

buddhist or hindu scripture detailing meditative sexual techniques

buddhist or hindu scripture detailing meditative sexual techniques have long explored the intricate relationship between spirituality, consciousness, and physical intimacy. These ancient texts provide profound insights into how sexual energy can be harnessed and transformed through meditation, ritual, and mindful practices. Rooted in both Hindu Tantra and certain Buddhist traditions, meditative sexual techniques are described as pathways to spiritual awakening, inner harmony, and deeper connection between partners. This article delves into the key scriptures that discuss these methods, their philosophical underpinnings, and the practical aspects of tantric and meditative sexual practices. By examining the sacred texts and the teachings they contain, readers gain a comprehensive understanding of how sexuality and meditation intersect in these time-honored traditions. The following sections cover foundational texts, core techniques, and the spiritual goals associated with these meditative sexual disciplines.

- Foundational Hindu Scriptures on Meditative Sexual Techniques
- Buddhist Texts Addressing Sexual Meditation
- Core Meditative Sexual Practices in Tantra
- Philosophical Foundations of Sexual Meditation
- Practical Techniques and Preparation

Foundational Hindu Scriptures on Meditative Sexual Techniques

Hinduism offers extensive scriptural material that addresses meditative sexual practices, most notably within the Tantric tradition. Tantra, a spiritual path that integrates body, mind, and spirit, is central to understanding these techniques. Several key scriptures reveal the methods and purposes of sexual meditation within this framework.

The Kama Sutra

Often misunderstood as solely a manual of sexual positions, the *Kama Sutra* is a classical Sanskrit text that also explores the art of love, emotional connection, and spiritual dimensions of sexuality. It discusses the importance of mindfulness and presence during intimate acts, setting a foundation for meditative sexual practice.

The Shiva Samhita and the Ananga Ranga

These texts are vital in the Hindu tantric canon. The *Shiva Samhita* outlines techniques for controlling sexual energy through breath control (pranayama) and visualization, aiming to awaken Kundalini energy. *Ananga Ranga* complements this by describing rituals and practices to enhance intimacy and spiritual union.

The Vijnana Bhairava Tantra

This scripture offers a direct approach to meditation on various aspects of experience, including sexuality. It details 112 meditation techniques, some of which involve focusing on sexual energy as a means to transcend ordinary consciousness and achieve higher states of awareness.

Buddhist Texts Addressing Sexual Meditation

Buddhism generally emphasizes mindfulness and detachment, but certain Vajrayana and Tantric Buddhist texts incorporate sexual practices as a component of spiritual development. These scriptures frame sexual energy as a force to be harnessed for enlightenment rather than mere physical pleasure.

The Hevajra Tantra

One of the most important Tantric Buddhist scriptures, the *Hevajra Tantra* describes complex rituals and meditations involving sexual union. The text portrays sexual activity as a sacred practice that, when performed with awareness and compassion, can lead to the realization of emptiness and bliss.

The Chakrasamvara Tantra

This Tantra elaborates on the use of sexual yoga to transform desire into spiritual awakening. It outlines methods for maintaining awareness during sexual union and techniques for controlling and redirecting sexual energy to deepen meditative states.

Role of Sexual Meditation in Tibetan Buddhism

In Tibetan Vajrayana Buddhism, sexual meditation is practiced within highly controlled and symbolic rituals. These practices are reserved for advanced practitioners under strict guidance to ensure that sexual energy is used responsibly and effectively for spiritual growth.

Core Meditative Sexual Practices in Tantra

Both Hindu and Buddhist tantric traditions share foundational practices that emphasize the meditative aspect of sexuality. These techniques integrate breath, visualization, mantra, and physical union to cultivate awareness and spiritual transformation.

Breath Control (Pranayama)

Breath regulation is central to meditative sexual techniques. Controlling the breath helps manage sexual energy, preventing premature ejaculation, and enabling the practitioner to circulate this energy through the chakras. Slow, deep breathing synchronizes partners and deepens the meditative state.

Visualization and Mantra

Practitioners use visualization of deities, light, or energy channels alongside chanting sacred mantras to focus the mind. This concentration enhances the spiritual quality of sexual union and aids in awakening dormant energies within the body.

Retention and Circulation of Sexual Energy

Techniques such as semen retention for men and controlled orgasm for women are employed to circulate sexual energy rather than dissipate it. This practice, often called "vajroli mudra" in Hindu Tantra, is believed to increase vitality and promote spiritual awakening.

Partnered Meditation

Sexual meditation often involves synchronized breathing, eye gazing, and shared mindfulness between partners. This deep connection fosters unity and dissolves ego boundaries, facilitating the experience of non-dual awareness.

Philosophical Foundations of Sexual Meditation

The meditative sexual techniques described in Buddhist or Hindu scripture detailing meditative sexual techniques are grounded in deep philosophical concepts related to energy, consciousness, and liberation. Understanding these foundations clarifies the intent behind these practices.

Energy Transformation and Kundalini Awakening

Both traditions view sexual energy as a potent force that can be transformed into spiritual energy. Kundalini, the coiled serpent energy at the base of the spine, is awakened and guided through the chakras during sexual meditation, leading to expanded consciousness.

Union of Shiva and Shakti

This Hindu concept symbolizes the merging of masculine and feminine energies within and between partners. Sexual meditation enacts this cosmic union, representing the dissolution of duality and the attainment of spiritual wholeness.

Emptiness and Bliss in Buddhist Tantra

Buddhist tantric teachings emphasize the union of bliss and emptiness during sexual meditation. The experience transcends ordinary perception, revealing the nature of reality as empty of inherent existence but full of radiant awareness.

Practical Techniques and Preparation

Implementing meditative sexual techniques requires careful preparation, discipline, and respect for one's body and partner. The following practical steps are often recommended in traditional texts to optimize the practice.

Creating a Sacred Space

Setting an environment free from distractions enhances concentration and receptivity. This may involve lighting candles, incense, and using sacred objects or images to invoke a spiritual atmosphere.

Physical and Mental Preparation

Practitioners often engage in yoga, meditation, and cleansing rituals to prepare the body and mind. Maintaining physical health and emotional balance is essential for the effective practice of meditative sexual techniques.

Guided Exercises

1. Begin with deep, synchronized breathing between partners to establish connection.
2. Engage in prolonged eye contact to cultivate intimacy and presence.
3. Practice muscle control techniques to regulate sexual energy flow.
4. Use mantra chanting silently or aloud to focus the mind.
5. Visualize energy moving through chakras during union.
6. Aim for orgasmic control or abstention, transforming physical pleasure into spiritual bliss.

Ethical Considerations

Respect, consent, and mutual understanding are paramount. These practices are not solely for physical pleasure but serve higher spiritual goals. Ethical conduct ensures that sexual meditation remains a sacred and transformative experience.

Frequently Asked Questions

What Buddhist scriptures discuss meditative sexual techniques?

Some tantric Buddhist texts, particularly within Vajrayana Buddhism, such as the Hevajra Tantra and the Guhyasamājja Tantra, discuss meditative sexual techniques as part of advanced spiritual practices aimed at transforming desire into enlightenment.

Are there Hindu scriptures that detail meditative sexual techniques?

Yes, several Hindu scriptures, especially within the Tantric tradition, such as the Kamasutra, the Shiva Samhita, and the Ananga Ranga, describe meditative sexual techniques used for spiritual growth and harnessing sexual energy.

What is the purpose of meditative sexual techniques in Buddhist tantra?

In Buddhist tantra, meditative sexual techniques are employed to transcend ordinary dualistic perception, transforming sexual energy into spiritual realization and accelerating the path to enlightenment.

How do Hindu Tantric texts approach sexual meditation?

Hindu Tantric texts view sexual meditation as a sacred practice that unites the practitioner with divine energies, balancing masculine and feminine principles, and facilitating spiritual awakening through conscious sexual union.

Is sexual meditation considered essential in mainstream Buddhism or Hinduism?

No, sexual meditation is primarily a component of specific esoteric or Tantric traditions within Buddhism and Hinduism, and is not emphasized or practiced in mainstream or orthodox forms of these

religions.

Can you name a Buddhist text that provides instructions on sexual yoga?

The Hevajra Tantra is a key Buddhist text that provides detailed instructions on sexual yoga as part of advanced Vajrayana Buddhist practice.

What role does the Kamasutra play in meditative sexual techniques?

While the Kamasutra is often viewed as a manual on erotic pleasure, it also contains sections that discuss the spiritual and meditative aspects of sexual union, highlighting techniques that integrate sexuality with mindfulness and energy control.

Are meditative sexual techniques meant for everyone in these traditions?

No, meditative sexual techniques are typically reserved for advanced practitioners who have undergone proper initiation and training within specific tantric lineages, as improper practice can be spiritually and psychologically challenging.

Additional Resources

1. The Heart of Tantric Sex: A Unique Guide to Love and Sexual Fulfillment

This book explores the ancient tantric traditions rooted in Hindu and Buddhist scriptures, focusing on meditative sexual practices that enhance intimacy and spiritual connection. It provides practical techniques for cultivating energy awareness and deepening the bond between partners. Readers are guided through exercises that combine breath, meditation, and sacred sexuality.

2. Tantra Illuminated: The Philosophy, History, and Practice of a Timeless Tradition

Delving into the philosophical foundations of tantric traditions, this text highlights the role of meditative

sexual techniques as a path to enlightenment. Drawing from Hindu and Buddhist scriptures, it explains how sexual energy can be transformed into spiritual power. The book balances scholarly insight with practical guidance for advanced practitioners.

3. *The Tibetan Yogas of Dream and Sleep*

While primarily focused on dream yoga, this work also touches on tantric sexual practices within Tibetan Buddhism. It details meditative techniques that harness sexual energy during states of consciousness to achieve spiritual growth. The text offers a unique perspective on the integration of sexuality and meditation.

4. *Kundalini Tantra*

A classic text within the Hindu tantric tradition, this scripture outlines the awakening of kundalini energy through various methods, including meditative sexual practices. It emphasizes the union of masculine and feminine energies and the use of breath and visualization to transcend ordinary consciousness. The book is a foundational source for understanding the spiritual dimensions of sexuality.

5. *The Serpent Power: The Secrets of Tantric and Shaktic Yoga*

This influential text explains the chakras and kundalini energy, central to many Hindu and Buddhist meditative sexual techniques. It provides detailed descriptions of how sexual energy can be awakened and circulated through the body for spiritual awakening. The work blends poetic scripture with practical instruction.

6. *Vijnana Bhairava Tantra: The Manual of Transcendental Consciousness*

An essential tantric scripture, this text presents 112 meditation techniques, including those involving sexual energy and consciousness. It offers methods to transcend duality by using sensory experiences as gateways to higher states. The book is revered for its profound yet accessible approach to meditative practice.

7. *Tantric Sex for Men: Making Love a Meditation*

Focusing on the male perspective, this guide draws from Hindu and Buddhist tantric teachings to present meditative sexual techniques that cultivate mindfulness and spiritual connection. It teaches

how to channel sexual energy to enhance both pleasure and inner awareness. Practical exercises are included to deepen intimacy and self-understanding.

8. *The Art of Sexual Ecstasy: The Path of Sacred Sexuality for Western Lovers*

Rooted in ancient tantric scripture, this book adapts meditative sexual practices for modern Western readers. It emphasizes the spiritual potential of sexuality through breath control, meditation, and conscious lovemaking. The text bridges traditional teachings with contemporary relationship dynamics.

9. *Awakening Shakti: The Transformative Power of the Goddesses of Yoga*

This work explores the feminine divine in Hindu tantra and its relation to sexual energy and meditation. It details rituals and meditative techniques that awaken Shakti, the primal energy, through sacred sexuality. The book provides a rich blend of scripture, mythology, and practical guidance for spiritual seekers.

Buddhist Or Hindu Scripture Detailing Meditative Sexual Techniques

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Buddhist and Hindu Scripture Detailing Meditative Sexual Techniques

Unlock the ancient secrets to transformative intimacy and spiritual awakening. Are you seeking a deeper connection with yourself and your partner, transcending the purely physical to achieve a state of profound union? Do you feel frustrated by the limitations of conventional approaches to intimacy, yearning for a more meaningful and spiritually fulfilling experience? Are you curious about the esoteric practices mentioned in ancient scriptures, but unsure where to begin your exploration?

This book, "The Sacred Union: Exploring Tantric and Buddhist Meditative Sexual Practices," provides a comprehensive and respectful exploration of the meditative sexual techniques described in select Buddhist and Hindu scriptures. It is not intended as a guide for immediate practice, but as

an informative and scholarly exploration of these complex and often misunderstood traditions.

Contents:

Introduction: A historical and contextual overview of tantric and Buddhist approaches to sexuality and meditation.

Chapter 1: The Philosophical Foundations: Examining the underlying spiritual principles and beliefs that inform these practices.

Chapter 2: Buddhist Tantric Traditions: Exploring Vajrayana Buddhism and its unique approach to sexual energy.

Chapter 3: Hindu Tantric Traditions: An examination of various Hindu tantric schools and their diverse practices.

Chapter 4: The Practice of Maithuna: A detailed, yet sensitive, discussion of the meditative sexual practices themselves, highlighting their symbolic and spiritual significance.

Chapter 5: Ethical Considerations and Safe Practices: Addressing crucial aspects of responsible engagement with these advanced practices.

Conclusion: Synthesis and reflection on the transformative potential of these practices.

The Sacred Union: Exploring Tantric and Buddhist Meditative Sexual Practices

Introduction: A Journey Beyond the Physical

The exploration of meditative sexual techniques within Buddhist and Hindu traditions – often encompassed under the umbrella term "Tantra" – represents a profound and complex area of study. Unlike the purely physical approach to intimacy prevalent in modern society, these practices aim to transcend the purely sensual, transforming sexual energy into a powerful tool for spiritual growth and enlightenment. This introduction lays the groundwork for understanding the historical, philosophical, and cultural context within which these practices developed. It is crucial to acknowledge that these techniques are not about mere sexual gratification; they are about harnessing the power of sexual energy to cultivate inner peace, heightened awareness, and a deeper connection with the divine. This book seeks to present this material respectfully, acknowledging the sensitive nature of the subject matter and emphasizing the importance of ethical considerations and responsible engagement. The history of tantra is long and complex, with diverse interpretations and practices across various schools and lineages. We will delve into the different approaches, highlighting their common threads and key distinctions. This introductory section sets the stage for a nuanced understanding of the beliefs and philosophies that underpin these practices.

Chapter 1: The Philosophical Foundations: Energy, Consciousness, and Union

This chapter explores the foundational philosophical concepts underpinning tantric and Buddhist meditative sexual practices. Central to these practices is the concept of kundalini energy (in Hindu Tantra) and its Buddhist equivalents. This vital energy, often described as a serpent coiled at the

base of the spine, is understood to be a potent force capable of transforming consciousness and leading to spiritual liberation. We'll examine how different traditions conceptualize this energy, its flow through the body (chakras), and its potential for both constructive and destructive expression. The emphasis here is on understanding the core beliefs concerning the nature of reality, the self, and the relationship between the physical and spiritual realms. This section will delve into the concept of Shiva and Shakti (in Hindu Tantra), the divine masculine and feminine principles whose union represents the ultimate goal of these practices. Similarly, Buddhist Tantric traditions offer their unique interpretations of these fundamental principles, often incorporating concepts of emptiness (shunyata) and the interconnectedness of all phenomena. This chapter will set the stage for understanding how these philosophical tenets inform the specific techniques discussed in subsequent chapters.

Chapter 2: Buddhist Tantric Traditions: The Path of Vajrayana

This chapter specifically focuses on the Vajrayana branch of Buddhism, which incorporates tantric practices into its path to enlightenment. Vajrayana, meaning "diamond vehicle," is known for its advanced methods, including meditative sexual techniques. We will examine the key principles of Vajrayana Buddhism, such as the importance of guru devotion, the use of mandalas and visualizations, and the concept of transforming negative energies into positive ones. We will explore various Vajrayana lineages and their unique approaches to tantric sexuality, highlighting the historical context and cultural significance of these practices. Key differences between the various schools within Vajrayana, and how their interpretations of tantric sexuality differ will be addressed. The chapter will carefully analyze relevant scriptures and commentaries, providing insightful commentary on their meaning and application. Special attention will be given to the role of the guru and the importance of proper initiation and guidance in undertaking such advanced practices.

Chapter 3: Hindu Tantric Traditions: A Tapestry of Practices

Hindu tantric traditions are incredibly diverse, encompassing a vast array of schools and practices. This chapter explores some of the major traditions and their unique approaches to meditative sexual techniques. We will examine schools like the Kaula tradition, with its emphasis on the integration of the sacred and profane, and the Siddha traditions with their emphasis on spiritual awakening through various yogic and tantric methods. The various forms of maithuna (meditative sexual union) practiced within these traditions will be discussed, alongside the symbols and rituals associated with them. The chapter will also discuss the historical context of these practices and how they evolved over time. Specific scriptures will be examined, carefully interpreting the symbolic language and providing clarifying examples where appropriate. The chapter will emphasize the diversity within Hindu tantra and the importance of understanding the context-specific nature of its practices.

Chapter 4: The Practice of Maithuna: A Sensitive Exploration

This chapter constitutes the core of the book, delving into the specific techniques of maithuna as described in the relevant scriptures. It's crucial to understand that this section is not a "how-to" guide. The aim is to provide a scholarly and sensitive exploration of these practices, emphasizing their symbolic and spiritual significance, rather than their purely physical aspects. We will carefully analyze descriptions from various texts, avoiding sensationalism and focusing on the underlying spiritual goals. The chapter will discuss the role of breath control (pranayama), visualization, and mantra recitation in enhancing the spiritual dimension of these practices. The importance of mindful awareness and intentionality will be stressed throughout the discussion. This section also acknowledges the potential dangers and pitfalls associated with improper practice and stresses the

importance of seeking guidance from experienced and qualified teachers. The emphasis will be on understanding the symbolic and esoteric meanings underlying the techniques, rather than providing instructions for literal replication.

Chapter 5: Ethical Considerations and Safe Practices:

This chapter addresses the crucial ethical and safety concerns related to meditative sexual practices. It is imperative to emphasize the potential dangers of engaging in these techniques without proper guidance and training. We will discuss the importance of finding a qualified and ethical teacher, establishing a safe and consensual environment, and understanding the potential physical and psychological risks involved. We will explore the concepts of ethical conduct, responsible behavior, and the importance of avoiding exploitation and harm. Specific examples of potential pitfalls will be provided, alongside strategies for mitigating risks. The focus will be on emphasizing responsible engagement with these practices, highlighting the crucial role of ethical considerations in their application. This chapter is intended to promote safe and mindful engagement with the subject matter and encourage a responsible approach to exploring these ancient traditions.

Conclusion: Transformation and Integration

The conclusion synthesizes the key themes explored throughout the book, offering reflections on the transformative potential of meditative sexual practices. It emphasizes the importance of approaching these practices with respect, mindfulness, and a deep understanding of the underlying philosophical and ethical principles. The conclusion will also discuss the challenges and benefits of integrating these practices into modern life and offer a path forward for those interested in further exploration. The book will ultimately conclude by reiterating the importance of responsible and ethical practice, emphasizing the need for guidance from qualified teachers, and encouraging respectful engagement with this complex and often misunderstood aspect of tantric and Buddhist traditions.

FAQs:

1. Are these practices suitable for everyone? No, these advanced practices require significant preparation, ethical understanding, and ideally, guidance from a qualified teacher.
2. Are these practices only for couples? Some practices are specifically designed for couples, while others can be practiced individually.
3. What are the potential risks? Without proper guidance, there are risks of physical injury, psychological trauma, and spiritual imbalance.
4. How do I find a qualified teacher? Thorough research and careful discernment are crucial; seek recommendations and verify credentials.
5. Are these practices about achieving sexual pleasure? While pleasure may be involved, the primary goal is spiritual growth and enlightenment.
6. What is the role of consent in these practices? Consent is absolutely paramount; these practices should never involve coercion or exploitation.
7. Are these practices compatible with other spiritual paths? This depends on the specific practice and individual beliefs; careful consideration is needed.
8. Are there specific scriptures that detail these practices? Yes, various Buddhist and Hindu tantric texts contain descriptions, though interpretation can be complex.
9. Is this book a "how-to" manual? No, this book is a scholarly exploration, not a guide for immediate

practice.

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Devotion Patton E. Burchett, 2019-05-28 In this book, Patton E. Burchett offers a path-breaking genealogical study of devotional (bhakti) Hinduism that traces its understudied historical relationships with tantra, yoga, and Sufism. Beginning in India's early medieval "Tantric Age" and reaching to the present day, Burchett focuses his analysis on the crucial shifts of the early modern period, when the rise of bhakti communities in North India transformed the religious landscape in ways that would profoundly affect the shape of modern-day Hinduism. *A Genealogy of Devotion* illuminates the complex historical factors at play in the growth of bhakti in Sultanate and Mughal India through its pivotal interactions with Indic and Persianate traditions of asceticism, monasticism, politics, and literature. Shedding new light on the importance of Persian culture and popular Sufism in the history of devotional Hinduism, Burchett's work explores the cultural encounters that reshaped early modern North Indian communities. Focusing on the Rāmānandī bhakti community and the tantric Nāth yogīs, Burchett describes the emergence of a new and Sufi-inflected devotional sensibility—an ethical, emotional, and aesthetic disposition—that was often critical of tantric and yogic religiosity. Early modern North Indian devotional critiques of tantric religiosity, he shows, prefigured colonial-era Orientalist depictions of bhakti as "religion" and tantra as "magic." Providing a broad historical view of bhakti, tantra, and yoga while simultaneously challenging dominant scholarly conceptions of them, *A Genealogy of Devotion* offers a bold new narrative of the history of religion in India.

buddhist or hindu scripture detailing meditative sexual techniques: Secret of the Vajra World Reginald A. Ray, 2002-07-23 An entrée into the world of Tantric Buddhism—a unique collection of texts, concepts, and meditation practices presented by Tibetan masters teaching in the West The "Vajra World" (vajradhatu in Sanskrit) is a realm of indestructibility, the level of reality beyond all thought and imagination, all impermanence and change, which a fully realized person knows and inhabits. Used metaphorically, "Vajra World" refers to the traditional culture of Tibet and the unique spirituality that is its secret strength. *Secret of the Vajra World* is the companion volume to the author's earlier book, *Indestructible Truth: The Living Spirituality of Tibetan Buddhism*. While that book focuses on the history, cosmology, philosophy, and practice of the more public, exoteric side of Tibetan Buddhism, this work treats its more hidden and esoteric aspects as they take shape in Vajrayana. Together, the two volumes provide a broad introduction to the major traditions of Tibetan Buddhism. Topics include: • The tantric view of human nature and the external world • The special role of the guru, or tantric mentor • The preliminary practices that prepare the student for full initiation • The major dimensions of Vajrayana practice, including visualizations, liturgies, and inner yogas • The tradition of the tulku, or incarnate lama • The lore surrounding the death of ordinary people and of saints • The practice of solitary retreat, the epitome of traditional Tibetan Buddhism

buddhist or hindu scripture detailing meditative sexual techniques: The Tantra Connection Monika Müller, Monika Muller, 2009-09 Having started the new millennium we are in the midst of imminent changes. This era was foreseen five millennia ago, and described in tantric scriptures as the transition from the Age of Darkness to the Age of Truth. The main intention of this book is to heighten the reader's understanding of this transformation and to assist in this time of change we are going through, individually as well as in society. Tantra considers the spiritual component of sexuality as it presents a balanced approach to life. Like Tantra this text is designed to enhance and support individual spiritual growth - in unity within a healing body. Holistic health is an ever-present undercurrent, since the work intertwines the conscious use of energy in the body with knowledge gleaned from ancient Tantra. Some parallels, between ancient East Indian Tantra and the highly developed cosmology of the pre-columbian Mayan culture, are also identified. The work is based on personal experiences. These have led the author to an energetic understanding of Tantra. Describing the use of certain meditations, different modes of energy-cleansing and cultivated sexuality, it attempts to reinforce the reader's courage and self-confidence. The goal is to master life, eventually becoming a whole human being - a microcosm within the macrocosm. In this context, the work seeks to clarify - from the focal point of energy and social programming - the adversities

and opportunities that couples face as soon as either partner begins the journey to Self. It concludes, by pointing to a possible future vision - enabled by our consciousness and the actions we can take to bring on deepened awareness.

buddhist or hindu scripture detailing meditative sexual techniques: *The Positive Psychology of Buddhism and Yoga* Marvin Levine, 2011-03-17 This book describes Buddhist-Yogic ideas in relation to those of contemporary Western psychology. The book begins with the Buddhist view of the human psyche and of the human condition. This leads to the question of what psychological changes need to be made to improve that condition. Similarities between Buddhism and Western Psychology include: Both are concerned with alleviating inner pain, turmoil, affliction and suffering. Both are humanistic and naturalistic in that they focus on the human condition and interpret it in natural terms. Both view the human being as caught in a causal framework, in a matrix of forces such as cravings or drives which are produced by both our biology and our beliefs. Both teach the appropriateness of compassion, concern and unconditional positive regard towards others. Both share the ideal of maturing or growth. In the East and the West, this is interpreted as greater self possession, diminished cravings and agitations, less impulsivity and deeper observations which permit us to monitor and change our thoughts and emotional states. Buddhism, Yoga, and Western Psychology, especially the recent emphasis on positive psychology, are concerned with the attainment of deep and lasting happiness. The thesis of all three is that self-transformation is the surest path to this happiness.

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buddhist or hindu scripture detailing meditative sexual techniques: **Critique of a Metaphysics of Process** Wim van den Dungen,

buddhist or hindu scripture detailing meditative sexual techniques: **A Guide to the Bodhisattava's Way of Life** Shantideva, 2017-01-01 Shantideva's Bodhisattvacharyavatara (A Guide to the Bodhisattva's Way of Life) holds a unique place in Mahayana Buddhism akin to that of the Dhammapada in Hinayana Buddhism and the Bhagavadgita in Hinduism. In combining those rare qualities of scholastic precision, spiritual depth and poetical beauty, its appeal extends to a wide audience of Buddhists and non-Buddhists alike. Composed in India during the 8th century of the Christian era, it has since been an inspiration to millions of people throughout the world. This present translation by Stephen Batchelor is based upon a 12th century Tibetan commentary as orally explained by Ven. Geshe Ngawang Dhargyey. The ninth chapter on wisdom has been expanded for this edition with relevant commentarial passages.

buddhist or hindu scripture detailing meditative sexual techniques: **The Roots of Tantra** Katherine Anne Harper, Robert L. Brown, 2012-02-01 Among the many spiritual traditions born and developed in India, Tantra has been the most difficult to define. Almost everything about it—its major characteristics, its sources, its relationships to other religions, even its practices—are debated among scholars. In addition, Tantrism is not confined to any particular religion, but is a set of beliefs and practices that appears in a variety of religions, including Hinduism and Buddhism. This book explores one of the most controversial aspects of Tantra, its sources or roots, specifically in regard to Hinduism. The essays focus on the history and development of Tantra, the art history and archaeology of Tantra, the Vedas and Tantra, and texts and Tantra. Using various disciplinary and methodological approaches, from history to art history and religious studies to textual studies, scholars provide both broad overviews of the beginnings of Tantra and detailed analyses of specific texts, authors, art works, and rituals.

buddhist or hindu scripture detailing meditative sexual techniques: Roots of Yoga James Mallinson, Mark Singleton, 2017-01-26 'An indispensable companion for all interested in yoga, both scholars and practitioners' Professor Alexis G. J. S. Sanderson Despite yoga's huge global popularity, relatively little of its roots is known among practitioners. This compendium includes a wide range of texts from different schools of yoga, languages and eras: among others, key passages from the early Upanisads and the Mahabharata, and from the Tantric, Buddhist and Jaina traditions, with many pieces in scholarly translation for the first time. Covering yoga's varying definitions, its most important practices, such as posture, breath control, sensory withdrawal and meditation, as well as models of the esoteric and physical bodies, *Roots of Yoga* is a unique and essential source of knowledge. Translated and Edited with an Introduction by James Mallinson and Mark Singleton

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buddhist or hindu scripture detailing meditative sexual techniques: *Architects of Buddhist Leisure* Justin Thomas McDaniel, 2017-04-01 Buddhism, often described as an austere religion that condemns desire, promotes denial, and idealizes the contemplative life, actually has a thriving leisure culture in Asia. Creative religious improvisations designed by Buddhists have been produced both within and outside of monasteries across the region—in Nepal, Japan, Korea, Macau, Hong Kong, Singapore, Laos, Thailand, and Vietnam. Justin McDaniel looks at the growth of Asia's culture of Buddhist leisure—what he calls "socially disengaged Buddhism"—through a study of architects responsible for monuments, museums, amusement parks, and other sites. In conversation with noted theorists of material and visual culture and anthropologists of art, McDaniel argues that such sites highlight the importance of public, leisure, and spectacle culture from a Buddhist perspective and illustrate how "secular" and "religious," "public" and "private," are in many ways false binaries. Moreover, places like Lek Wiriaphan's Sanctuary of Truth in Thailand, Suối Tiên

Amusement Park in Saigon, and Shi Fa Zhao's multilevel museum/ritual space/tea house in Singapore reflect a growing Buddhist ecumenism built through repetitive affective encounters instead of didactic sermons and sectarian developments. They present different Buddhist traditions, images, and aesthetic expressions as united but not uniform, collected but not concise: Together they form a gathering, not a movement. Despite the ingenuity of lay and ordained visionaries like Wiriyaphan and Zhao and their colleagues Kenzo Tange, Chan-soo Park, Tadao Ando, and others discussed in this book, creators of Buddhist leisure sites often face problems along the way. Parks and museums are complex adaptive systems that are changed and influenced by budgets, available materials, local and global economic conditions, and visitors. Architects must often compromise and settle at local optima, and no matter what they intend, their buildings will develop lives of their own. Provocative and theoretically innovative, *Architects of Buddhist Leisure* asks readers to question the very category of "religious" architecture. It challenges current methodological approaches in religious studies and speaks to a broad audience interested in modern art, architecture, religion, anthropology, and material culture. An electronic version of this book is freely available thanks to the support of libraries working with Knowledge Unlatched, a collaborative initiative designed to make high-quality books open access for the public good. The open-access version of this book is licensed under Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International (CC BY-NC-ND 4.0), which means that the work may be freely downloaded and shared for non-commercial purposes, provided credit is given to the author. Derivative works and commercial uses require permission from the publisher.

buddhist or hindu scripture detailing meditative sexual techniques: *An Indian Tantric Tradition and Its Modern Global Revival* D.E. Osto, 2020-03-06 This book analyzes the contemporary global revival of Nondual Śaivism, a thousand-year-old medieval Hindu religious philosophy. Providing a historical overview of the seminal people and groups responsible for the revival, the book compares the tradition's medieval Indian origins to modern forms, which are situated within distinctively contemporary religious, economic and technological contexts. The author bridges the current gap in the literature between insider (emic) and outsider" (etic) perspectives by examining modern Nondual Śaivism from multiple standpoints as both a critical scholar of religion and an empathetic participant-observer. The book explores modern Nondual Śaivism in relation to recent scholarly debates concerning the legitimacy of New Age consumptive spirituality, the global spiritual marketplace and the contemporary culture of narcissism. It also analyzes the dark side of the revived tradition, and investigates contemporary teachers accused of sexual abuse and illegal financial activities in relation to unique features of Nondual Śaivism's theosophy and modern scholarship on new religious movements (NRMs) and cults. This book shows that, although Kashmir Śaivism has been adopted by certain teachers and groups to market their own brand of High Tantra, some contemporary practitioners have remained true to the system's fundamental tenets and teach authentic (albeit modern) forms of Nondual Śaivism. This book will be of interest to academics in the fields of religion and Asian philosophies, especially South Asian, tantric, neo-tantric and yoga philosophies, alternative and New Age spiritualities, religion and consumerism, and NRMs and cults. Winner of the inaugural 2021 New Zealand Asia Society Book Award, second prize.

buddhist or hindu scripture detailing meditative sexual techniques: *Steps to the Great Perfection* Jigme Lingpa, 2016-07-05 The mind-training practices contained in the Dzogchen tradition of Tibetan Buddhism have never before been presented in the English language. The main text translated here, *The Steps to Liberation*, will be of great interest to Western practitioners, since its instructions are pithy and direct, and experiential rather than scholarly. The contemplations on core Buddhist principles like impermanence and karma, intended for beginning meditators, unfold as dramatic stories in which the meditator is to vividly imagine himself or herself as the main character who undergoes a sequence of experiences that result in transformative realizations. They distill the most essential teachings of the Buddha into a practical system that can be easily implemented in a daily meditation practice. At the same time, they bring together the most foundational Buddhist teachings with the profound methods of the Vajrayana (the esoteric teachings

of Buddhist tantra). This is the hallmark of Dzogchen mind training and what sets it apart from other mind-training lineages.

buddhist or hindu scripture detailing meditative sexual techniques: Lamdre, Dawn of Enlightenment Lama Choedak Yuthok, 1997-01-01 Based on a series of talks by the author to prepare students for Lamdre, this book covers the origins of the Lamdre teachings in the Hevajra Tantra, the three vehicles of Theravada, Mahayana, and Vajrayana, the roles of teachers and disciples in Vajrayana, and the benefits of the Lamdre approach.

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buddhist or hindu scripture detailing meditative sexual techniques: A Survey of Hinduism Klaus K. Klostermaier, 2010-03-10 This third edition of the classic text updates the information contained in the earlier editions, and includes new chapters on the origins of Hinduism; its history of relations with Buddhism, Christianity, and Islam; Hindu science; and Hindu measures of time. The chronology and the bibliography have been updated as well. A comprehensive survey of the Hindu tradition, the book deals with the history of Hinduism, the sacred writings of the Hindus, the Hindu worldview, and the specifics of the major branches of Hinduism—Vaisnavism, Saivism, and Saktism. It also focuses on the geographical ties of Hinduism with the land of India, the social order created by Hinduism, and the various systems of Hindu thought. Klaus K. Klostermaier describes the development of Hinduism in the nineteenth and twentieth centuries, including present-day political Hinduism and the efforts to turn Hinduism into a modern world religion. A unique feature of the book is its treatment of Hinduism in a topical fashion, rather than by chronological description of the development of Hinduism or by summary of the literature. The complexities of Hindu life and thought are thus made real to the reader, and Hindus will recognize it as their own tradition.

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buddhist or hindu scripture detailing meditative sexual techniques: Dharma Rain Stephanie Kaza, Kenneth Kraft, 2000-02-08 A comprehensive collection of classic texts, contemporary interpretations, guidelines for activists, issue-specific information, and materials for environmentally-oriented religious practice. Sources and contributors include Basho, the Dalai Lama, Thich Nhat Hanh, Gary Snyder, Chögyam Trungpa, Gretel Ehrlich, Peter Mathiessen, Helen

Tworokov (editor of Tricycle), and Philip Glass.

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