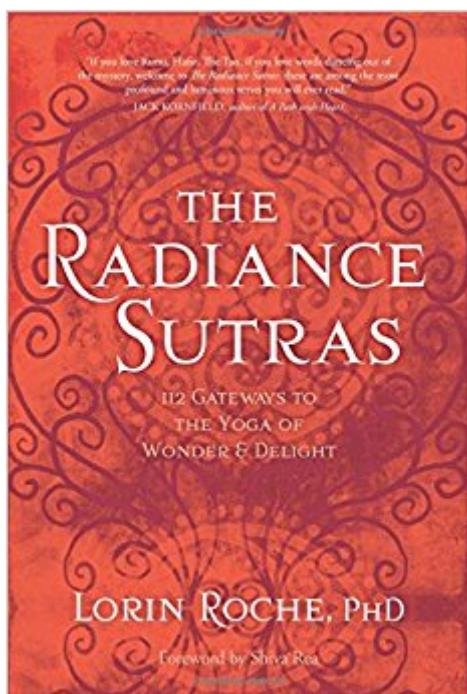


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# The Radiance Sutras: 112 Gateways To The Yoga Of Wonder And Delight (English And Sanskrit Edition)



## Synopsis

The gateways to wonder and delight are flung open wide for all to enter. At once a beautiful love song and an encyclopedia of yogic techniques, the cherished text known as the Vijnana Bhairava Tantra shimmers with new effulgence in Lorin Roche's The Radiance Sutras. Lorin brings us his unique perspective on each of 112 Sanskrit teachings, along with his one-of-a-kind guidance in how to meditate with, embody, and practice them—what he describes as "answering the call of the sutras you love." Here is an invitation to experience directly the ecstatic depths of yoga as revealed by the divine partners Shiva and Shakti, through an intimate exploration of: The divinity that is permeating your body at this very moment; The alchemical power of Sanskrit; Yoga meditation—harmonizing all the elements and levels of your being; The depths of your connection to the energies of life. Taken as a whole, this teaching is startling in its breadth and the huge range of human experience that it encompasses. This is a book to savor one phrase at a time, over a period of days or years or a lifetime. With The Radiance Sutras, yoga and meditation students everywhere can nurture their own relationship with these living wisdom teachings.

## Book Information

Paperback: 386 pages

Publisher: Sounds True; 1st edition (August 1, 2014)

Language: English, Sanskrit

ISBN-10: 1604076593

ISBN-13: 978-1604076592

Product Dimensions: 1 x 6 x 9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars 94 customer reviews

Best Sellers Rank: #25,669 in Books (See Top 100 in Books) #54 in Books > Religion & Spirituality > New Age & Spirituality > Spiritualism #68 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga #124 in Books > Religion & Spirituality > New Age & Spirituality > Mental & Spiritual Healing

## Customer Reviews

"Like feeling and reading Shakti in print. I read a little bit each day, then close my eyes and do the exercise, or ponder the thought. I let the warm sweet loving words and imagery wash and heal my many layers of self." - Lilias Folan "Meditation teacher Roche (Meditation Made Easy) gives a contemporary interpretation of an ancient text: the Vijnana Bhairava Tantra. The book includes an

incisive foreword by yoga luminary Shiva Rea, who observes that following even one of the titular sutra is 'enough to change a life.' Roche explains that he calls the text 'The Radiance Sutras' because the writings are so luminous: the compendium is set as conversation between two lovers, Shiva and Shakti, and covers breathing, tasting, sleeping, making love, and sensory vehicles for realizing your nature.' With each entry presented in Part One, Roche includes the Sanskrit script, transliteration, and pronunciation. Part Two, 'Invitations and Illuminations,' offers 112 meditation practices (yuktis) that guide readers toward falling in love with their own existence. Readers with advanced meditation experience will appreciate the intensity of Roche's knowledge of and experience with this ancient text, and newcomers will be drawn to the beauty and radiance of the verses, as well as the accessibility and creativity of the practices.' Publishers Weekly 'If you love Rumi, Hafiz, The Tao, if you love words dancing out of the mystery, welcome to The Radiance Sutras: these are among the most profound and luminous verses you will ever read.'

•Jack Kornfield, author of *A Path with Heart* 'If you are wild and longing for a more profound experience of love, this book is the perfect companion and teacher. If you're afraid to explore the inner reaches of your heart but long for that freedom, you can trust the magnificent journey The Radiance Sutras offer. You will be blessed by this book •it will forever change you in the most positive, surprising ways.'

•Judith Orloff, MD, author of *The Ecstasy of Surrender* 'Lorin Roche's poetic renderings of the Vijnana Bhairava Tantra are a gift to anyone who loves the inner world. They arise from the currents of his own meditation, grounded in deep practice. These verses can draw light into your sitting practice and shed wisdom into your days. Keep this book by your bed, hold its inspiration in your heart, and let these verses pulse through your life with the radiance of the tantric revelation.'

•Sally Kempton, author of *Meditation for the Love of It* and *Awakening Shakti* 'The most inspiring rendering of the Vijnana Bhairava I have ever encountered. Juicy, hip, intelligent, and the best companion for your daily life. We all need daily reminders to celebrate the boundary where body meets infinity.'

•Margot Anand, author of *The Art of Everyday Ecstasy* 'Lorin Roche is a tantric troubadour! His engaging and lively versions of The Radiance Sutras capture the joy and spontaneity of the original Sanskrit and are a unique window onto the meditative experience.'

•David Gordon White, author of *Sinister Yogis* and *Kiss of the Yogini* 'A treasure trove of invaluable spiritual jewels.' Pick up any of these jewels and behold, as precious esoteric knowledge suffuses your entire being with ineffable joy, love, and knowing.'

•Raz

A LANGUAGE OF LOVEA Tantra is a conversation between the Goddess Who Is the Creative Power of the Universe and the God Who Is the Consciousness that Permeates Everywhere. For short, they call each other Devi and Bhairava, or Shakti and Shiva. They are lovers and inseparable partners, and one of their favorite places of dwelling is in the human heart. The text has the feeling of one richly experienced body speaking with love to another body. Their inquiry is about how to enter into the vibrant essence of the world with the dual balance of passion and detachment. The teaching emerges from their love-play, reminding us that from within our own hearts we are educated in the spirit of love. They lived this teaching. The secret pathways in the body and the flow of delicious energies are revealed in words that one friend or lover would speak to another. The text invites us to be at home in the universe by accepting every intense experience, every sensual delight, every ordinary moment, as a gateway to the divine. The conversation begins with Devi asking, "Beloved, tell me, how do I enter more deeply into the reality of the universe?" In reply, Bhairava describes 112 techniques for becoming enlightened through everyday life experience. Each of these techniques is a way of attending to the rhythms, pulsations, and sensuousness of the divine energy that we are made of and that flows through us always. As we engage with these meditation techniques, we are alerted to the presence of the sacred that permeates our bodies. All of these methods involve savoring the incredible intensity underlying the most common experiences. They work by activating the senses, by

extending the range of the senses further into the inner and the outer world. The basic dynamics of life--breathing, falling asleep, waking up, walking, loving--are all used as gateways to alignment and enlightenment. Each meditation is a deep dive into aliveness, into the underlying reality of what life is. Balance is there at every step; the unshakable serenity of the depths is used as a foundation so that we can tolerate the electrifying vastness of the universe. We are invited to cross the threshold, to walk by the guardian of the gate, to face our terrors, and make our way into the immense and timeless mystery that is always calling. Many of these meditation techniques are surprisingly informal: Notice a powerful emotion, sensation, or desire, and enter into that awareness with total abandon, so that you go with it right into the root movement of the universe. When making love, put your awareness into the flame of passion pulsating through the body and become that flame. Falling asleep, pay attention to the transition from waking consciousness to unconsciousness, and catch a glimpse of what consciousness itself is. Or go

outside on a moonless night and simply merge with the darkness and vastness of space. The text also describes what we think of as traditional yoga meditations--ways of savoring breath, sound, and internal luminosity. The intimacy with the self implied in these teachings means that tantra is not a set of techniques imposed from outside. Rather, the method emerges naturally from one's relationship with the self and with life. Lose yourself in intense experience, and find your Self. In this text, the word *yoga* is used in its etymological sense, "the act of joining, linking together." *Yoga* is connecting--connecting all the elements and levels of your being. The tone of the text is playful and exploratory--jump in and feel everything. *Lila* is Sanskrit for "play," "amusement," and the sense that the universe has been manifested as an act of play by the divine. Through play, find your way. In play, find freedom, revelation, illumination.

This is a very fine book of practices. The dual presentation (the practices in one group, and the Sanskrit keywords in another) gives two viewpoints about each practice. The author also tells you how to pronounce the *Sutras*, even if you do not know the unusual pronunciation that is used in the Roman-letter transcription of Sanskrit. These *Sutras*, however, are not a literal translation of the original *Vijñāna-bhairava*. They are an interpretation - an inspired and helpful interpretation, but not exactly what the old text says. The author admits that, and explains why he has done it. He has also given a well-commented bibliography that will direct the reader to more exact versions. If you are charmed by this collection, you can expect to buy another version that offers the original meanings.

One amazing and astonishing book! My copy has a ton of post-its marking my favorites, and then I find another one that knocks my socks off. Picking this book up at random always makes life more spacious and gracious, the generosity to us in these versions is great. Read out loud they sing, repeated and massaged they warm you up, sometimes heat you up! I have given away about a dozen copies, so much fun to turn friend's on to them. I have always been a great fan of Rum, Hafiz and Mirabai, and when I heard these I was astonished I didn't know them yet. Now I do, and I am very pleased to have them in my life.

This book is a beautiful introduction to seeing and understanding oneself and all of creation as spaciousness. In coming into deep awareness of our senses we come to truly understand the radiant light in each and every creature. We come to realize that there is no separation between the seen and unseen worlds. All is one. This book is an awesome read and a great source for

enlightening meditation.

I love this book. And I am being loved by this book. The early pages are romantic, full of mystery, grace, and bliss. They are written from a contemporary viewpoint by a sincere and dedicated contemporary practitioner of tantra. So often these translations are stilted and dry displays of education. But this one sings! It is a glorious celebration of sensuality at every level. The latter part of the book has short exercises that illustrate the concepts of tantra. I have been slowly and pleasurable working my way through them and find myself much improved both as an individual and as part of the cosmic consciousness. Highly recommend this for everyone.

A beautiful return to beauty and brilliance, i recommend it to anyone disenchanted by their practice or just looking for a renewed sense of delight in life. I am so grateful for the existence of this powerfully absorbing book.

If you've lost your way to your future self, read this book! If life seems empty and meaningless, read this book! If you'd love to be in love again with the source of the universe, read this book! I've been reading it over and over again to suck out the juice in each verse. It takes me deeper and deeper in joy and peace. Thank you Lorin for writing this book!

This is extraordinary. Just read it aloud and breathe and sit with the sense of it. I ordered this book after having checked it out of the library because I wanted more time to be able to really hold all that it offers in my life. I have read sections of it to several people to share the excitement of having found such a great set of contemplations on awareness, being -- a real experience to take the time to have completely. It reminded me of insights and impressions I have felt after extended meditation retreats, but just instantly brought back to mind and body.

Dr. Lorin Roche goes above and beyond himself with the careful and tender translation of "The Radiance Sutras". Each word is a feast to dive into for the soul. The Sutras bring out the dance, joy and light in my inner most being. I especially love the Yukti Practice Transmissions: a ways and means to bring more depth out of the sutras into my daily life and being. One of my most cherished books!

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