



Tantra (Spanish Edition)

Stella Ianantuoni

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El Tantra, nacido en las más antiguas tradiciones de la India, es considerado como la máxima expresión de la experiencia yóguica. En él se consideran las múltiples formas mediante las cuales cada individuo puede superar los límites de la dualidad por medio de la energía sexual y así lograr un mayor conocimiento de sí mismo, una comunión con los demás, una elevación espiritual y por lo tanto un verdadero crecimiento en humanidad. Ofrece una visión prístina del Amor que se expresa con el cuerpo, pero se origina en el espíritu, y se presenta como un remedio eficaz frente a la actual propensión al sexo sin amor, a la promiscuidad y a la relación despersonalizada. Como escribió Alan Watts: "Vivido en total apertura de espíritu y de sentidos, el amor sexual se convierte en una revelación." Aunque tal vez no logre cumplir con todos los requisitos que el Tantra exige, el lector encontrará en estas páginas prácticas sencillas que le permiten el acceso a una experiencia erótica más rica, con nuevos elementos y criterios con los cuales puede hacer el amor de una manera más positiva, equilibrada y sana.

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