

## Tantra Yoga Nada Yoga Kriya Yoga

Swami Sivananda

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The system called Tantra has been always regarded as an esoteric and a secret way of spiritual practice, not accessible to the untrained one and to the common folk. The secrecy about the practice seems to consist in the noble outlook of life which the Tantra requires the seeker to entertain, a way of looking at things different from the one in which people are generally accustomed to see, interpret and evaluate things. The teachers of Tantra hold that a seeker on this path has to outgrow the social and even the human outlook and develop a super human and divine outlook in respect of things. Since this would be to expect too much from the common man in the world, Tantra is supposed to be a closed secret whose gates can be opened only with the key provided by a competent Guru.

This book will be of great help to those seeking the insides of Tantra and those who intend to read such classics by Sir John Woodroffe like Serpent Power etc., available on amazon.



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