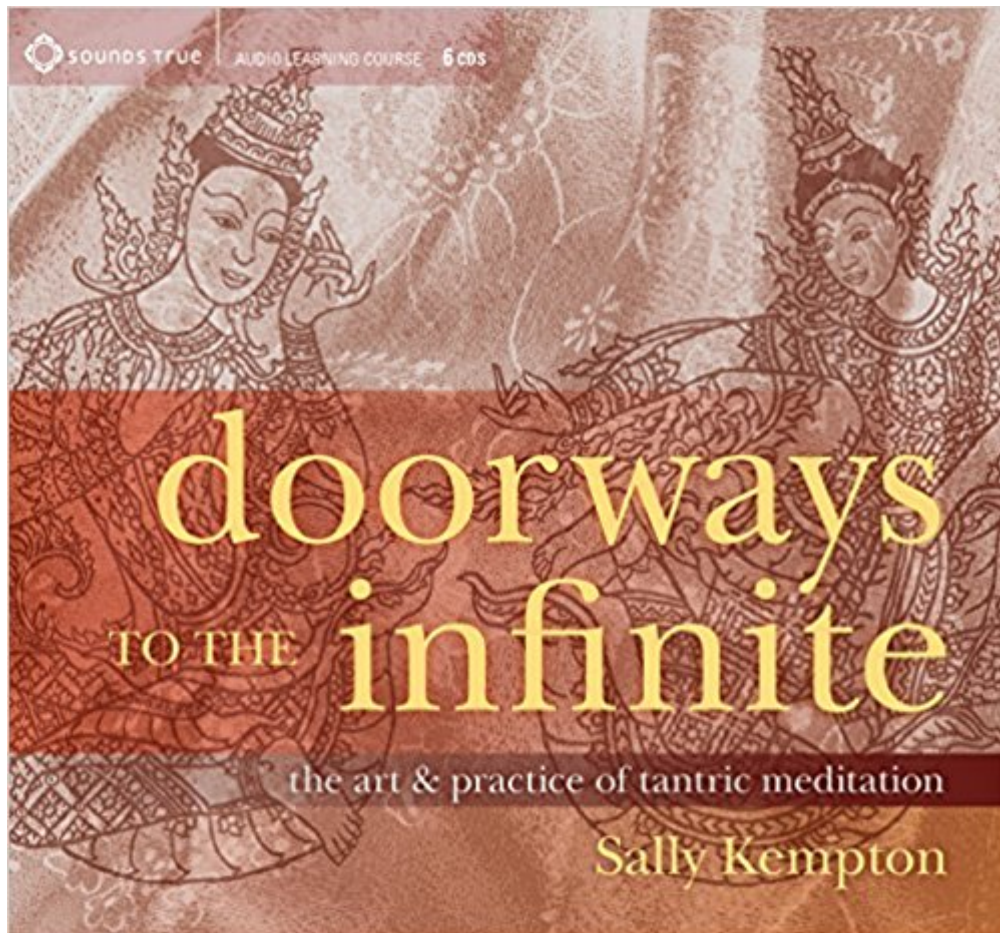




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Doorways To The Infinite: The Art And Practice Of Tantric Meditation



Synopsis

Tantric Meditations and Practices for Radical and Profound Spiritual Discovery

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.

Highlights

- The revelation of the Vijnana Bhairava Tantra
- The experience of innate divinity
- Holding the center
- Emptiness, contemplation, and the senses
- The yoga of intense experience
- I am Shiva: practices for immediate realization

Book Information

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Customer Reviews

From the heart of tantra, 30 guided practices for the direct experience of wonder and awakening.

Sally Kempton Sally Kempton has been studying and teaching the wisdom of yoga for 40 years. A highly regarded teacher of meditation and spiritual philosophy, she writes the popular Yoga Journal column "Wisdom." Known for her gift of making yogic wisdom relevant to daily life and for transmitting deep states of meditation, she teaches retreats and teleclasses internationally. Sally is the author of *Meditation for the Love of It* (Sounds True, 2011). She resides in Carmel Valley, California.

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.

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.

I love Sally and think she offers so much great info and wisdom for Western "seekers". But this particular audio set didn't do it for me at all. However, if you like lots of Indian words and chants, you will probably like it.

I love this series. I have only listened to the first two discs and done the exercises there once, but already it has moved my meditation to a deeper place than it's been in years. Sally Kempton is phenomenally lucid, brilliant and gifted in her presentation. Her humanness and lack of pretense make me feel very comfortable with my own experience of practicing meditation. I love this

recording.

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.

Intricate, sophisticated support for meditation practice. Highly recommend. We are so fortunate to have this wisdom made more available to us by Kempton.

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!

I really loved the first part; her explanations went a long way to putting it all into perspective for me. I don't like the little sing-song parts, and usually just fwd past them. The rest is alright; her voice is good to listen to.

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