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# Paratrisika Vivarana By Abhinavagupta The Secret Of Tantric Mysticism

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Translation of Paratrisika-vivarana  
Tantric Wisdom for Today's World - The New Yoga of Awareness  
Isvara Pratyabhijna Karika of Utplaladeva  
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Samvidullāsaḥ  
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The Secret of Tantric Mysticism  
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Chapters 1-4, 7-11, 11-17  
The Concept of the Word in Selected Hindu Tantras  
Kalātattvakośa

## The Divine Creative Pulsation; The Karikas and the Spanda-Nirnaya

Paratrisika  
Vivarana By  
Abhinavagupta  
The Secret Of  
Tantric  
Mysticism

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#### Translation of Paratrisika- vivarana Exposure

Publishing

Cutting across distinctions of schools and types, the author explains the central feature of Kashmir Saivism: the creative pulse of the all-pervasive Consciousness called Siva. This is also the central theme of the Hindu Tantras, and Dyczkowski provides new insight into the most literate and extensive interpretations of the Tantras. This book is significant from four points of view. First, it breaks new ground in Indian philosophy. According to the Spanda Doctrine, the self is not simply witnessing consciousness as maintained by Sankhya and Vedanta, but is an active force. Second, the ultimate reality is not simply a logical system of abstract categories, but is living, pulsating energy, the source of all manifestation. Third, the work elaborates the dynamic aspect of

consciousness. It supplies an excellent introduction to the texts and scriptures of Kashmir Saivism.

Fourth, it suggests a Yoga for the realization of self.

Tantric Wisdom for Today's World - The New Yoga of Awareness Motilal Banarsidass Publ.

This book offers 112 dharanas -- 112 meditations or techniques -- for experiencing the extraordinary and paradoxical reality of unbounded consciousness called Bhairava. In her initial question to Bhairava, the Goddess asks him to reveal his own essential nature to her. Bhairava praises her question as pertaining to the very essence of the Tantra, and he praises the transcendent aspect of the Supreme. The Goddess then beseeches Bhairava to teach her the method by which she may gain an understanding of this blissful, nondual reality. The methods offered here hint at a profound secret: only a subtle shift of attention is required in order to bring this astonishing reality into view. The shift will open a chink in the apparently impregnable smoothness of the ordinary world. Here are

112 secret gestures of attention that will reveal infinity. True to its tantric provenance, the Vijnana-bhairava discovers Supreme Reality in unexpected and bizarre places. As one scans the great variety of methods it offers, one is struck by the contrast in tone between this text and the classical expositions of Yoga. While equally serious, the Vijnana-bhairava has a playful approach anchored in the confidence that one can really never stray from the reality of Shiva. Because it is grounded in the tantric realization, the text has a freedom to explore meditational domains puritanically disdained by classical Yoga. All things, all experiences, all moments are bathed in the unassailable purity of the absolute consciousness. Only a shift of attention, a subtle refocusing, is required for that extraordinary reality to come into view. The Vijnana-bhairava contains no sustained philosophical position. Rather, it is an instructional guide that continuously invites the practitioner to look more deeply and more subtly at her own experience. The

blissful and shattering realizations that she will undergo as a result of its method serves as the only form of proof or justification. This is an initiatory manual that instructs in the intricacies of the advanced sport of Shiva.

Isvara Pratyabhijna Karika of Utpaladeva SUNY Press The Paratrisika (or Paratrimika) is a short Tantra which has been held in the highest esteem by Kashmir Saivism or Trika. After Somananda, Abhinavagupta has written two commentaries on it, a short one (Laghuvrtti) and an extensive one the present Vivarana which is presented here for the first time in an English translation. The Paratrisika Vivarana is one of the most fascinating but also most difficult texts of the Kashmir Saiva School, and of the mystical philosophical literature of India as a whole. It deals with Ultimate Reality (anuttara or para) and with the methods of realization, centred above all in the theory and practice of the mantra. Abhinavagupta displays here his great exegetical genius and presents a penetrating metaphysics of language,

of the Word (vak) and its various stages in relation to consciousness. His language reflects in a luminous fashion the mystical experience contained in this text. The present translation of Abhinavagupta's masterpiece will not only be a milestone in the study of Kashmir Saivism, but it also makes available one of the major mystical texts of the Indian tradition to readers interested in philosophy and spirituality. *Abhinavagupta's Hermeneutics of the Absolute Anuttaraprakriya* Motilal Banarsidass Publ. The Karma Tantricism of Kashmir is intended as a ground work of the Karma system, an almost neglected area of Kashmir Saivism. The author has very ably reconstructed the history and metaphysics of the system after rummaging through relevant literature, both in print and manuscript form. The Karma philosophy, Sakta esotericism and the Tantric synoptic view are seen. In this first of the two volumes, the author has given a general and historical survey in seven chapters-Karma as a distinct system, mutual exchange from allied system, different

traditions and sub-schools, sources and literature and karma's place in Kashmir Saivism. Contains chronological table of Karma author's classified Bibliography and indexes.

### **An Interpretation of His Paratrisika Vivarana**

Abhinavagupta's Hermeneutics of the Absolute Anuttaraprakriya An Interpretation of His Paratrisika Vivarana Paratrisika-Vivarana of Abhinavagupta The Secret of Tantric Mysticism Siva Sutras are considered to be a revealed book of the Yoga: supreme identity of the individual self with the Divine. Dr. Jaideva Singh has studied the book with the help of his guru Swami Lakshmana Joo, the sole surviving exponent of this system in Kashmir and has provided an English Translation of the Sutras together with the commentary of Ksemaraja. Each Sutra is given in Devanagari as well as in Roman Script. Then the meaning of every word of the Sutra is given in English, followed by a translation of the whole Sutra. This is followed by the Vimarsini Commentary in Sanskrit and its English translation,

copious notes on important and technical words and a running exposition of the main ideas of the Sutra. A long introduction, together with an abstract of each Sutra, throws a flood of light on the entire system of Saiva Yoga. A Glossary of technical terms and index are appended for the convenience of the reader. Contents Dedicated, Blessing, Preface, Introduction, Siva Sutras-Text and commentary, Section I-III Sambhavopaya, Conclusion, Glossary of Technical Terms, Subject Index, Index to important Sanskrit Words, Alphabetical Index to the sutras.

*Kashmir Shaivism* State University of New York Press

The lavara -pratyabhijna Karika (IPK) of Utpaladeva is the foremost work of Pratyabhijna Darsana and contains the core argumentation in support of this important Saiva Philosophy as well as refutations of and disputations with Buddhsit Vedantin and Ritual

### **The Secret Supreme**

Brill Archive

The Book Employs The Multi-Disciplinary Methodologies Of Art Historical Interpretation To Contextualise Nearly

The Whole Range Of Saptamatrka Icons Within The Larger Historical Evolution Of Accultured Brahmanical Religion, Mythology, Theology And Cultic Developments. *Spanda-Karikas* Nicolas-Hays, Inc.

This book is about the power of the Word conceived as the main and most effective aspect of divine energy. It is the only systematic study in English of notions concerning the Word (Vac) as these are expounded in the shaiva tantras of Kashmir and in related texts. Padoux first describes the Vedic origins of these notions, then their development in texts of different tantric traditions. He shows how different levels of the Word abide in humans, how these levels are linked to the kun, and how they develop into articulate speech and discursive thought. He also describes how the universe is created out of the letters of the alphabet. The last two chapters explain the powers of mantras as sacred ritual utterances. These powers are described as magical as well as religious, because they can achieve supernatural results as well as lead to salvation.

Their uses are linked to yogic mental and bodily practices.

### Secrets of Seed (Bija)

Mantras Motilal

Banarsidass

Modern science and ancient wisdom traditions agree that the universe is a symphony of vibrational frequencies. In this beautiful, comprehensive, and unique work, Dr. Frawley elaborates the essential truths about cosmic sound, and how we can employ important mantras for healing, transformation and inner awakening.

*Mantra Yoga and the*

*Primal Sound* Motilal

Banarsidass Publ.

The Tantric Tradition

known as 'Kashmir

Shaivism' bore within it

the understanding that

God is not a being 'with'

awareness. Instead God is

awareness, pure and

unbounded. This pure

awareness is like a

stainless mirror - invisible

in itself - in which all

experienced realities are

not only reflected but

actively and continuously

manifested. The New

Yoga of Awareness is not

merely a commentary on

or an explanation of this

tradition, but the most

comprehensive and

original contribution to it

since its synthesis by the

great 10th century

teacher and tantric adept Abhinavagupta. It unites religion, science, philosophy and theology, psychology and metaphysics in a way that truly makes it not just 'a' new yoga but THE New Yoga - an entirely new school of 'tantra' evolved from and for today's world. Tantra does not separate religion and science. It is yogic religious science. The aim of The New Yoga is to make this new and highly practical religious science known to the world in order that it can begin to work for it. It does so by challenging the foundations of both Western science and the Abrahamic religions (Judaism, Christianity and Islam), along with the "monotheism of money" (Marx) and the godless 'science' that is its religion. Peter Wilberg's wide-ranging writings on tantra, introduced in this book, constitute a new and highly practical body of theosophical and religious scientific knowledge of the sort that alone can help bring an end to today's rising ocean of religious and scientific ignorance - and to the ecological devastation, economic inequalities and global mayhem that go with it.

Above all, they offer a way of accomplishing this world-transforming aim - not through jihad, violence or war but through learning to experience that pure and Divine Awareness ('Shiva') which pervades all things, and the Divine Power ('Shakti') of Awareness that manifests them all. **Vijnanabhairava, Or Divine Consciousness** Motilal Banarsidass The Vijñāna Bhairava is one of the most important Tantras of Kashmir Shaivism as far as the practical aspect of yoga of this school is concerned. It teaches 112 dhāranās or ways of centring awareness and entering divine consciousness, which include ordinary and extraordinary experiences, as well as tantric methods of spiritual practice such as kuṣṭhālinī, mantra and mudrā. This ancient text is of great relevance for a spirituality of our times which has to integrate all aspects of life. The present edition, translation and commentary is unique since it contains the oral teaching of the last great master of the Kashmir Shaiva tradition, Swami Lakshman Joo. In his explanation of the dhāranās he gives the deep significance and

practical application of various methods of yoga which give direct access to states of higher consciousness. *A Treasury of 112 Types of Yoga* SUNY Press

- Explains how the primal energy generated by physical desire can be used to achieve enlightenment
- Reveals the techniques used by Tantric adepts to attain mastery over breath, thought, and all physical processes

Nothing can match the explosive energy created in the body by pure desire. For millennia, Tantric adepts have harnessed this force as a means of attaining the summits of the mystical life. The energies fueled by passion are used to nourish the inner flame that burns away the egotistical perception of the mind. Desire explores the subtle techniques of Tantra that enable the seeker to attain the triple mastery of the breath, thought, and the natural processes of the body. Tantrics believe that the body is the temple and divinity lies at its heart. In order to arrive at profound awareness, the body needs to be perfectly tuned and working toward a state of perfect fluidity. Desire reveals many of the

secret practices intended for this purpose that have been passed down in the major Tantric treatises such as the Vijnanabhariva Tantra and Ch'an master Chinul's treatise on the Secrets of Cultivating the Mind, including the important techniques of the ritual sexual observances known as Maithuna. The Mystical Theology of the Śaivism of Kashmir Motilal Banarsidass Publishe Abhinavagupta's Hermeneutics of the Absolute AnuttaraprakriyaAn Interpretation of His Paratrisika VivaranaParatrisika-Vivarana of AbhinavaguptaThe Secret of Tantric MysticismMotilal Banarsidass *Tantric Yoga and the Wisdom Goddesses* Lotus Press Vijnanabhairava is a very ancient book on Yoga. It studiously eschews mechanical worship, external rites and ceremonies and goes directly to the heart of the problem of the union of human consciousness with the Divine. There is no theoretical discussion in the book. It describes 112 types of yoga each of which is a precious gem delineating the mystic

approach to the Divine. for this purpose, it makes full use of all the aspects of human life--prana, manas, imagination and intuition. The book has for the first time been translated into English. The translation of each verse is followed by copious expository notes which contain not only all that is of any value in the Sanskrit commentaries but also many practical suggestions made by Svami Lakshmana Joo on the basis of his personal experience of these Yogas. In order to understand the philosophical background of these Yogas, the reader is advised to go through the introductory portion of the author`s Pratyabhijnahridayam or the Siva-sutras. Dr. Jaideva singh has an admirable command over both Sanskrit and English and has presented an exposition of this book with remarkable success. *Samvidullāśah* SUNY Press This Volume Is A Birth Centenary Tribute To Swami Lakshman Joo Raina (1907-1991), One Of The Greatest Saints Of 20Th Century India, Living A Secluded Life In His Ashram In Kashmir. The Articles By Scholar-Disciples, Devotees And Relatives Throw Light On

The Extraordinary Life Of This Saint In Reviving Kashmir Shaivism.

### **An Introduction to Tantric Philosophy**

Simon and Schuster The Spandakarikas are a number of verses that serve as a sort of commentary on the Siva-sutras. According to Saivagama, the divine consciousness is not simply cold, inert intellection. It is rather spanda, active, dynamic, throbbing with life, creative pulsation. In Siva-sutras, it is the prakasa aspect of the divine that is emphasized; in Spandakarikas, it is the vimarsa aspect that is emphasized. Together, these two books give us an integral view of Saiva philosophy. Ksemaraja has written a commentary on Spandakarikas, titled Spanda-nirnaya. He is fond of sesquipedalian compounds, long and windy sentences, but he is very profound in the comprehension of the subject and so cannot be ignored. The author tried to provide a readable translation of both the karikas and the Spanda-nirnaya commentary. Each karika (verse) is given both in Devanagari and Roman script, followed by its translation in English. This is followed

by Ksemaraja's commentary in Sanskrit. Then follows an English translation of the commentary. After this, copious notes are added on important and technical words. Finally, a running exposition of each karika in the author's own words is given.

*Tantric Solution to a Philosophical Problem*  
Penguin UK

Indian poetics and aesthetics; comprises the part of his Abhinavabhāratī which comments on the sutra 'Vibhāvānubhāvavyabhicārisaṃyogādrasaniṣpattiḥ' from the larger work entitled Nāṭya Śāstra by Bharata; Sanskrit text in roman script with English translation.

**The Krama Tantricism of Kashmir** Lotus Press  
About 16 centuries ago, an unknown Indian author or authors gathered together the diverse threads of already ancient traditions and wove them into a verbal tapestry that today is still the central text for worshippers of the Hindu Devi, the Divine Mother. This spiritual classic, the Devimahatmya, addresses the perennial questions of the nature of the universe, humankind, and divinity. How are they related, how do we live in

a world torn between good and evil, and how do we find lasting satisfaction and inner peace? These questions and their answers form the substance of the Devimahatmya. Its narrative of a dispossessed king, a merchant betrayed by the family he loves, and a seer whose teaching leads beyond existential suffering sets the stage for a trilogy of myths concerning the all-powerful Divine Mother, Durga, and the fierce battles she wages against throngs of demonic foes. In these allegories, her adversaries represent our all-too-human impulses toward power, possessions, and pleasure. The battlefields symbolize the field of human consciousness on which our lives' dramas play out in joy and sorrow, in wisdom and folly. The Devimahatmya speaks to us across the ages of the experiences and beliefs of our ancient ancestors. We sense their enchantment at nature's bounty and their terror before its destructive fury, their recognition of the good and evil in the human heart, and their understanding that everything in our experience is the

expression of a greater reality, personified as the Divine Mother.

The Secret of Tantric Mysticism Motilal Banarsidass Publishe  
Abhinavagupta, Probably The Greatest Genius Of India In The Fields Of Philosophy, Aesthetics, Poetics, Dramaturgy, Tantra And Mysticism, Is Being Rediscovered Only In The Last Few Decades. Although Several Scholars, In India And Abroad, Are Engaged In Studying His Works, It Is Surprising That There Are Still Few Translations Available. The Great Merit Of The Present Translation Of Abhinavagupta`S Summary Of The (Real And Secret) Meaning Of The Bhagavad Gita Lies In The Following: First, It Includes The Text And Translation Of The Kashmiri Version Of The Bhagavad Gita, Which In Places Differs From The One Commented Upon By Shankara. Besides, It Brings Out The Specific Meanings In The Context Of Kashmir Shaiva Philosophy And Yoga, Without Being Influenced By Samkhya Or Vedanta. *Spiritual Secrets of Ayurveda* Fordham Univ Press  
Christians have traditionally claimed that humans are created in the

image of God (imago Dei), but they have consistently defined that image in ways that exclude people from full humanity. The most well-known definition locates the

image in the rational soul, which is constructed in such a way that women, children, and many persons with disabilities are found deficient. Body

Parts claims the importance of embodiment, difference, and limitation-not only as descriptions of the human condition but also as part of the imago Dei itself.

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