and often humorous style. No topic is off limits, from difficult emotions to love relationships, death, kundalini, chakras, boredom, the meaning of nonduality and how to wake up in the morning and for all time. While Pilgrims to Openness is a series of teachings, not a how-to manual, the final pages of the book offer detailed instructions for three key practices that anyone can do. Shambhavi Sarasvati has trained for more than twenty years in the view and practices of North Indian direct realization Tantra. She has been fortunate to have studied with several great teachers in Indian and Tibetan nondual traditions. She has both a practitioner s and an academic grounding in Tantra. Her non-mystical view is that Tantra is a way to learn about and live in the fullness of Reality. This is Self-realization. Nothing more or less.



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