



The Tantric Mysticism of Tibet: A Practical Guide to the Theory, Purpose, and Techniques of Tantric Meditation

John Blofeld

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A highly practical form of mysticism, Mahayana Buddhism offers precise techniques for attaining wisdom by negating the ego and entering the bliss of divinity. This book gives the background, techniques, purpose, and underlying theory of the Tantric forms of meditation, which have often been successful for those who have failed to make progress with more familiar methods.

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