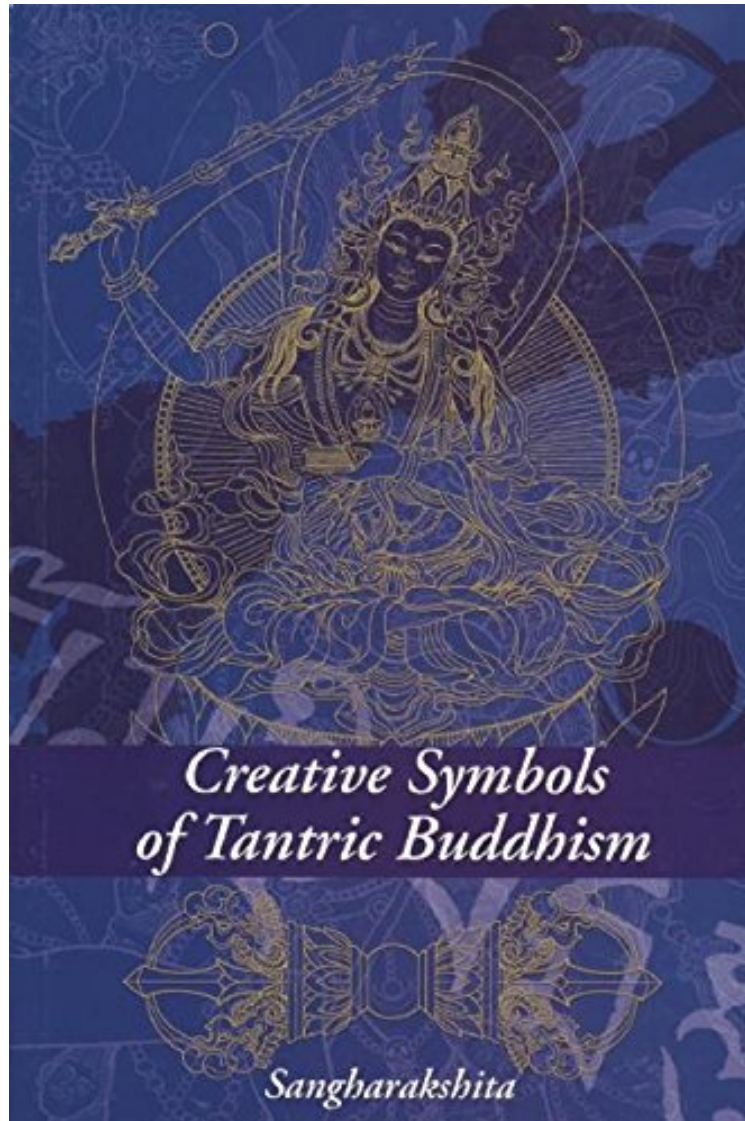


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Tantric Buddhism is concerned with the direct experience of who we are and what we can become. Its sole aim is to help us realize our potential for profound wisdom and unbounded compassion by transforming the energy locked in by old habits, fears, and narrow views. For the Tantra this experience cannot be mediated by concepts; it is beyond words

and thought, beyond the everyday mind and personality. But it can be evoked with the help of symbols. Without the help of a reliable guide one could easily get lost or overwhelmed in this unfamiliar world of symbols. Sangharakshita is such a guide, having received initiations and teachings in India from some of the most important Tibetan teachers of the twentieth century.

About the Author A respected translator and author of over fifty books, Sangharakshita began studying BUddhism at the age of 16. After 20 years studying in India he returned to England and set up the Friends of the Western Buddhist Order which has over 65 centres worldwide, including the USA.