

# Psychology Of Buddhist Tantra

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**The Dawn of Tantra** - Herbert V. Guenther 2001-11-13

Westerners wanting to know about tantra—particularly the Buddhist tantra of Tibet—often find only speculation and fancy. Tibet has been shrouded in mystery, and "tantra" has been called upon to name every kind of esoteric fantasy. In *The Dawn of Tantra* the reader meets a Tibetan meditation master and a Western scholar, each of whose grasp of Buddhist tantra is real and unquestionable. This collaboration is both true to the intent of the ancient Tibetan teachings and relevant to contemporary Western life.

**Preparing for Tantra** - Rob Preece 2011-09-16

The preliminary practices of Tantra aren't a hurdle to be gotten through in order to get somewhere else; they're an extraordinarily rich collection of practices which have much to offer as a means of cultivating and maturing the practitioner's psychological ground. They can enable experiences to unfold, and they can clear the way when there seem to be problems or hindrances practitioners are struggling with. In *Preparing for Tantra*, Preece draws on his experience as a Tantric Buddhist practitioner, meditation teacher, and psychotherapist to explain how to make the preliminary practices psychologically meaningful and spiritually transformative. He examines each of the practices with an eye to revealing how they may be used to heal and transform psychological trauma and offers practical suggestions for integrating them into daily life—as well as ensuring that practitioners are prepared psychologically, emotionally, and energetically to start out safely on the tantric path. *Preparing for Tantra* is an accessible guidebook for engaging in ngondro, the preliminary practices that are done before engaging in a long tantric retreat. These practices are also powerful tools for purifying negativities and alleviating guilt, healing difficult experiences, and enriching our minds with goodness so that we will be able to progress in our Dharma practice and gain realizations of the path.

*Understanding Our Mind* - Thich Nhat Hanh 2002-02-09

Nautilus Award Finalist The renowned Zen's monk's profound study of Buddhist psychology—with insights into how these ancient teachings apply to the modern world Based on the fifty verses on the nature of consciousness taken from the great fifth-century Buddhist master Vasubandhu and the teachings of the Avatamsaka Sutra, Thich Nhat Hanh focuses on the direct experience of recognizing, embracing, and looking deeply into the nature of our feelings and perceptions. Presenting the basic teachings of Buddhist applied psychology, *Understanding Our Mind* shows us how our mind is like a field, where every kind of seed is planted—seeds of suffering, anger, happiness, and peace. The quality of our life depends on the quality of the seeds in our mind. If we know how to water seeds of joy and transform seeds of suffering, then understanding, love, and compassion will flower. Vietnamese Zen Master Thuong Chieu said, "When we understand how our mind works, the practice becomes easy."

*Tantric Traditions in Transmission and Translation* - David B. Gray 2016-03-14

Tantric traditions in both Buddhism and Hinduism are thriving throughout Asia and in Asian diasporic communities around the world, yet they have been largely ignored by Western scholars until now. This collection of original essays fills this gap by examining the ways in which Tantric Buddhist traditions have changed over time and distance as they have spread across cultural boundaries in Asia. The book is divided into three sections dedicated to South Asia, Central Asia, and East Asia. The essays cover such topics as the changing ideal of masculinity in Buddhist literature, the controversy triggered by the transmission of the

Indian Buddhist deity Heruka to Tibet in the 10th century, and the evolution of a Chinese Buddhist Tantric tradition in the form of the True Buddha School. The book as a whole addresses complex and contested categories in the field of religious studies, including the concept of syncretism and the various ways that the change and transformation of religious traditions can be described and articulated. The authors, leading scholars in Tantric studies, draw on a wide array of methodologies from the fields of history, anthropology, art history, and sociology. *Tantric Traditions in Transmission and Translation* is groundbreaking in its attempt to look past religious, linguistic, and cultural boundaries.

**The Alchemical Buddha** - Rob Preece 2000

*Emptiness* - Geshe Tashi Tsering 2010-10

In *Emptiness*, the fifth volume in *The Foundation of Buddhist Thought* series, Geshe Tashi Tsering provides readers with an incredibly welcoming presentation of the central philosophical teaching of Mahayana Buddhism. Emptiness does not imply a nihilistic worldview, but rather the idea that a permanent entity does not exist in any single phenomenon or being. Everything exists interdependently within an immeasurable quantity of causes and conditions. An understanding of emptiness allows us to see the world as a realm of infinite possibility, instead of a static system. Just like a table consists of wooden parts, and the wood is from a tree, and the tree depends on air, water, and soil, so is the world filled with a wondrous interdependence that extends to our own mind and awareness. In lucid, accessible language, Geshe Tashi Tsering guides the reader to a genuine understanding of this infinite possibility.

**The Double Mirror** - Stephen Butterfield 1994

Drawing from his personal experience as a practitioner of Buddhist tantra, the author examines the effects of Buddhist practice on personality, autonomy, perception, and health. He discusses what the Buddhist path has to offer Americans and evaluates Buddhism as both a cult and a valid system of personal transformation. Candidly explores such topics as guru devotion.

**Psychology of Yoga and Meditation** - C. G. Jung 2021-03-09

Jung's illuminating lectures on the psychology of Eastern spirituality Between 1933 and 1941, C. G. Jung delivered a series of public lectures at the Swiss Federal Institute of Technology (ETH) in Zurich. Intended for a general audience, these lectures addressed a broad range of topics, from dream analysis to the psychology of alchemy. Here for the first time are Jung's illuminating lectures on the psychology of yoga and meditation, delivered between 1938 and 1940. In these lectures, Jung discusses the psychological technique of active imagination, seeking to find parallels with the meditative practices of different yogic and Buddhist traditions. He draws on three texts to introduce his audience to Eastern meditation: Patañjali's *Yoga Sûtra*, the *Amitâyur-dhyâna-sûtra* from Chinese Pure Land Buddhism, and the *Shrî-chakra-sambhâra Tantra*, a scripture related to tantric yoga. The lectures offer a unique opportunity to encounter Jung as he shares his ideas with the general public, providing a rare window on the application of his comparative method while also shedding light on his personal history and psychological development. Featuring an incisive introduction by Martin Liebscher as well as explanations of Jungian concepts and psychological terminology, *Psychology of Yoga and Meditation* provides invaluable insights into the evolution of Jung's thought and a vital key to understanding his later work.

**Tantra in Tibet** - Tsong-kha-pa Blo-bzang-grags-pa 1987

Tantra in Tibet consists of three parts published under the auspices of the Dalai Lama: The Great Exposition of Secret Mantra-Part I by Tsong-ka-pa is one of the principal classic texts on tantra. It presents the main features common to all the Buddhist tantra systems as well as the difference between sutra and tantra.

*The Complete Nyingma Tradition from Sutra to Tantra, Books 15 to 17* - Choying Tobden Dorje 2016-08-19

In 1838, Choying Tobden Dorje, a yogin and scholar of northeastern Tibet, completed a multivolume masterwork that traces the entire path of the Nyingma tradition of Tibetan Buddhism from beginning to end. Written by a mantra practitioner for the benefit of mantra practitioners living among the lay community, it was intended to be informative, inspirational, and above all, practical. Its twenty-five books, or topical divisions, offer a comprehensive and detailed view of the Buddhist path according to the early translation school of Tibetan Buddhism, spanning the vast range of Buddhist teachings from the initial steps to the highest esoteric teachings of great perfection. Choying Tobden Dorje's magnum opus appears in English here for the first time. Books 15 to 17: The Essential Tantras of Mahayoga is presented in two volumes and concerns the first of the three classes of inner tantra. It presents the entire text of the Guhyagarbha Tantra, in Tibetan and English, together with the interlinear sections of one of its most important commentaries, *Dispelling the Darkness of the Ten Directions*, by the outstanding fourteenth-century master Longchen Rabjam. Also included is Choying Tobden Dorje's rewriting of Candragomin's inspirational *Extensive Commentary on the Sublime Litany of the Names of Manjushri*.

**Tantric Grounds and Paths** - Kelsang Gyatso 1994

The mysteries of Tantra have engrossed countless meditators for centuries. Since the time of Buddha, these secrets have been passed down from accomplished master to disciple largely by word of mouth. Now drawing from his own experience and the works of Je Tsongkhapa and other great Tibetan Yogis, Geshe Kelsang clearly sets out all the stages of the four classes of Tantra, giving a full explanation of generation and completion stages. Tantra is revealed as the gateway to a blissful new world. The book represents a significant milestone in revealing these profound mysteries to the contemporary world.

*Spacious Passion* - Ngakma Nor'dzin 2021-05-10

2009 revised edition. A Buddhist book exploring the sutric teaching of 'The Four Thoughts that turn the Mind to Practice' as vividly relevant to our everyday lives: the extraordinarily precious opportunity to live as an honourable human being; the experience of impermanence that pervades our existence as an opportunity to awaken; the emotional and psychological patterning which dominates our lives (karma); and the seemingly endless cycle of dissatisfaction in which we imprison ourselves. Each chapter ends with a series of questions and answers which are both pragmatic and inspirational. Ngakma Nor'dzin has been a practitioner of Tibetan Buddhism for more than twenty years

**Encountering Buddhism** - Seth Robert Segall 2012-02-01

Practicing psychologists explore the mutual impact of Buddhist teachings and psychology in their lives and practice.

*Opening the Heart of Compassion* - Martin Lowenthal 1993

The Lotus Sutra is one of the most revered of Mahayana sutras (sacred texts), sometimes called 'the king of sutras'. *Opening The Heart Of The Cosmos* is based on teaching given by Thich Nhat Hanh in which he highlights elements of the sutra as keys to compassion, love, and understanding. He explains how the possibility of everyone becoming a Buddha provides the basis from which we can take bodhisattva action, unselfish devotion to all beings.

*Universal Love* - Lama Yeshe 2008

By pulling together some of Lama Yeshe's introductory teachings on Buddhism, meditation, compassion and emptiness, and combining them with the definitive explanation of tantra, this one valuable volume will inspire students to go more deeply into the Yoga Method of Buddha Maitreyaa tantric practice.

*Buddhist Thought* - Paul Williams 2002-01-04

*Buddhist Thought* guides the reader towards a richer understanding of the central concepts of classical Indian Buddhist thought, from the time of Buddha, to the latest scholarly perspectives and controversies. Abstract and complex ideas are made understandable by the authors' lucid style. Of particular interest is the up-to-date survey of Buddhist Tantra in India, a branch of Buddhism where strictly controlled sexual

activity can play a part in the religious path. Williams' discussion of this controversial practice as well as of many other subjects makes *Buddhist Thought* crucial reading for all interested in Buddhism.

**Introduction to Tantra** - Thubten Yeshe 2001-06-15

This introduction recognizes and explains how to channel the powerful energies aroused by human desires, and how to transform lives with them.

**Unlimiting Mind** - Andrew Olendzki 2010-04-20

"This book is an overview of the radical psychological teachings that underlie the Buddhist approach to living a life of freedom and peace. Grounded in deep scholarship, psychological sophistication, and many years of teaching and personal practice, this collection of essays will appeal to anyone looking to gain a richer understanding of Buddhism's experiential tools for exploring the inner world." --Book Jacket.

**The Treasury of Knowledge: Book Six, Part Four** - Jamgon Kongtrul 2005-06-14

In Tibetan religious literature, Jamgön Kongtrül's Treasury of Knowledge in ten books stands out as a unique, encyclopedic masterpiece embodying the entire range of Buddhist teachings as it was preserved in Tibet. The tantric path is often referred to as the indestructible way of secret mantra, the essence of which is the indestructible union of wisdom (the understanding of emptiness) and method (immutable great bliss). This volume sets forth the various systems that constitute this path, both those of the ancient tantra tradition and of the new tradition.

**Creation and Completion** - Jamgon Kongtrul 2014-05-01

Creation and Completion represents some of the most profound teachings of Jamgon Kongtrul (1813-99), one of the true spiritual and literary giants of Tibetan history. Though brief, it offers a lifetime of advice for all who wish to engage in-and deepen-the practice of tantric Buddhist meditation. The original text, beautifully translated and introduced by Sara Harding, is further brought to life by an in-depth commentary by the contemporary master Thrangu Rinpoche. Key Tibetan Buddhist fundamentals are quickly made clear, so that the reader may confidently enter into tantra's oft-misunderstood "creation" and "completion" stages. In the creation stage, practitioners visualize themselves in the form of buddhas and other enlightened beings in order to break down their ordinary concepts of themselves and the world around them. This meditation practice prepares the mind for engaging in the completion stage, where one has a direct encounter with the ultimate nature of mind and reality.

*Buddhist Psychology* - Edwina Pio 1988

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*Tantra, Mantra, Yantra* - Saligrama Krishna Ramachandra Rao 1979

Interpretive study of esoteric sounds (mantras) and symbols (yantras) used in Tantrism.

*Passionate Enlightenment* - Miranda Shaw 2022-06-07

The now-classic exploration of the role of women and the feminine in Buddhist Tantra The crowning cultural achievement of medieval India, Tantric Buddhism is known in the West primarily for the sexual practices of its adherents, who strive to transform erotic passion into spiritual bliss. Historians of religion have long held that this attempted enlightenment was for men only, and that women in the movement were at best marginal and subordinated and at worst degraded and exploited. In *Passionate Enlightenment*, Miranda Shaw argues to the contrary and presents extensive evidence of the outspoken and independent female founders of the Tantric movement and their creative role in shaping its distinctive vision of gender relations and sacred sexuality. Including a new preface by the author, this Princeton Classics edition makes an essential work available for new audiences.

**The Essence of Jung's Psychology and Tibetan Buddhism** - Radmila Moacanin 2012-05-22

The Essence of Jung's Psychology and Tibetan Buddhism cuts to the heart of two very different yet remarkably similar traditions. The author touches on many of their major ideas: the collective unconscious and karma, archetypes and deities, the analyst and the spiritual friend, and mandalas. Within Tibetan Buddhism she focuses on tantra and relates its emphasis on spiritual transformation, also a major concern of Jung. This expanded edition includes new material on the integration of the two traditions, and the importance of these paths of the heart in today's unsteady world.

*The Lion's Roar* - Chogyam Trungpa 2001-11-13

This book is based on two historic seminars of the 1970s, in which Chögyam Trungpa introduced the tantric

teachings of Tibetan Buddhism to his Western students for the first time. Each seminar bore the title "The Nine Yanas." Yana, a Sanskrit word meaning "vehicle," refers to a body of doctrine and practical instruction that enables students to advance spiritually on the path of Buddha-dharma. Nine vehicles, arranged in successive levels, make up the whole path of Buddhist practice. Teaching all nine means giving a total picture of the spiritual journey. The author's nontheoretical, experiential approach opens up a world of fundamental psychological insights and subtleties. He speaks directly to a contemporary Western audience, using earthly analogies that place the ancient teachings in the midst of ordinary life.

*Principles of Buddhist Tantra* - Kirti Tsenshap 2011-05-01

Kirti Tsenshap Rinpoche was a renowned teacher of Tibetan Buddhism with students worldwide. Revered as a teacher by even the Dalai Lama, he was known especially as a master of Buddhist tantra, the powerful esoteric methods for attaining enlightenment swiftly. The teachings in this book are a singular record of his deep learning in that field. Originally delivered in California to a group of Western students, the teachings comment on a classic introduction to tantra by the nineteenth-century Mongolian lama Choje Ngawang Palden. The work, *Illumination of the Tantric Tradition*, is a staple even today of the curriculum for training young monastics. Kirti Tsenshap Rinpoche explains the distinctive features of the four classes of tantra--action tantra, performance tantra, yoga tantra, and highest yoga tantra--by describing the way to progress through their paths and levels. He illuminates key issues in tantric practice that are still a matter for debate within the tradition. Finally, he gives a special treatment of the unique methods of Kalacakra tantra, which is regularly taught around the globe by His Holiness the Dalai Lama.

**The Complete Nyingma Tradition from Sutra to Tantra, Books 1 to 10** - Choying Tobden Dorje 2015-06-02

In 1838, Choying Tobden Dorje, a Buddhist yogi-scholar of eastern Tibet, completed a multivolume masterwork that traces the entire path of the Nyingma tradition of Tibetan Buddhism from beginning to end. Written by a lay practitioner for laypeople, it was intended to be accessible, informative, inspirational, and above all, practical. Its twenty-five books, or topical divisions, offer a comprehensive and detailed view of the Buddhist path according to the early translation school of Tibetan Buddhism, spanning the vast range of Buddhist teachings from the initial steps to the highest esoteric teachings of great perfection. Choying Tobden Dorje's magnum opus appears in English here for the first time. In *Foundations of the Buddhist Path*, which covers the first ten of the treatise's twenty-five books, the author surveys the scope of the entire work and then begins with the topics that set the cornerstones for all subsequent Buddhist practice: what constitutes proper spiritual apprenticeship, how to receive the teachings, how to make the best use of this life, and how to motivate ourselves to generate effort on the spiritual path. He then describes refuge and the vows that define the path of individual liberation before turning to the bodhisattva's way—buddha nature, how to uplift the mind to supreme awakening, the bodhisattva's training, and the attainments of the paths leading to supreme awakening.

**Simple Tibetan Buddhism** - C. Alexander Simpkins 2001-11-01

What is Tantra? Tantra techniques are very ancient and some form is found in many ancient cultures. The Sanskrit word tantra implies continuation, weaving together, but there is no real single definition. Tantra includes many sets of techniques, usually action-oriented, to weave together mind and body. *Simple Tibetan Buddhism: A Guide to Tantric Living* offers: a concise introduction to the unique history and traditions of Tibetan Buddhism a clear explanation of how Tibetan Buddhism differs from Zen and other forms of Buddhism—and why it's so popular today simple exercises incorporating Tibetan Buddhist practices—including visualizations, deity yoga, mandalas, mantras, and the esoteric yet effective tantric methods

**The Wisdom of Imperfection** - Rob Preece 2010-09-16

If you have been practicing Buddhism for a while, why do you still have so many problems? And how do you balance the sometimes different needs of spiritual and psychological perspectives? Rob Preece draws on his personal experience—over two decades as a psychotherapist and many years as a meditation teacher—to explore and map the psychological influences on our struggle to awaken. For psychological and spiritual health, acceptance of imperfection is key. Wisdom does not always come as a flash of inspiration but from the slow, often painful workings of experience. As we detach from our ideals of perfection and develop our

acceptance of imperfection, our love and compassion can grow in ways that are both psychologically and spiritually healthy. *The Wisdom of Imperfection* delves into this journey of individuation in Buddhist life, articulating the psychological processes beneath the traditional path of the Bodhisattva.

**The Psychology Of Buddhist Tantra** - Rob Preece 2006-11-08

Seeks to clarify popular beliefs about the nature of tantric practice, explaining how tantra practitioners confront and work with strong emotions in order to promote more creative, loving, and healthier lifestyles. Original.

**Journey Into Consciousness** - Charles Breaux 1998

In the present book, the author introduces the Tantric methods of Tibetan Buddhism and draws correlations between this practice and the teachings of Carl Jung. In a clear, concise style, Breaux points out how many psychological truths are woven into the fabric of the Tantric doctrine. The language of the Tantra is visionary--abounding in symbols and metaphors produced spontaneously in the meditations of ancient yogis. At the heart of tantra is the experience of a divine power within the human being that can be awakened. The format of the book begins in the root chakra and follows the path of your psychological and spiritual continuum up through the chakras. Each chapter includes a meditation practice employing Tibetan Tantric Deities and procedures. Although not a substitute for a genuine Tantric teacher, the book will enable readers to experience the tantra through suggested meditation. You enter the light within when you step outside of your own shadow. The basic drive to remember your essential nature surges beneath all your fears, desires and preconceptions. Although they approach this process from opposite sides of the world, both Tantra and Jungian psychology aspire to fathom this mysterious process and create the necessary conditions so spiritual transformation can occur.

The Maha-Vairocana-Abhisambodhi Tantra - Stephen Hodge 2005-12-09

The first complete translation into English of this Tibetan text, together with the informative commentary by the 8th century master Buddhaguhya. This text is of seminal importance for the history of Buddhist Tantra, especially as very little has been published concerning the origins of Tantra in India.

**Journey Without Goal** - Chogyam Trungpa 2000-10-17

Based on the author's talks at Naropa University, this volume introduces the reader to the principles of tantra, based on the practice of meditation, which leads to the discovery of egolessness. Trungpa Rinpoche provides a direct and experiential picture of the tantric world, explaining the importance of self-existing energy, the mandala principle, the difference between Buddhist and Hindu tantra—stressing the nontheistic foundation of Buddhism. The role of the teacher and the meaning of tantric transmission are also presented. Written for the student of Buddhism rather than the scholar, *Journey without Goal* demystifies the vajrayana and at the same time affirms the power and sacredness of its ancient teaching.

**Buddhist and Western Psychology** - Nathan Katz 1983

**The Sanity We Are Born With** - Chogyam Trungpa 2005-02-01

More and more mental health professionals are discovering the rich tradition of Buddhist psychology and integrating its insights into their work with clients. Buddhist tradition teaches that all of us are born with what Chögyam Trungpa terms "basic sanity," or inherent goodness, health, and clear perception. Helping ourselves and others to connect with this intrinsic ground of sanity and health is the subject of this collection of teachings, which the author gave to Western psychologists, psychotherapists, and students of Buddhist meditation over a number of years. *The Sanity We Are Born With* describes how anyone can strengthen their mental health, and it also addresses the specific problems and needs of people in profound psychological distress. Additionally, the author speaks to the concerns of psychotherapists and any health care professionals who work with their patients' states of mind. The collection includes teachings on: • Buddhist concepts of mind, ego, and intelligence, and how these ideas can be employed in working on oneself and with others • meditation as a way of training the mind and cultivating mindfulness • nurturing our intrinsic health and basic sanity • guidance for psychotherapists and health professionals

*Buddhist Psychology* - Tashi Tsering 2006-10-20

"Just as scientists observe and catalogue the material world, Buddhists for centuries have been observing and cataloging the components of the human psyche. Addressing both the nature of the human mind and

how humans know what they know, Buddhist psychology offers a rich and subtle knowledge of the inner experience. Here, Buddhism's unique, time-tested way of viewing the mind is explained so that followers of Tibetan Buddhism can understand their anger and aversion, and develop equanimity, patience and love. "

*The Inner Kālacakratāntra* - Vesna A. Wallace 2001

The Kalacakratāntra is the latest and most comprehensive Buddhist Tantra that is available in its original Sanskrit. The Kalacakratāntra's five chapters are classified into three categories: outer, inner, and other Kalacakratāntra. This text focuses on the inner Kalacakratāntra.

[Spectrum of Ecstasy](#) - Ngakpa Chogyam 2003-07-08

Here two Western-born lamas of the Nyingma tradition of Vajrayana Buddhism explore what it means to be utterly emotionally alive. Written in contemporary, nonacademic language, this book is a radical challenge to the misconception that inner Vajrayana is primarily an esoteric system of ritual and liturgy. The authors teach that emotions can be embraced as a rich and profound opportunity for realization. This fiercely compassionate battle cry rallies all who are audacious enough to appreciate emotions for their supreme potential as vehicles for awakening.

**Feeling Wisdom** - Rob Preece 2015-01-13

A psychologist and longtime practitioner of Tibetan Buddhism shows how emotions relate to spiritual

practice--that our feeling life is truly at the heart of our awakening. The realm of emotion is one of those areas where Buddhism and Western psychology are often thought to be at odds: Are emotions to be valued, examined, worked with as signs leading us to deeper self-knowledge? Or are they something to be ignored and avoided as soon as we recognize them? Rob Preece feels that neither of those extremes is correct. He charts a path through the emotions as they relate to Buddhist practice, showing that though emotions are indeed "skandhas" (elements that make up the illusory self) according to the Buddhist teaching, there is a good deal to be learned from these skandhas, and paying attention to their content contributes not only to psychological health but to deep insight into the nature of reality. He draws on his own experiences with emotions and meditation, through both his training in Tibetan Buddhism and psychotherapy, to show how working with emotions can be a complement to meditation practice.

**Tantric Buddhism and Altered States of Consciousness** - Dr Louise Child 2013-05-28

This book explores the role of altered states of consciousness in the communication of social and emotional energies, both on a societal level and between individual persons. Drawing from an original reading of Durkheimian social theorists (including Mauss, Hertz, and Hubert) and Jungian psychology, Louise Child applies this analysis to tantric Buddhist ritual and biographical material. She suggests ways in which dreams and visionary experiences (including those related to the 'subtle body') play an important and previously under-explored role in tantric understandings of the consort relationship.