

SELF REALIZATION in Kashmiri Sivatism



The Oral Teachings of Swami Lakshmanjoo

John Hughes

FORWARDED BY LANCE NELSON

Self Realization In Kashmir Shaivism

D.E. Osto



Self Realization In Kashmir Shaivism:

Self Realization in Kashmir Shaivism Swami Lakshman Joo, John Hughes, 1994 This book presents the oral teachings of the twentieth century's great Kashmir Shaivite master. The last of his long lineage Swami Lakshmanjoo preserved as did his predecessors the oral knowledge that illuminates this ancient philosophy that clarifies the often deliberately obscure tantric texts. Swami Lakshmanjoo reveals the essence of the way and the means to self realization. Here in his own original discourses as well as in his English renderings of Abhinavagupta and Kshemaraja he unveils the essential teachings of this yoga philosophy. Swami Lakshmanjoo reveals the tantric understanding of the purpose and reason for creation. He offers instruction on the greatness and importance of the supreme mantra *sauh*. In his presentation of effective practice he explains why meditation is both effortless and at the same time difficult. In his discussion of discipline he clarifies why personal habits and dispositions play an important part in spiritual growth. Finally in his unveiling of the path of Kundalini yoga he is intent on exposing and thereby preserving this hidden and elevated process while warning of its pitfalls. Contains 8 black and white 14 full color photographs. *Vijñāna Bhairava* Swami Lakshman Joo, 2011 Illustrations 1 Colour Illustration and 1 CD Description In the revelations that comprise this audio study set the God Realized master Swami Lakshmanjoo unfolds for us the hidden maps needed to traverse the sacred Tantric text *Vijnana Bhairava*. In his Manual for self Realization Lord Bhairava in answering the Divine Mother Bhairavi's question what is the real essence of the way we have to tread reveals 112 different spiritual for entering in the universal and transcendental state of consciousness. Recorded original audio included revelation from the oral tradition of Kashmir shaivism of the *Vijnana Bhairava Tantra* given by Swami Lakshmanjoo. [The Manual for Self Realization](#) Swami Lakshmanjoo, 2017-07-24 In the *Vijnana Bhairava* Bhairavi the Divine Mother asks Lord Bhairava God to clear Her doubts about the essence of the path towards Self realization. Compelled by Her sincerity and the simple yet penetrating insight of Her question Bhairava explicitly reveals 112 contemplative techniques for entering into the state of God consciousness. In this multimedia study set Swami Lakshmanjoo an accomplished master of the Kashmir Shaiva school not only translates the Sanskrit text into English but also lays bare the essential tricks involved in each of the contemplative 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 aivism 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 aivism from multiple standpoints as both a critical scholar of religion and an empathetic participant observer. The book explores modern Nondual aivism 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 aivism s theosophy and modern scholarship on new religious movements NRMs and cults This book shows that although Kashmir aivism 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 aivism 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 *Introduction to Kashmir Shaivism* Swami Tejomayananda,1977 **Encyclopedia of Hinduism** Constance Jones,James D. Ryan,2006 An illustrated A to Z reference containing more than 700 entries providing information on the theology people historical events institutions and movements related to Hinduism **Theory and**

Practice of Yoga Knut A. Jacobsen,2018-08-14 This collection of original essays provides fascinating insights into yoga as a historical and pluralistic phenomenon flourishing in a variety of religious and philosophical contexts They cover a wide variety of traditions and topics related to Yoga Classical Yoga S khya Tantric Yoga Bhakti Yoga the Guru Indic Islamic traditions of Yoga Yoga and asceticism in contemporary India and the reception of Yoga in the West The essays are written by eighteen professors in the field of the history of religions most of them former graduate students of Gerald James Larson Larson is Rabindranath Tagore Professor Emeritus Indiana University Bloomington Professor Emeritus Religious Studies University of California Santa Barbara an internationally acclaimed scholar on the history of religions and philosophies of India and one of the world s foremost authorities on the Samkhya and Yoga traditions The publication is in honour of him

Dualities Michelle Voss Roberts,2010-01-01 Philosophy and theology have each struggled with the problem of dualism the conviction that reality comprises material arid nonmaterial entities Too often this split places God spirit mind and the masculine in opposition to evil body matter and the feminine These intellectual divisions support social structures that oppress rather than embrace women the poor people of color and others With this volume Voss Roberts expertly shows how comparative theology uproots dualism and fosters new modes of community built on cooperation instead of oppression

Introducing Hinduism Hillary P. Rodrigues,2025-04-30 *Introducing Hinduism* is an invaluable resource for those seeking an authoritative and comprehensive academic overview of the key tenets and diverse practices of Hinduism past and present This third edition includes substantial treatments of Tantra South India politics and gender as well as expanded discussions of Western configurations of Hinduism as in postural yoga and neo nondual spirituality and Hinduism in popular culture Its lively presentation features updated case studies photographs and scenarios that invite the reader into the lived world of Hinduism introductory summaries key points discussion questions and recommended reading lists at the end of each chapter narrative summaries of the great epics and other renowned Hindu myths and lucid explanations of complex Indian

philosophical teachings including Sankhya Vedanta and Kashmir Saivism and a glossary timeline and pronunciation guide for an enhanced learning experience Essays on the Indian Knowledge System Anish Gupta,Vishnu Achutha Menon,Shubham Sharma,2025-06-16 In a world grappling with pressing challenges Essays on the Indian Knowledge System presents a timeless and relevant holistic perspective that resonates far beyond India s borders This collection of essays offers insights into key subjects such as philosophy yoga mathematics astrophysics economics and aesthetics presenting IKS as a dynamic framework for sustainable solutions Rooted in the foundational principles of Laukika Prayojana practical utility Parampara continuity and Drishti unique perspectives this book explores how ancient wisdom can address contemporary issues like environmental degradation economic inequality and societal disconnection Bridging past and present The Indian Knowledge System interconnected thought and action encouraging a fresh approach to knowledge ethics and our shared future

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