Yoga Spandakarika: The Sacred Texts at the Origins of Tantra

By Daniel Odier

Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, Yoga Spandakarika: The Sacred Texts at the Origins of Tantra, Daniel Odier, The Spandakarika, the "Tantric Song of the Divine Pulsation," is said to have been transmitted directly to the sage Vasugupta from the hands of Shiva on Mount Kailas. In his commentary on these fifty-two stanzas, the sage Ksemaraja described them as the heart of the Mahamudra. The oldest masters of Spandakarika viewed everything in the universe, including matter, as consciousness and created a yoga practice in accordance with this realization. The sacred dance of Yoga Spandakarika, Tandava, is extremely subtle and difficult, requiring thousands of hours of practice to master, yet it surpasses any other physical practice, allowing the practitioner to touch the divine inner pulse. Once its third stage has been mastered, the yogi or yogini is able to manifest the dance of Shiva in space, a tradition visible in the statuary of Tantric temples in India and Tibet. Energy is no longer contracted by the perception of duality, and the mind and body become unbounded, forming a sphere that contains all that was formerly outside. In Yoga Spandakarika Daniel Odier passes on these vanishing teachings...

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