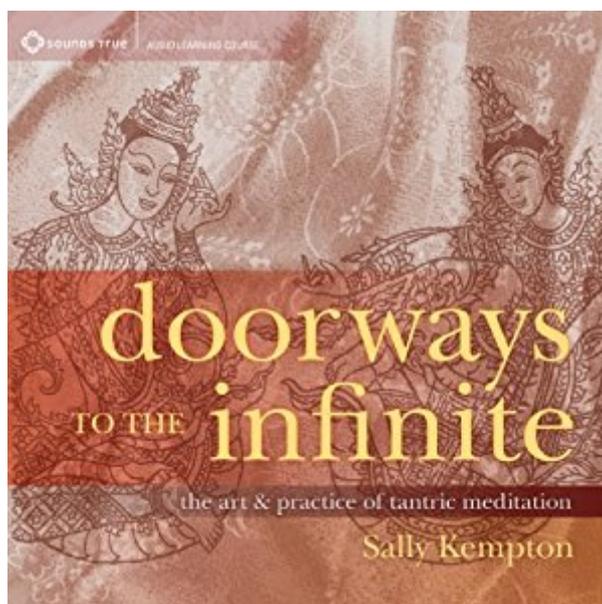


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Doorways To The Infinite: The Art And Practice Of Tantric Meditation



Synopsis

The sensuous and the sublime, the ordinary and the divine - on the Tantric path, all qualities merge as one in the ecstasy and wonder of awakening. *Doorways to the Infinite* invites us to directly experience the core practices and insights of Tantra from its original source: Kashmir Shaivism's Vijnana Bhairava. This dialogue between the deity Shiva and his consort Devi unfolds the secrets for moment-to-moment awakening into inner freedom and open-eyed ecstasy. Now, Sally Kempton unpacks the hidden truths of this text, revealing it as a treasury of powerful pathways to direct revelation. With her gift for sharing subtle esoteric wisdom in an immediate and down-to-earth way, Kempton guides us into dozens of meditations and methods to engage our senses, imagination, breath, energy flow, attention, and postures as vehicles for radical and profound spiritual illumination. *Doorways to the Infinite* explores: The breath within the breath, the heart within the heart Listening, seeing, and feeling with full presence Awakening to your inner body as space and light Opening to the flow of your Kundalini energy Engaging intense emotions for Self-realization The spirituality of everyday activities Intimate relationships and lovemaking Physical movement, dance, and more A graceful gesture can lead to a heart-stopping realization of your body as divine. A long, slow exhalation of the breath can reveal your connection to the Source of everything. A sound - any sound - can take you to the reality beyond sound. Realizations can unfold in a thousand ways. With *Doorways to the Infinite*, discover your true self - not by transcending the world, but through the extraordinary hidden within ordinary life.

Book Information

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Customer Reviews

wow is all I can say. I took a heart chakra course at Omega with Sally Kempton soon after she had shed her swami robes and that was terrific and at least 12 years ago. Since then I have read her books and tuned in from time to time, but nothing came close to that course at Omega. This Doorways to the Infinite is like being back at Omega in the living presence of someone who really can guide you into not only higher states, but teach you how to do it on your own.

Since I initially found these teachings in a zen book, lets start with a little zen. There are no doorways to the Infinite as we are always already the Infinite and yet until this is fully realized, we need doorways to the infinite. The doorway you are passing through is you who is passing through the doorway. Here are some fun, profound and interesting doorways to pass through presented by a true yogini and masterful teacher. Back in the 1970s and early 80s, I spent as much time as possible with the Siddha Guru, Swami Muktananda. One of the ways I did this was by spending part of my summers at the South Fallsburg ashram taking Siddha Yoga courses and Intensives. One of my Siddha Yoga teachers was Sally Kempton, then known as Ma Durgananda. More than a few Siddha yogis had a crush on her. And sexual fantasy is one of the doorways to the Infinite offered in this course. These all-inclusive Tantrik teachings are life positive, seeing everything and everyone as the play of Divine Consciousness. I first ran into this incredible Tantrik text, the Vijnana Bhairava, in the back of Paul Reps excellent book, Zen Flesh Zen Bones, in the 1960s. The techniques were very intriguing but what was missing was a skillful teacher who could empower them with Shakti (divine power) and put them into a context in which they could do their magic. Sally is this skillful teacher and she does a wonderful job. It is great to hear her voice again and reconnect with her through these profound yogic teachings. As you listen to these exquisite teachings, hasten slowly and really savor them. Most importantly, put them into practice. You never know which one will create the critical mass necessary to bring you to your tipping point and toss you into the Infinite. Anyone one of them can. And as Swami Sivananda said, "An ounce of practice is worth a ton of theory." And as Swami Muktananda said, "God dwells within you as you."

This audiobook is a powerful introduction to the wisdom teachings of Sally Kempton, the former Swami Durgananda from Siddha Yoga, the lineage of Gurumayi Chidvilasanada, Baba Muktananda, and Bade Baba Nityananda. This work is a delightful exploration of the Kashmir Shaivite text, the Vijnana Bhairava, a profound teaching on how to find the non-dual truth in our everyday lives. Filled with meditation experiences and Kempton's learned commentaries, this can be a workshop for anyone ready to take the plunge into, well, their true nature!

This is a commentary and explication of certain sutras of the VijnanaBhairava, an 8th century Kashmiri text. It is absolutely wonderful to listen to for long time meditators. There is no written accompaniment so it is perhaps recommended to read the text of the VijnanaBhairava itself with the CD's.

Very helpful. You do not need to remember or consciously digest word for word, the teachings come back during meditation in your own way, at your own pace. Plus you can even listen to each CD in intervals.

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