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# Tantra: The Supreme Understanding



## Synopsis

In this all-time best seller, Osho discusses the mystical insights found in the ancient Tantric writings, and the many significant Tantric meditation techniques that are as relevant to the modern-day seeker as they were to those in earlier times. As always, Osho brings his own unique blend of wisdom, humor, and thought-provoking inspiration to even this complex subject, making it accessible to the widest possible audience.Â Â Â

## Book Information

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## Customer Reviews

This book unlocked for me a sense of how to "be" in the world. This book brings you to the realization through the deconstruction of a poem by Tilopa, an ancient Tantric practitioner, that there is nothing to seek- there is only something to realize and allow, and that is your true divine nature. This book is all about understanding that you as you are right now, are totally and completely whole and ready for intense and profound living. The struggle is not with "finding out" how to do this, rather, it is understanding how to drop all of the illusions that stand in the way of you understanding this birthright. This book was so freeing, I felt incredibly lighter when I finished it. Osho is the master at getting to the point of seemingly complicated spiritual matters with the compassion of an old friend. I have read hundreds, literally, of spiritual books, psychological books and I can say that this is the most important book I've read to date. His words truly liberated me!

My name is Shawn Roop of Tantra Quest, as a teacher and and committed practitioner of Tantra since 2000, Osho's Tantra The Supreme Understanding, is BY FAR the best text for the modern

mind on Tantra. I still read it almost everyday, and have since 2004. Its that rich. It best on the Mahamudra Lineage, which I hold. It not a book full of Practices, its more about understanding and returning to your natural state of enlightenment and being. Remember, this book was not written, it was spoken, you keep that in mind. The reads better if you can understand that. Enjoy! Its worth 10 stars!

Tantra is indeed "The Supreme Understanding", and OSHO describes it so thoroughly and delightfully. My whole life has changed since reading this, more love and understanding for all. I HIGHLY RECOMMEND this book! Love is golden.

This book, to me, was the best Osho book (now got about 28 of them) ever compiled. Read it twice. The first time just drinking in its truth. The second time, very slowly. What a giver he is! Commentaries on Tilopa's Song of Mahamudra. I wish that at the end of the book, the compilers had had the words of the entire song altogether on a couple pages. I'm sending a new copy of this book to my daughter.

I loved this book because it really expanded the view of what Tantra really is. It's so much more than a tool for sexuality. It's a whole person approach to understanding our highest truth. A must read if you are interested in exploring your sacred expression physically, mentally, emotionally, energetically, chemistry, sexually, and spiritually.

I have been an Osho observer for almost 2 decades & I love it that they are printing more & more of his works now. I say observer because that's how I feel you need to approach his works. At times he may seem contradictory but as you stand back & look within your own mind & heart you will feel what he is trying to share with humanity. He has a way of digging out conflicted belief systems & then handing you back a clean slate to create with in your own life. He does this in his own style, a bit of philosophy, a bit of science, a bit of religion & a bit of common sense only the common sense he offers is more like simple sense as the common sense now a days is mighty convoluted. He is another pearl on the great path of discovery.

This is a great book. Osho explains the letter from Tilopa to Naropa part by part, and he managed to write a whole book about it! He might seem a bit redundant on information, which some times is good as you get reminded of information, and some others just seems repetitive. Osho sometimes

is quite arrogant, but that is just the way he is. And this books definitely contains some good pearls of wisdom. What I suggest is for you to take the time to immerge yourself into the book, it would be great if you could do it when you have a week off from work when you can do just as it tells you... "do naught with the body, but relax". It helped me heal my insomnia and my sleep schedule became naturally regular from 4AM to 9PM, all full of energy! before hand I had to "naught but relax" in between reading around this book, a book on antioxidants(the antioxidant miracle), and a book on yoga (how yoga works). Then one day I slept til 11PM on a late night yoga class request, and messed up my sleep schedule again for weeks to come, hence I thought... I need more tantra!! It also gives you a certain natural rush of endorphines while you're hands-on it, as tantra is living wholeheartedly in a state of orgasmic joyfulness. Overall good book! enjoy the ride!

Insightful. I can recommend all books by OSHO. It is worth taking the time to read this book.  
Excellent Buy.

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