



## Preparing for Tantra: Creating the Psychological Ground for Practice

By Rob Preece

Download now

Read Online ➔

### Preparing for Tantra: Creating the Psychological Ground for Practice By Rob Preece

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.

📄 [Download Preparing for Tantra: Creating the Psychological G ...pdf](#)

📖 [Read Online Preparing for Tantra: Creating the Psychological ...pdf](#)

# Preparing for Tantra: Creating the Psychological Ground for Practice

By Rob Preece

## Preparing for Tantra: Creating the Psychological Ground for Practice By Rob Preece

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.

## Preparing for Tantra: Creating the Psychological Ground for Practice By Rob Preece Bibliography

- Rank: #1394840 in Books
- Published on: 2011-09-16
- Released on: 2011-09-16
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .65" w x 6.02" l, .76 pounds
- Binding: Paperback
- 224 pages

 [Download Preparing for Tantra: Creating the Psychological G ...pdf](#)

 [Read Online Preparing for Tantra: Creating the Psychological ...pdf](#)

## Download and Read Free Online Preparing for Tantra: Creating the Psychological Ground for Practice By Rob Preece

---

### Editorial Review

#### Review

"Western students of Buddhism—particularly those attempting to master the meditative techniques of Highest Yoga Tantra—face the daunting challenge of weaving these profound transformative practices into the fabric of their busy daily lives. In *Preparing for Tantra*, Rob Preece draws on his many years of experience as both a meditator and psychotherapist to demonstrate most eloquently how one's daily life and work, far from being a hindrance to one's spiritual practices, can serve as its ongoing foundation, fully integrated with the ngondro or traditional tantric preliminaries. Inspiring and highly recommended."—Jonathan Landaw, author of *Images of Enlightenment: Tibetan Art in Practice*

"Emphasizing the need for a psychological ground for tantric practice, the author reflects on anecdotes from his own experience and makes frequent reference to the insights of the psychologist Carl Jung. For instance, Preece elaborates on Jung's symbolism of medieval alchemy to make use of the metaphor of an 'alchemical vessel,' a secure space in which the transformative practice of the preliminaries takes place. Divided into three parts, the book discusses preparing the body and mind, the traditional preliminary practices that include bodhicitta prostrations and guru yoga, and a conclusion on the importance of psychotherapy alongside Buddhist practice."—*Buddhadharma: The Practitioner's Quarterly*

#### About the Author

Rob Preece has been a practicing Buddhist since 1973, principally within the Tibetan tradition. He has spent many years in intensive retreat in the Himalayas under the guidance of eminent Tibetan lamas. Preece has been working as a psychotherapist since 1987 and gives workshops on comparative Jungian and Buddhist psychology. An experienced meditation teacher and thangka painter, he lives in London and is the author of *The Wisdom of Imperfection* and *The Psychology of Buddhist Tantra*.

### Users Review

#### From reader reviews:

##### Bryan Donovan:

In this 21st one hundred year, people become competitive in each and every way. By being competitive today, people have to do something to make them survive, being in the middle of the crowded place and notice by surrounding. One thing that oftentimes many people have underestimated the idea for a while is reading. Sure, by reading a book your ability to survive raises then having a chance to stand up than other is high. For you personally who want to start reading any book, we give you this particular *Preparing for Tantra: Creating the Psychological Ground for Practice* book as a starter and daily reading e-book. Why, because this book is more than just a book.

##### Barbara Norwood:

In this period of time globalization it is important to someone to receive information. The information will make a professional understand the condition of the world. The healthiness of the world makes the information much easier to share. You can find a lot of referrals to get information example: internet, paper,

book, and soon. You can observe that now, a lot of publisher that will print many kinds of book. Often the book that recommended for your requirements is Preparing for Tantra: Creating the Psychological Ground for Practice this reserve consist a lot of the information of the condition of this world now. This book was represented how do the world has grown up. The words styles that writer value to explain it is easy to understand. Often the writer made some analysis when he makes this book. Honestly, that is why this book suitable all of you.

#### **James Scott:**

This Preparing for Tantra: Creating the Psychological Ground for Practice is completely new way for you who has intense curiosity to look for some information since it relief your hunger of knowledge. Getting deeper you upon it getting knowledge more you know or you who still having little digest in reading this Preparing for Tantra: Creating the Psychological Ground for Practice can be the light food for you personally because the information inside this kind of book is easy to get through anyone. These books build itself in the form and that is reachable by anyone, yeah I mean in the e-book form. People who think that in guide form make them feel tired even dizzy this book is the answer. So there is not any in reading a guide especially this one. You can find actually looking for. It should be here for an individual. So , don't miss the item! Just read this e-book style for your better life along with knowledge.

#### **Crystal Lavigne:**

Don't be worry should you be afraid that this book will certainly filled the space in your house, you will get it in e-book way, more simple and reachable. That Preparing for Tantra: Creating the Psychological Ground for Practice can give you a lot of close friends because by you checking out this one book you have factor that they don't and make anyone more like an interesting person. This book can be one of a step for you to get success. This reserve offer you information that probably your friend doesn't understand, by knowing more than different make you to be great persons. So , why hesitate? Let me have Preparing for Tantra: Creating the Psychological Ground for Practice.

**Download and Read Online Preparing for Tantra: Creating the Psychological Ground for Practice By Rob Preece  
#A2Y7U8MEZSO**

# **Read Preparing for Tantra: Creating the Psychological Ground for Practice By Rob Preece for online ebook**

Preparing for Tantra: Creating the Psychological Ground for Practice By Rob Preece Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Preparing for Tantra: Creating the Psychological Ground for Practice By Rob Preece books to read online.

## **Online Preparing for Tantra: Creating the Psychological Ground for Practice By Rob Preece ebook PDF download**

### **Preparing for Tantra: Creating the Psychological Ground for Practice By Rob Preece Doc**

Preparing for Tantra: Creating the Psychological Ground for Practice By Rob Preece Mobipocket

Preparing for Tantra: Creating the Psychological Ground for Practice By Rob Preece EPub

A2Y7U8MEZSO: Preparing for Tantra: Creating the Psychological Ground for Practice By Rob Preece