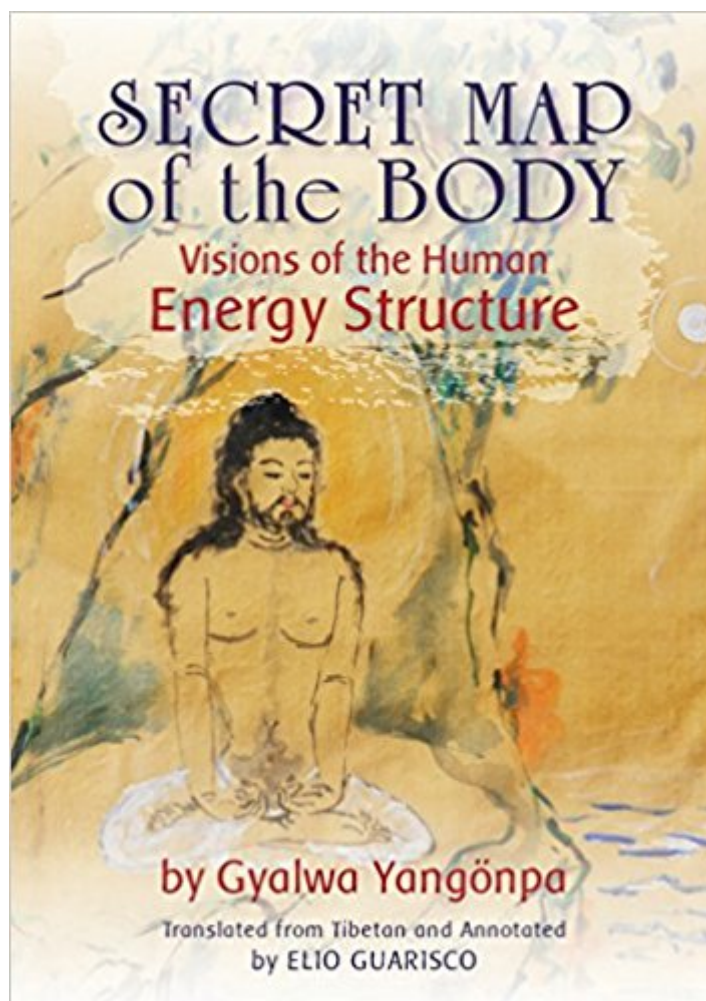


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Secret Map Of The Body: Visions Of The Human Energy Structure



Synopsis

YangOnpa's Hidden Description of the Vajra Body presents the triad constituting the Vajra Body - the channels, energy-winds, and vital essences - as the basis for the application of experiential yogic techniques. Buddhism often relegates the body to a role subordinate to that of the mind; the focus of YangOnpa's Hidden Description is the body itself, with its manifold layers - coarse, subtle, and very subtle. In his presentation of the human body's energetic structure he contends that it is not simply the means to achieve enlightenment, but enlightenment itself, blending the Highest Tantra notion of the body as the method with the Total Perfection (rdzogs chen) principle of inherently present enlightenment as the fundamental nature of all phenomena. Gyalwa YangOnpa realized the nature of mind at the age of eight upon hearing instructions on the Dzogchen mind cycle of teachings. And at age nine he was installed as the abbot of Lhadong monastery, where he gave profound religious discourses, establishing his reputation as an enlightened emanation. During his lifetime, 1213-1258, he was devoted to four precious masters of different lineages. Under the guidance of the first two, he undertook solitary retreat and, following a clear vision of the energetic system of body and mind, came to master this inseparable matrix. An exceptional being gifted with powers, knowledge, and wisdom, YangOnpa led an exemplary life and his spiritual achievements won him a large number of followers. His literary output left a mark in the writings of later masters of all Tibetan schools, including Tsongkhapa, the Eighth Karmapa, JamgOn Kongtrul LodrO Thaye, Raga Asya, and Jigmed Lingpa.

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Customer Reviews

The excellent traduction of this very very esoteric book made it understandable. Thank you for the immense work permitting these tantric wisdom available to common Buddhist students.

This book will blow your mind. The information provided is hidden and not known by many (as well as not understood). This book is for those who want to learn and deepen their knowledge of the energetic body from a Tantric point of view. But as mentioned, Tibetan doctors refer back to this book because many of its theories and philosophies are derived from this. And yes, there will be many challenging views of what most assume to be chakras, energy channels and other energetic mysteries in which the body manifests. Be prepared to challenge your views and assumptions. And finally, if you truly understand the message of this book; you'll realize and finally understand the bridge between our physical gross body and the intangible yet blissful consciousness that is within us at all times.

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